

A

Age Concern Fife (Age UK)

Ground Floor, 11 Wemyssfield
Kirkcaldy KY1 1XN
t: 01592 644693 (Kirkcaldy)
t: 01592 756316 (Glenrothes)

C

Care for the family

t: 029 2081 0800 e: mail@cff.org.uk

Care for the Family is a national charity with the following aims:

‘We’re a charity which wants to support you and your family in the good times, and the tough times, too - bringing you hope, compassion, help and encouragement.’

They run a network to support bereaved parents. They also support parents who have been widowed at a young age, and their children.

Child Bereavement Charity (CBC)

t: 0800 028 8840 e: enquiries@childbereavement.org.uk

The Child Bereavement Charity provides specialist support, information and training for all those affected when a baby or child dies, or when a child is bereaved.

CBC leads the way in improving the quality of care offered by professionals to these families both in the immediate crisis and in the time following the death of someone important in their lives.

Child Death Helpline

t: 0800 282 986 e: contact@childdeathhelpline.org.uk

This helpline offers support to anyone affected by the death of a child of any age. It is staffed by trained volunteers who are bereaved parents.

Compassionate Friends

t: 0845 123 2304 e: info@tcf.org.uk

An organisation for bereaved parents and their families that offers understanding, support and encouragement after the death of a child of any age (including children of an adult age).

Compassionate Friends also offers support, advice and information to other relatives, friends and professionals who are helping the family. A sibling support service is also available.

Counselling Directory

w: www.counselling-directory.org.uk/bereavement.html

This directory provides a list of professional counsellors, with their contact details.

Cruse Bereavement Care (Scotland)

655 Wellesley Road
Methil KY8 3PQ

t: 0845 600 2227

e: east@crusescotland.org.uk

w: www.crusescotland.org.uk

Cruse aims to help bereaved people to understand their grief and cope with their loss. This organisation provides support and offers information, advice, education and training services.

F

Fife Sands (Stillborn and Neonatal Death Society)

PO Box 29210

Dunfermline KY12 2BS

t: 0845 528 0322

w: www.fifesands.co.uk

e: fife-sands@tiscali.co.uk

This organisation is for anyone who has been affected by the death of a baby and wants to talk to someone about their experience.

Most of the people who call or email Fife Sands are parents whose baby has died. Their loss might have been very recent, or it could have happened many years ago.

FSID (Foundation for the Study of Infant Deaths)

t: 0808 802 6868 (helpline)

e: helpline@fsid.org.uk

FSID provides bereaved families and professionals with emotional and practical support when a baby has died from cot death. This includes a befriending network and a very good booklet – ‘When a baby dies suddenly and unexpectedly’ – which is available by emailing the address or phoning the number above.

L

Lesbian and Gay Bereavement Project

t: 020 8200 0511

e: hospice.info@hje.org.uk

This project offers telephone support to lesbian and gay people who have experienced the death of a partner.

M

Maggie's Fife

Victoria Hospital

Hayfield Road

Kirkcaldy KY2 5AH

t: 01592 647 997

e: fife@maggiescentres.org

N

National Association of Widows

t: 024 7663 4848

e: info@nawidows.org.uk

NAW welcomes enquiries from men and women of any age who have lost their wife, husband or partner through bereavement.

NAW aims to help widows and widowers feel that they are not alone, that there are others who understand how they feel and can offer unconditional, non-judgemental support.

R

RD4U (Road for you)

t: 0844 477 9400

This is part of Cruse Bereavements Care's Youth Bereavement Service. It is designed for young people by young people.

S

Samaritans

t: 08457 90 90 90

e: jo@samaritans.org

The Samaritans provides confidential, non-judgemental support 24 hours a day, seven days a week for people experiencing feelings of distress or despair – including those that could lead to suicide. This is their appeal to people in this situation:

‘Whatever you’re going through, whether it’s big or small, don’t bottle it up. We are here for you if you’re worried about something, feel upset or confused, or just want to talk to someone. We offer our service by telephone, email and letter and face-to-face in most of our branches.’

Sudden Death Support Association

t: 0118 989 2574

This association is a self-help network for those bereaved by sudden, accidental death (but not death by suicide, murder or manslaughter). It aims to put people in touch with others who have been bereaved in a similar way, and provides a 24 hour answerphone and a befriending service.

SAMM (Support after Murder and Manslaughter)

t: 0845 872 3440

e: info@samm.org.uk

SAMM offers understanding and support to families and friends who have been bereaved as a result of murder or manslaughter. They do this through the mutual support of others who have suffered a similar tragedy.

Survivors of Bereavement by Suicide

t: 0844 561 6855 (Scottish helpline)

This is a self-help organisation, with a number of support groups around the UK. It provides a safe, confidential environment for people who have been bereaved through suicide to share their experiences and feelings and to give and gain support.

Survivors of Bereavement by Suicide aim to:

‘... strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations. Suicide recognises no age, social, ethnic or cultural boundaries, and neither do we. Our groups are open to any individual or family.’

The organisation also provides information and publications.

V

Victoria Hospice

Victoria Hospital

Hayfield Road

Kirkcaldy KY2 5AH

t: 01592 643 355

A bereavement service – including one-to-one counselling and (occasionally) bereavement groups – is offered to all relatives and carers of patients in the palliative care service.

W

Way Foundation

website: www.widowedandyoung.org.uk

This foundation provides support for people who are widowed relatively early in life (under 51) and, where relevant, for their children, by enabling them to meet others in a similar situation.