

Way Up

www.way-up.co.uk ✉ info@way-up.co.uk

An internet-based forum 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

✉ info@thehummingbirdcentre.org.uk

A centre to support anyone with or affected by cancer all free of charge.

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

Tel: 01865 751882 www.maggies.org/oxford

✉ oxford@maggies.org

The Cancer Support Specialists at Maggie's are health professionals with a background in oncology. Call to make an appointment to talk through your grief and find out what sources of other support are appropriate.



Support for Children, Young Adults and Parents

SANDS Oxfordshire

07513 295504

www.oxfordshiresands.org.uk/

✉ oxfordshire@sandsvolunteer.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.

National telephone Helpline: 08081643332

Open 10 am- 3pm Monday to Friday and

6pm-9pm Tues, Wed, and Thurs evenings.

See Saw

01865 744 768

www.seesaw.org.uk ✉ 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 Widowed and Young

Tel: 0300 201 0051

✉ enquiries@widowedandyoung.org.uk

www.widowedandyoung.org.uk

WAY Widowed and Young is a national membership charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race, and religion. To join complete a membership form on the website. There is an annual subscription fee payable.

Coping with Bereavement



A Guide to Services for the Bicester Area



This is one of the projects by the **Bicester Health Centre PPG** to help practices and patients in the Bicester area.

Edition 3: January 2024



Counselling Services

Cruse Bereavement Support

Cruse Bereavement Support

Oxford Branch: 01865 245 398

✉ OxfordshireArea@cruse.org.uk

Restoring hope to the bereaved.

Most support is either by Zoom or telephone, as well as some in-person contact. All services are confidential and carried out by professionally trained supporters.

Hope Again 0808 808 1677

Lines open: Monday and Friday: 9.30am-5pm

Tuesday, Wednesday, Thursday: 9.30am-8pm

✉ hopeagain@cruse.org.uk

Hope Again is the youth website of Cruse. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies. Any age from 4-18.

Get involved and join the conversation at

<https://www.hopeagain.org.uk/video-stories>

Administrative Help and Information

Oxford University Hospital NHS Foundation Trust Bereavement Service

Our Bereavement Service is here to guide you through the practical steps that have to be taken after someone dies. We understand that this may be a difficult time for you, but we will provide you with support and advice.

We will contact you on the first working day after the death most likely in the morning, though at busy times it may be later in the day. We will explain to you what happens next and answer any questions.

Our role is to arrange the paperwork for you and where possible to book you an appointment with a Registrar for you to register the death.

John Radcliffe Hospital

Headley Way Oxford OX3 9DU

Tel: 01865 220110

Churchill Hospital

Old Road Oxford OX3 7LE

Tel: 01865 225022

Horton General Hospital

Oxford Road Banbury OX16 9AL

Tel: 01295 229386

In an emergency dial the Samaritans on 116 123

Support and Social Groups

Age UK Oxfordshire Bereavement Support Service



www.ageuk.org.uk/oxfordshire

A support group providing a friendly and supportive environment for people 60+ who have been bereaved. Meeting 3rd Friday of the month, 10:00 am to 11:30 am at:

Coffee #1 62-64 Sheep Street, Bicester, OX26 6LG

Info: Jayne Yuruker: 07827 235 422 to book.

✉ community@ageukoxfordshire.org.uk



Archway

01865 790552

www.archwayfoundation.org.uk

✉ 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 and Widowers

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

Where: The Ex-Service Men's Club, Sheep Street, Bicester (except Bank Holidays)

Offers friendship and outings to widows and widowers.

Info: Wendy Reeves: 07523 931674

✉ honour.wendy@yahoo.com

Becky Williams 07917 807977