



**Suffolk Safeguarding
Children Board**

Child Death Overview Panel

Bereavement Support Directory

This resource has been developed by the Suffolk Child Death Overview Panel for parents and families who have been affected by the loss of a baby or child.

This booklet is a 'directory' of services that can offer you information, advice or support. Although it is not a definitive list, it may be a useful place to start. These services are available at any stage of a bereavement; whether recent or past. Many of these organisations are staffed by volunteers who have a personal experience of bereavement. They are there for you when you feel ready.

Contents

This booklet is laid out across the following sections:

1 Coping with a Bereavement

Organisations that provide information, advice and/or support, including specialist organisations that raise awareness of specific areas of bereavement.

2 Children and Young People Affected By Loss

Specialist organisations that provide information, advice and/or support for children, young people and parents / families who have been affected by loss.

3 Faith Based Support

Organisations offering spiritual / 'faith specific' support or information.

4 General Support

Organisations that offer general support to families with any needs at any time.

The services listed are marked as **(LOCAL)** if they have offices or groups based in Suffolk.

1 Coping with a Bereavement

Brake www.brake.org.uk

Support Helpline: 0808 8000401 (10am - 4pm Mon-Fri) | Email: helpline@brake.org.uk

Brake is a national organisation that campaigns for road safety. It also offers emotional support through a telephone helpline for victims of road traffic collisions and bereaved family and friends.

Cardiac Risk in the Young (CRY) Email: cry@c-r-y.org.uk

Support Helpline: 01737 363222 | Email: bereavementsupport@c-r-y.org.uk

CRY is a national organisation that campaigns for awareness of cardiac risk and young sudden cardiac death. It provides a support network and the website features downloadable resources, including a booklet for siblings.

Child Bereavement UK www.childbereavement.org.uk

Support Helpline: 0800 0288840 (9am - 5pm Mon-Fri) | Email: support@childbereavementuk.org

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. They provide confidential support, information and guidance to families and professionals including:

- Individual, couple and family support sessions
 - Parents' support groups for baby and child death and support through a subsequent pregnancy
 - Family Support Groups for children aged 4-12 to attend with adult carers
 - A Young People's Advisory Group (YPAG) for bereaved young people up to age 25
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Child Death Helpline www.childdeathhelpline.org.uk

Support Helpline: 0800 282 986

10am - 1pm Mon-Fri • 1pm - 4pm Tue / Wed • 7pm - 10pm Evenings

The Child Death Helpline is a national organisation that offers emotional support through a telephone helpline for anyone affected by the death of a child of any age, from prebirth to adult, under any circumstances, however recently or long ago. They will accept calls in any language and providing a confidential telephone interpreting service.

Coroners' Courts Support Service www.coronerscourtsupportservice.org.uk

Support Helpline: 0300 111 2141 (9am - 5pm Mon-Fri) | Email: info@ccsupport.org.uk

The Coroners' Courts Support Service is a national organisation that provides information and advice about what happens at Her Majesty's Coroner's Court during an Inquest.

Cruse Bereavement Care www.crusebereavementcare.org.uk

Support Helpline: 0808 808 1677 (9.30am - 5pm Mon-Fri) |

Email: helpline@cruse.org.uk

Cruse is a national organisation with offices throughout Suffolk. It offers specialist face-to-face bereavement counselling sessions and local support groups.



The Lullaby Trust (formerly FSID) www.lullabytrust.org.uk

Support Helpline: 0808 802 6868 (10am - 5pm Mon-Fri, 6pm – 10pm

Weekend / Public Holidays) Email: support@lullabytrust.org.uk

The Lullaby Trust is a national charity that offers information, advice and support to bereaved families who have experienced a Sudden Unexpected Death in Infancy (otherwise known as Cot Death). The Suffolk Lullaby Trust Group is based in Bury St Edmunds; their members fundraise for national research into Sudden Infant Death as well as local infant care and have a dedicated member of the Lullaby Trust helpline providing support for bereaved parents.



Miscarriage Association www.miscarriageassociation.org.uk

Support Helpline: 01924 200799 (9am - 4pm Mon-Fri)

Email: info@miscarriageassociation.org.uk

The Miscarriage Association is a national charity that offers information and advice to families who have experienced the miscarriage of a baby. They also offer local support groups.



SOFT UK www.soft.org.uk

Support Helpline: 0121 351 3122 | Email: enquiries@soft.org.uk

SOFT UK is a national volunteer led organisation that provides support for families affected by Trisomy 13 (Patau's syndrome), Trisomy 18 (Edwards' syndrome) and related disorders. The organisation offers online resources and information about these genetic conditions as well as a telephone and email support service for families who have been bereaved.

Stillbirth and Neonatal Death Charity (SANDS) www.uk-sands.org

Support Helpline: 020 7436 5881 (9.30am - 5.30pm Mon-Fri)

Email: helpline@uk-sands.org

SANDS is a national charity that offers information and advice to bereaved families who have experienced a stillbirth or the death of a baby.

SUDEP Action www.sudep.org

Support Helpline: 01235 772850 | Email: support@sudep.org

SUDEP Action is a national organisation that campaigns for awareness of Sudden Unexpected Death in Epilepsy.

Survivors of Bereavement by Suicide (SOBS) www.uk-sobs.org.uk

Support Helpline: 0300 111 5065 (9am - 9pm every day)

SOBS is a national organisation with a support group in Suffolk.



Twin and Multiple Births Association (TAMBA) www.tamba.org.uk

Email: Enquiries@TAMBA.org.uk

TAMBA is a national organisation that offers advice and support to parents of twins and multiple birth siblings. The Bereavement Support Group also offers an online information booklet and a private Facebook page for support and discussion.

www.gov.uk

The central government website includes information and practical advice about bereavement and what to do after somebody dies: www.gov.uk/browse/births-deaths-marriages/death.

