



### **It's National Grief Awareness Week between 2 and 8 December 2024**

National Grief Awareness Week is our chance to remind people how to access support. Led by the [Good Grief Awareness Trust](#), this week is all about shining a light on people, places, and projects that help people through some of the most difficult times in their lives.

### **Why Grief Awareness Week Matters**

Grief is something we all face at some point. But it can feel lonely and overwhelming.

Most people experience grief when they lose someone or something to them, which include loss of job, a relationship, or even a way of life, grief is a natural but often overwhelming part of the human experience. If these feelings are affecting your life, there are things you can try that may help. Many people don't know where to turn for help or feel they must cope alone.

This week encourages open conversations about loss. Talking about grief helps break the stigma and makes it easier for people to seek support. Better understanding of grief, so that people can grieve their loss at their own pace, with the support they need, and find their own path through their new normal

The Good Grief Trust works to bring together [bereavement services across the UK](#), making it easier to find the right help

### **Support and Resources**

Learning more about grief can help someone during the grieving process and can also help the people supporting them. If you or someone you know is grieving, help is available:

- **The Good Grief Trust website** Find local and national bereavement support services. Whether you need emotional help, advice, or support for children you can find stories from those who have experienced loss, practical and emotional support and signposting to a range of local and national services: [Home – The Good Grief Trust](#)

- **Cruse Bereavement Support** provide information on the effects of grief, managing grief and supporting others who are grieving. They also have an online helpline and over 80 branches across England, Wales and Northern Ireland providing support: <https://www.cruse.org.uk/>
- **The Compassionate Friends** is a UK charity providing peer support to bereaved parents, adult siblings and grandparents who have experienced the death of a child, sibling or grandchild: <https://www.tcf.org.uk/>
- **The NHS website:** Support with stress, anxiety or depression after loss. There is no timetable for how long grief lasts, or how you should feel at a particular time of year. But remember, you aren't alone.  
<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>
- **Winston's Wish**, free national helpline and online chat: 08088 020 021  
[Winston's Wish - giving hope to grieving children](#)
- **Child bereavement UK**, Helpline: 0800 02 888 40. Hope Again  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk) . Tel: 0808 808 1677
- **Child bereavement network**, the hub for those supporting children and young people <https://childhoodbereavementnetwork.org.uk/>
- **Grief encounter** [www.griefencounter.org.uk](http://www.griefencounter.org.uk) or Tel 0808 802 0111
- **Bliss:** For babies born or premature sick Tel 0808 801 0322  
[www.bliss.org.uk](http://www.bliss.org.uk)
- **The Lullaby Trust:** provides support for bereaved families and anyone affected by a sudden infant death :0808 802 6868  
[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)
- **SANDS Sands | Saving babies' lives. Supporting bereaved families.**  
Tel 0808 164 3332 <https://www.sands.org.uk/>
- **Papyrus- Prevention of Young Suicide** For some young people, the pain or difficulties related to someone dying may lead to thoughts of suicide.  
**HOPELINE247, offers round-the-clock support on 0800 068 4141.** Visit <https://www.papyrus-uk.org/bereavement-and-grief/>
- **Samaritans** If you need a safe space to talk, you can speak with Samaritans on **116 123**

- **RSPCA – Pet Bereavement** – pets are often seen as part of the family, and saying goodbye to them can be an extremely tough and emotional time. Visit **Pet Bereavement – Coping with Pet Loss | RSPCA – RSPCA – [rspca.org.uk](http://rspca.org.uk)**

### **Local Bereavement support**



**Jen's Special Place:** who aims to support children in expressing their grief and exploring their feelings in a safe and empathic environment to improve overall health and well-being.

**Short clip about Jen's Special Place :** [https://youtu.be/4\\_HZxbIKrCo](https://youtu.be/4_HZxbIKrCo)

**The Single Point of Access for Bereavement Support contact email:** – [bereavementsupport@northlincs.gov.uk](mailto:bereavementsupport@northlincs.gov.uk) for more details visit **SEND Local Offer | Bereavement – SEND Local Offer**

## **Cruse** Bereavement Support

**Cruse bereavement support** are the UK's leading bereavement charity, who's mission is to support people through one of the most painful times in their lives – bereavement.

