



SPIRAL

Young Peoples' Useful Links

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

General Bereavement Websites

WINSTON'S WISH Tel: 0845 203040

www.winstonswish.org.uk

- Scribble your thoughts on their virtual graffiti wall online
- Talk on the bulletin board where young people can share their stories
- Create a star in the "skyscape of memories"

CRUISE BEREAVEMENT CARE Tel: 0808 8081677

www.rd4u.org.uk

Monday-Friday 9.30 am – 5.00 pm

Young person's freephone helpline

Email: info@rd4u.org.uk



CHILDLINE Tel: 0800 1111

www.childline.co.uk

National helpline for children with any kind of problem or difficulty

GRIEF ENCOUNTER Teen Zone

www.griefencounter