2 Children and Young People Affected By Loss

Cruse Bereavement Care www.cruse.org.uk/children

Support Helpline: 0808 808 1677 (9am - 5pm Mon-Fri)

Information, advice and support to young people who have been bereaved.

Nicky's Way www.stnicholashospice.org.uk

Office: 01284 766133 | Email: nickysway@stnh.org.uk

A free, open access bereavement service offered to all children and young people in West Suffolk and Thetford. This includes telephone and email support and information, individual and group work with family members with children and work with children in schools. St Nicholas' Hospice also offer one-to-one bereavement support for adults, either in the hospice or your own home. Support may vary from a telephone call or a chat over a cup of tea, to bereavement counselling. Their Support and Activity groups give people the opportunity to meet regularly with other people who have had similar experiences or concerns. All groups are facilitated by the Family Support Team. You can call them on 01284 715572 or email FamilySupport@stnh.org.uk

(LOCAL)

Winston's Wish www.winstonswish.org.uk

Helpline: 08088 020 021 | Email: info@winstonswish.org.uk

Winston's Wish is a national charity that offers information and advice to bereaved families, including resources for children and young people. It also offers emotional support and advice for people caring for a child affected by loss, through their telephone helpline.

Mental Health Services for Children and Young People in Suffolk

www.whatsthedealwith.co.uk

This local NHS website provides advice and information to parents and professionals around the emotional and mental health of children and young people, including bereavement. Any professional working with your child or family can make a referral for specialist mental health services if further support is needed.

3 Faith Based Support

Gardens of Peace Muslim Cemetery www.gardens-of-peace.org.uk

Gardens of Peace is a registered charity operating a cemetery for Muslims in the Greater London area. Their website also offers information and advice about death and burial arrangements according to an Islamic perspective.

Jewish Bereavement Counselling Service www.jbcs.org.uk

Helpline: 0208 951 3881 | Email: enquiries@jbcs.org.uk

The Jewish Bereavement Counselling Service is a national organisation that offers information, advice and specialist bereavement counselling for the Jewish community.

Muslim Bereavement Support Service www.mbss.org.uk

Helpline: 020 3468 7333 | Email: info@mbss.org.uk

The Muslim Bereavement Support Service is a national organisation that offers information, advice and specialist bereavement support for the Muslim community.

Suffolk Inter-Faith Centre www.sifre.org.uk

The Suffolk Inter-Faith Centre is a local charity based in Ipswich, which offers information and resources about a wide range of faiths practiced by people in Suffolk which may be helpful at a time of bereavement.



4 General Support

Home Start www.home-start.org.uk

Home Start is a national organisation that offers practical and emotional support to families in the UK as well as military families based in Germany and Cyprus. It has offices nationally and throughout Suffolk.



MIND www.mind.org.uk

MIND is a national charity with offices throughout Suffolk. It promotes awareness and advice about Mental Health. It also offers support, counselling and psychotherapy in the local community.



Turning Point www.turning-point.co.uk

Turning Point is a countywide service that offers advice and guidance for adults and young people to access help for drug or alcohol misuse across the county.



Other local services that are available to support you and your family:

Suffolk Social Care Services offer advice and support to you and your family at any time.

You can find the wide range of services available on the Suffolk County Council website or call Customer First to speak to an advisor. 0808 800 4005 (8am – 6.45pm Mon-Fri)

Emergency Duty Service on same number over night and on weekends

Suffolk Wellbeing www.readytochange.org.uk

This local NHS website provides advice and information about services available in your community, which can support and encourage your emotional wellbeing and health. Telephone: 0300 123 1781. You might also wish to speak to your regular GP and/or Practice Nurses and you may be able to ask for support from a Primary Care Mental Health Worker.

Children's Centres also provide play sessions, parenting classes, adult education opportunities and specialist advice around health, wellbeing, employment, housing and finance.

Find your local Children's Centre here: www.gov.uk/find-sure-start-childrens-centre

What is the Child Death Overview Panel?

Each Local Safeguarding Children Board (LSCB) has a statutory (legal) requirement to review child deaths in the local area, as described in regulation 6 of the Local Safeguarding Children Board Regulations 2006, made under section 14(2) of the Children Act 2004. Suffolk's Child Death Overview Panel (CDOP) fulfils this requirement on behalf of the LSCB in Suffolk. The Panel Members come from health, children and young people's services and police. They are responsible for reviewing all deaths of Suffolk children and young people from birth up to the age of 18.

The aim of a CDOP review is to ensure that procedures are in place and working effectively to support families when sudden and unexpected deaths in childhood or infancy occur as well as collecting information to help improve services for children and families in Suffolk.

CDOP collects and discusses information provided by professionals who have cared for the child and supported their family. At the CDOP meeting, learning points are agreed by the Panel who then make recommendations for organisations to put into practice.

The CDOP review takes place after all investigations are concluded and the outcomes explained to parents and family members. The role of CDOP is not to investigate individual cases or to determine cause of death, which is the responsibility of the doctor issuing the death certificate and/or the Coroner.

If parents or other close family members wish to make a comment to be shared at the CDOP meeting, they can do so in writing by the following ways:

Letter

Child Death Overview Panel
Local Safeguarding Children Board
Endeavour House
Russell Road
Ipswich IP1 2BX

Email

CDOP_Suffolk@suffolk.gcsx.gov.uk

Further information about the Child Death Overview Panel can be found on the Local Safeguarding Children Board website: www.suffolkscb.org.uk

To order free copies of this booklet, you can email the Child Death Overview Panel Co-ordinator: CDOP_Suffolk@suffolk.gcsx.gov.uk

The content of this booklet was last reviewed in September 2017 and is updated annually.