You can contact the Scunthorpe branch of Cruse, call: 01724 628000 – When you call, you may get through to an answer phone – please don't let this put you off. Leave us a message clearly stating your name and number and our amazing team of volunteers will call you back. Visit : <https://www.cruse.org.uk/get-support/>



**Survivors of Bereavement by Suicide (SoBS)** are the only organisation offering peer-to-peer support to all those over the age of 18, impacted by suicide loss in the UK. **SoBS help those bereaved by suicide to support each other**, at the time of their loss and in the months and years that follow. Peer-led support groups and a national helpline can provide a safe, confidential environment in which those impacted by suicide can share experiences and feelings, thus giving and gaining support from each other!

In Scunthorpe meeting day takes place : **1st and 3rd Wednesday of every month.**  
Contact details :Website : <https://uksobs.com/>

Scunthorpe branch email :[ninapembroke@gmail.com](mailto:ninapembroke@gmail.com) Contact :Nina Shrimpton  
- **[07528 788823](tel:07528788823)**



**The Together service** is here to support local people who have been bereaved by suicide across Hull, East Riding of Yorkshire, North East Lincolnshire and North Lincolnshire.

It offers free emotional and practical support to individuals of any age who have lost someone to suicide.

If you would like more information, please call Hull and East Yorkshire Mind/North East Lincolnshire Mind on Freephone 0800 1380990, local number 01482 240133 (between 8am – 8pm 7 days a week) or email [info@heymind.org.uk](mailto:info@heymind.org.uk) You can also text them on 07520633447.

You are not alone, and there are people available to help.

## **Grief Café- Oasis Community Space**

Every first Wednesday of the month **5.30pm-6.30pm at Oasis Community Space. Ave Vivian, Scunthorpe DN15 8LG**

- Support for coping with loss
- Better understand the grief process
- Meet other people experiencing loss
- Talk about your loss or just listen to others

**Grief Cafe website :<https://www.oatridgecoaching.com/>**

**Email :[jonathan@oatridgecoaching.com](mailto:jonathan@oatridgecoaching.com) Director / Coach / Trainer - Jonathan Oatridge - [07813 583312](tel:07813583312)**

## **Daylight Grief Cafe**



The flyer for Daylight Grief Café features the title in a large, teal font. To the right is the 'Living Later Life Well' logo. Below the title, there are three bullet points: 'Are you experiencing feelings of grief, and don't know where to turn for support?', 'Perhaps you've lost somebody, and you want to speak with others who understand?', and 'YOU ARE NOT ALONE. LET US HELP.'. A paragraph describes the café as a support group for people to share their story, led by experienced volunteers, free of charge, and including refreshments. Three sun icons precede instructions to contact for booking and a note that the group is for people aged 60+. The meeting details are: 'Second and fourth Tuesday of the month, 1.30pm - 3.00pm' at the 'Community Room, Trinity Methodist Church, Barton upon Humber'. Contact information for Jo Marwood (07821 900623) and a Facebook link are provided. A circular inset photo shows two hands clasped together.

**Daylight Grief Café :Community Room at Trinity Methodist Church, as part of the Living Later Life Well Project. Takes place on the second and fourth Tuesday of every month from 1.30pm – 3.00pm.**

The Grief Cafe is a peer support group for people aged 60+ who are experiencing feelings of grief and bereavement. Sessions are free of charge and include refreshments. Booking is essential – please contact me on 07821 900623 or email [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com) for more information.



**Humber Wellbeing Hub Grief Café 🕒 2:30–3:30pm**



A supportive place to talk, listen, and reflect. These sessions are held every **first Thursday and Friday of the month**. Everyone is welcome!

