



# Keeping Connected

## *Bereavement & Loss*



As well as the practical issues, the death of someone close can bring a whole variety of feelings and emotions.

A number of local and national charities are able to offer information, help and both practical and emotional support.

This leaflet provides details on useful websites and services who can support you through bereavement and what you may experience in the months ahead.

## **Local Support in Fife**

### **Curly Star Dream Foundation**

Curly Star, based in Cowdenbeath, are able to signpost and offer support to families who have been affected by the impact of suicide.

Tel: 07716 018785 <https://www.curlystar.org/>

### **Fife Cruse Bereavement Care**

Fife Cruse Bereavement Care is a registered charity which offers free bereavement care and support to people who have experienced the loss of someone close. Fife Branch:

Tel: 0845 600 2227 Email: [east@crusescotland.org.uk](mailto:east@crusescotland.org.uk)

### **NHS Fife Palliative Care Service**

The Palliative Care Counselling Service is available to provide support to families/carers of patients who have been referred to the specialist Palliative Care Service. Specialised support can also be offered to children and young people.

Tel: 01592 648 004

### **Maggie's Cancer Care Centre**

Maggie's is there for anyone affected by Cancer and can help those affected live with, through and beyond a cancer diagnosis. As part of their work Maggie's can offer support and help to people bereaved through cancer.

Tel: 01592 647997

### **Fife Sands Stillbirth and Neonatal Death Charity,**

Fife Sands offers support and advice to parents and families whose baby has died during pregnancy or soon after birth. Meetings take place the last Monday of every month. Support is provided to anyone affected by the death of a baby via phone, email and support groups.

Tel: 0845 528 0322 Email: [fife@sands.org.uk](mailto:fife@sands.org.uk)  
[www.Fife.Sands.org.uk](http://www.Fife.Sands.org.uk)

## **The Compassionate Friends Fife**

The Compassionate Friends offer support for parents, siblings and grandparents who have experienced the death of a child (at any age). The helpline will be able to give you local contact details for Fife.

Helpline: 0345 123 2304 Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)  
[www.tcf.org.uk](http://www.tcf.org.uk)

Open: 10am-4pm, 7pm-10pm every day

## **National Support**

### **Barnardo's Rollercoaster**

Barnardo's Rollercoaster is a bereavement service for children, young people and their carers. Workers at Rollercoaster are used to working with children and young people who have been affected by the death of someone close to them.

Tel: 01382 640309 [www.barnardos.org.uk/what-we-do/services/rollercoaster-service](http://www.barnardos.org.uk/what-we-do/services/rollercoaster-service)

### **Childhood Bereavement Network**

The Childhood Bereavement Network is a national, multi-professional group of organisations and individuals working with bereaved children and young people. The Network develops and promotes resources which support children, teenagers, carers and professionals affected by bereavement and grief.

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

### **Child Bereavement Glasgow**

Child Bereavement UK is a national charity providing support for bereaved families and professionals who work with them.

Helpline: 0800 02 888 40

<https://www.childbereavementuk.org/glasgow>

## **Child Death Helpline**

Child Death Helpline provide support to parents affected by the death of a child (at any age).

Helpline: 0800 282 986 Freephone: 0808 800 6019

Email: [contact@childdeathhelpline.org](mailto:contact@childdeathhelpline.org)

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

## **Lesbian and Gay Bereavement Project**

Lesbian and Gay Bereavement Project offer phone support and advice for people bereaved by the death of a same-sex partner.

Helpline: 020 7403 5969

Open: 7.30pm-10pm, Tuesdays & Thursdays

## **Petal Support Limited (PETAL)**

PETAL is the most recognised and longest established organisation for people affected by homicide or suicide in Scotland. This service provision includes children and young people.

Tel: 01698 324502 [www.petalsupport.com](http://www.petalsupport.com)

## **Remember My Baby (RMB)**

Remember My Baby is a UK based registered charity which offers a gift of baby remembrance photography to UK parents experiencing the loss of their baby before, during or shortly after birth. Most maternity units are aware of the charity and should offer the service, however you can call and request a session on:

FREEPHONE: 0808 189 2345

<https://remembermybaby.org.uk/>

## **Samaritans**

Support for anyone in crisis.

Helpline: 116 123 24 hours a day, every day

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## **Survivors of Bereavement by Suicide**

Survivors of Bereavement by Suicide exist to meet the needs and break the isolation of those bereaved by the suicide of a close friend or relative.

Helpline: 0300 111 5065 Open: 9am-9pm  
[www.uksobs.org](http://www.uksobs.org)

## **WAY Widowed & Young**

WAY is a self help group that offers emotional and practical support to young widowed men and women.

Email: [Enquiries@widowedandyoung.org.uk](mailto:Enquiries@widowedandyoung.org.uk)  
[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

## **Winston's Wish**

Winston's Wish is the leading childhood bereavement charity providing services to bereaved children, young people and their families.

Helpline: 08088 020 021 [www.winstonswish.org](http://www.winstonswish.org)

## **Practical Support**

### **Access Therapies Fife**

Access Therapies Fife is part of Fife's Health and Social Care Partnership's Psychology Service. We are an NHS service offering a range of free psychological therapies to adults in Fife.

Email: [fife-uhb.atfife@nhs.net](mailto:fife-uhb.atfife@nhs.net)  
[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

### **Age Scotland**

Age Scotland provide information, advice and support for older people in Scotland including practical issues such as arranging a funeral, sorting out an estate or coping with loneliness.

Tel: 0333 32 32 400 [www.ageuk.org.uk/Scotland](http://www.ageuk.org.uk/Scotland)

## **Bereavement Payment**

If your wife, husband or civil partner has died, you may be able to apply for a benefit called a bereavement payment. You can find out more about this benefit on the bereavement payment section at: [www.Gov.uk](http://www.Gov.uk)

## **Breathing Space**

Breathing Space is a confidential helpline for anyone in Scotland feeling low, anxious or depressed.

Helpline: 0800 83 85 87

Open: Mon-Thurs, 6pm-2am & Friday 6pm-Monday 6am  
[www.breathingspace.scot](http://www.breathingspace.scot)

## **Citizens Advice Bureau Fife**

Citizens Advice offer free, impartial advice on a wide range of issues including money, benefits, legal matters, and housing.

Locations across Fife: Cowdenbeath, St Andrews, Kirkcaldy, Leven, Dunfermline, Cupar, Glenrothes

Tel: 0345 1400095 [www.cabfife.org.uk](http://www.cabfife.org.uk)

## **Good Life Good Grief**

Good Life Good Grief want to create a Scotland where everyone knows how to help when someone is dying or grieving.

<https://www.goodlifedeathgrief.org.uk/>

## **Moodcafe**

Moodcafe was developed by NHS Fife to promote mental health across the whole of Fife. It has a number of resources for individuals affected by bereavement and grief.

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

## Natural Death Centre

Natural Death Centre is an independent service offering advice and support on family-organised and environmentally-friendly funerals.

Helpline: 0871 288 2098

Open: Monday-Friday 1am-2pm

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

## NHS Inform

NHS Inform has information on death and bereavement including coping with grief, the death of a baby and practical advice after a death.

[www.nhsinform.scot/care-support-and-rights/death-and-bereavement](http://www.nhsinform.scot/care-support-and-rights/death-and-bereavement)

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:  
[fife-UHB.EqualityandHumanRights@nhs.net](mailto:fife-UHB.EqualityandHumanRights@nhs.net)  
or phone 01592 729130.

We review our resources frequently to ensure information is accurate and up to date.

If you experience any difficulties with the content please get in touch:  
[fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

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