

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 patients in the Bicester area. It is correct to the best of our knowledge at the time of publication.*

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Support Groups

Way Up

www.way-up.co.uk ✉ help@way-up.co.uk
An online forum providing support for people over 45 who have lost a long-term life partner. Members arrange local meetings and there are Zoom meetings.

Bereavement by Cancer



01869 244244

www.thehummingbirdcentre.org.uk
✉ info@thehummingbirdcentre.org.uk

The Hummingbird provides support to those who are impacted by cancer, from diagnosis to End of Life. We are based in Launton To access our services; you will need to make an appointment Opening times:
Tues - Thurs, 10.00 - 4.00 pm, Fri 10-3:30pm.

Maggie's Oxford

Tel: 01865 751882 (leave a message)
<http://www.maggies.org/our-centres/maggies-oxford/>
✉ oxford@maggiescentres.org

Our centre in Oxford is a space for being together or for a moment alone, for getting going again or for meeting people who just get it. All our cancer support specialists have expert knowledge about cancer and treatment, and many are NHS-trained.



Counselling Services

Cruse Bereavement Support

Cruse Bereavement Support

Oxford Branch: 01865 245 398

✉ oxfordshire@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

Monday and Friday: 9.30am-5pm

✉ hopeagain@cruse.org.uk

Hope Again is the Cruse website for young people aged 12-25 years experiencing bereavement. We offer a safe space where you can work through your grief in your own time and way with a trained and experienced volunteer who will work with you over six weekly sessions. These sessions are offered over the phone or on Zoom.

<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 must 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.

Info: Alison Pearce 07584 148 507

✉ 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

Betty Williams 07917 807977

Support for Children, Young Adults and Parents

SANDS Oxfordshire

www.oxfordshiresands.org.uk/

✉ oxfordshire@sandsvolunteer.org.uk
helpline@sands.org.uk

For people affected by the death of a baby during pregnancy or after birth. Informal meetings are held on the first Wednesday of each month, 7:30pm - 9:30pm. Contact them for information

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 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.