

## The Way Ahead

Joyce : 01865 559081 Dianne: 01865 880634

A monthly social group in Oxford for bereaved single and retired people. Social gatherings such as trips and meals are regularly arranged.

## Way Up

[www.way-up.co.uk](http://www.way-up.co.uk) ✉ [info@way-up.co.uk](mailto:info@way-up.co.uk)

A national web-based mutual help group providing support for people over 50 who have lost a long term life partner. Meetings and events are offered all over the UK including in Oxfordshire.

## Bereavement by Cancer

### The Hummingbird Cancer Support and Therapy Centre



01869 244244

[www.thehummingbirdcentre.org.uk](http://www.thehummingbirdcentre.org.uk)

✉ [info@thehummingbirdcentre.org.uk](mailto:info@thehummingbirdcentre.org.uk)

A centre to support anyone with or affected by cancer all free of charge. Counselling, including for bereavement. H.O.P.E course to help overcome problems effectively.

Bra fitting service, beauty treatments and Complementary Therapy in the Bicester area and surrounding villages. Companionship and activities in a homely atmosphere. There is a free taxi service during opening times 10.00 - 4.00 pm, Tue-Fri

### Maggie's Oxford

01865 751882

[www.maggiescentres.org/oxford](http://www.maggiescentres.org/oxford)

✉ [oxford@maggiescentres.org](mailto:oxford@maggiescentres.org)

Offers bereavement support and individual counselling to those affected by cancer.

## Support for Children, Young Adults and Parents

### SANDS Oxfordshire

07513 295504

<http://www.oxfordshiresands.org.uk>

✉ [info@oxfordshiresands.org.uk](mailto:info@oxfordshiresands.org.uk)

For people affected by the death of a baby during pregnancy or after birth. Informal meetings are held every two months where individual stories can be shared & support & practical advice offered.

### See Saw

01865 744 768

[www.seesaw.org.uk](http://www.seesaw.org.uk) ✉ [info@seesaw.org.uk](mailto:info@seesaw.org.uk)

Direct grief support for children and young people in Oxfordshire before and after the death of a parent or sibling.

### WAY Foundation (Widowed & Young)

0300 012 4929

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

✉ [info@widowedandyoung.org.uk](mailto:info@widowedandyoung.org.uk)

Provides social events to help widowed people up to age 51. Information, a chat room & on-line support groups are found on the website. There is an active local branch in Oxfordshire.

## Coping with Bereavement



## A Guide to Services for the Bicester Area



*This leaflet is one of the projects by the Bicester Health Centre Patient Participation Group to help practice and patients. Each GP practice in England has a Patient Participation Group which you can join.*

*Edition 2: November 2018*





## Counselling Services



### **Cruse Bereavement Care**

Oxford Branch: 01865 245 398  
(10.00-13.00 weekdays)

#### **Restoring hope to the bereaved.**

This charity provides individual and group support, counselling, social friendship groups and a group for people bereaved by suicide (in collaboration with Survivors of Bereavement by Suicide).

All services are confidential and carried out by professionally trained supporters.

Please contact Cruse to arrange a telephone consultation or a home visit in Bicester area or a meeting in the Oxford Office. This is a voluntary service so you may have to wait for an appointment.

## Administrative Help and Information

### **Oxford University Hospital NHS Foundation Trust Bereavement Service**

John Radcliffe - 01865 220110  
Churchill - 01865 225022  
Horton - 01295 229386  
Nuffield Orthopaedic Centre via PALS - 01865 220110

Offers practical and emotional support to the immediate family or next of kin of anyone who dies as a patient of the Trust (John Radcliffe, Churchill, Horton & the Nuffield Orthopaedic Centre), together with anyone who is bereaved and connected with the Trust.

This includes:

- A compassionate administrative service in the immediate period after death
- Opportunities to ask questions about the care given by the Trust
- Help to meet cultural & religious requirements for funeral arrangements or repatriation
- A specialist bereavement service following late miscarriage, stillbirth or neonatal death.

**In an emergency dial the  
Samaritans 116 123**

## Support and Social Groups

### **Age UK Oxfordshire**

#### **Late Spring - Bicester area**

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)

✉ [latespring@ageuk.org.uk](mailto:latespring@ageuk.org.uk)



Contact: Paula Donaldson: 07557 038 278

A bereavement support group in Bicester providing a friendly and supportive environment for people to meet with others and talk openly about their memories and their loved ones.

When: 1st & 3rd Tues. each month: 10 - 11.30 am

Where: Meeting Room 2, Emmanuel Church, 1st Floor (lift available), 2 Barberry Place, Bure Park, Bicester, OX26 3HA

### **Archway**

01865 790552

[www.archwayfoundation.org.uk](http://www.archwayfoundation.org.uk)

✉ [office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk)

Based in Oxford, this small charity provides a supportive, understanding & friendly environment and activities for people feeling lonely & isolated.

### **Bicester Widows**

When: First Monday of the month, 2.00-3.30 pm

Where: Methodist Church Hall, Bell Lane, Bicester, OX26 6JQ.

#### **Are you a lonely widow?**

Bicester Widows would like to invite you to their meetings. Go along, have a cup of tea or coffee and a biscuit. They have various trips and lunches.

Info: Heather: 01869 243844, Wendy: 07523 931674