Venue: At Humber Wellbeing Hub, Country Park, Humber Bridge, Hessle, HU13 0LN

Email : [info@humberwellbeinghub.com](mailto:info@humberwellbeinghub.com)

Visit <https://humberwellbeinghub.com/>



**North Lincolnshire Multi faith Partnership** is made up of Faith leaders and other members of the community who can play a key role in supporting those who have also experienced bereavement. Faith based organisations are a place to find a listening ear and a community to be a part of. Here is a link to some of the faith groups <https://www.northlincs.gov.uk/community-advice-and-support/life-in-north-lincolnshire/>



**LiveWell North Lincolnshire** is a one-stop place for residents and visitors to find a wide range of organisations; support groups, community groups, events and activities that can help improve their health and wellbeing.

There are details of bereavement support community groups, fitness classes and services supporting physical and mental wellbeing among the 700+ services listed. This number is continuing to grow as we gain growing support across the council, VCSE sector and wider community visit

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

## **Training**

### **Upcoming Webinar - The Ajuda Foundation : Coping with Grief & Bereavement: Webinar Zoom - December 5<sup>th</sup>**

To gain insights into grief and raise awareness, you are invited to join a free webinar hosted by the Ajuda Foundation that will specifically address Grief Awareness, encompassing various aspects of the grieving process.

The webinar is scheduled from **10 am to 12 pm** via Zoom and will feature discussions from support organisations, as well as personal stories from those who have navigated through grief and bereavement.

**Book via this link [Coping with Grief, Bereavement and Loneliness Tickets, Thu 5 Dec 2024 at 10:00 | Eventbrite](#)**

### **Local bespoke Grief Awareness Course- Oatridge Coaching**

After walking with people through grief for nearly 20 years, Trainer/Coach Jonathan Oatridge runs a number of courses including Grief awareness to help people better navigate grief themselves, but also to help them walk with other people going through grief. This can help our workplaces and homes to be places where we can not only share our grief, but also find the support we need at a difficult time.

If you or anyone you know would benefit from thinking about factors affecting grief, the process of grief, models old and new of grief and some tips for coping and would like details about running this course for a group of people in your organisation then do get in touch.

Upcoming training sessions in January 2025 include:

- Monday 20th January 9-12 online £50
- Friday 24th January 9-12 online £50
- Tuesday 28th 9.30-4 Messingham Hub £95
- Thursday 30th 7-9pm online £40

Further details can be found: <https://www.oatridgecoaching.com/training/>

Email :[jonathan@oatridgecoaching.com](mailto:jonathan@oatridgecoaching.com)

**Director / Coach / Trainer - Jonathan Oatridge - [07813 583312](tel:07813583312)**

### Support over Christmas

While Christmas is a time of celebration and joy it can be also be very difficult time of year for many people, feelings of loss, isolation for many. You are not alone; support is available throughout the whole of the festive period for those who are struggling. Here are some local and national helplines and services that can help.

### Mental Health Support

**MENTAL HEALTH SUPPORT** at **CHRISTMAS**

**North Lincolnshire Council**

If you're going through a difficult time  
Call free on: 116 123  
or email [jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

If you need bereavement support:  
[cruse.org.uk](http://cruse.org.uk)  
0800 808 1677

**Cruse** Bereavement Support

If you need support and are under 35:  
[papyrus-uk.org](http://papyrus-uk.org)  
0800 068 41 41

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

If you need or prefer to text:  
[giveusashout.org](http://giveusashout.org)  
Text SHOUT to 85258

**shout**  
for support in a crisis

Call 111 and select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

**NHS**

North Lincolnshire Council Single Point of Access (SPA) provide advice, information and guidance for adults with care and support needs, they can refer onto other agencies for mental health support and take AMHP referrals when a Mental Health Act Assessment is required.  
The SPA Access Team number is 01724 297000, option 4,4,2

North Lincolnshire Mind - Safe Space Support Line.  
If you are struggling and need support call us any evening, including bank holidays, on our late night support line from 4 pm until midnight on 01724 279 500.  
If we don't answer, please leave a message and one of the trained staff members will call you back as soon as possible.

If you have an emergency out of hours, please call the RDaSH Mental Health support (Crisis Team) on 0800 804 8999. They also have a text service for anyone unable to use the standard telephone line (i.e. deaf or hard of hearing); you can text 07918 372894.