



Parents/Carers' Useful Links

SPIRAL

Monday 10.00 am – 2.00 pm

Thursday 2.00 pm – 6.00 pm

Tel: 0115 9603010

Email: spiral@familycare-nottingham.org.uk

www.familycare-nottingham.org.uk

SUE'S PLACE Tel: 01636 551739

www.sues-place.co.uk

Newark & Notts Child Bereavement and Loss Service

WINSTON'S WISH Tel: 0845 203040

www.winstonswish.org.uk

CRUISE BEREAVEMENT CARE Tel: 0844 4779400

www.cruse.org.uk

Monday-Friday 9.30 am – 5.00 pm

Young person's freephone helpline

Email: helpline@cruse.org.uk

CHILDHOOD BEREAVEMENT NETWORK

www.childhoodbereavementnetwork.org.uk



BEREAVEMENT TRUST HELPLINE Tel: 0800 435455

Every evening 6.00 pm – 10.00 pm

GRIEF ENCOUNTER ADULT ZONE

www.griefencounter.org.uk

Parents/Carers' Useful Links continued



MERRY WIDOW

www.merrywidow.me.uk

A website for anyone who has lost a partner with a message board to share thoughts and feelings

PARENTLINE PLUS

www.parentlineplus.org.uk

A parenting website with useful links

SURVIVORS OF BEREAVEMENT BY SUICIDE

Tel: 0870 2413337

www.sobs.admin.care4free.net

THE WAY FOUNDATION

www.wayforward.org.uk

Organisation to support young widows

SAMARITANS

Tel: 08457 909090

www.samaritans.org

24hr confidential emotional support

SUDDEN DEATH SUPPORT ASSOCIATION

Tel: 0118 9733939 24hr answerphone

SAMM (Support After Murder and Manslaughter)

Tel: 0207 7353838

