

ORGANISATIONS SUPPORTING PEOPLE REACHING END OF LIFE/ WITH LIFE LIMITING CONDITIONS

Hampshire Neurological Alliance	Support for people with a neurological condition. The only collective voice for more than 80 national and regional brain and spine organisations working together to make life better for eight million children, young people and adults in England.	http://www.hampshireneural.org.uk/ Tel: 07847 794937
Say It Once	Forms on this website help people remember and share important information about their health and wellbeing.	http://www.sayitonce.info/ Tel: 01794 519495
Carers Together	A carer led charity that offers support for unpaid carers living anywhere in Hampshire.	http://www.carerstogether.org.uk/ Information and advice line: 01794 519495 Support line: 08000 323456
Carers in Southampton	Empowers informal carers by providing free support, advice, guidance and learning opportunities and improving their choice, control and independence.	Tel: 023 8058 2387 enquiries@carersinsouthampton.co.uk
Brendon Care	Social clubs and activities.	http://www.brendoncare.org.uk/clubs/our-clubs/hampshire Tel: 01962 852133
Age Concern Hampshire	Age Concern Hampshire is an independent charity working across the county to promote independent living to over-50s.	http://www.ageconcernhampshire.org.uk/ Tel: 0800 328 7154
Age UK Southampton	Free confidential information and advice on a range of issues affecting older people.	http://www.ageuk.org.uk/southampton/information-and-advice/ Tel: 023 8036 8636
Hampshire County Council	Information about end of life care and planning for end of life care with links to a range of advice and organisations (online). Includes advice on wills/advance	http://www.nhs.uk/Planners/end-of-life-care/Pages/End-of-life-care.aspx

	statements and power of attorney.	
Older People's Forum	Brings together the various separate forums in Hampshire that represent the interests of the older residents in the County.	http://www.haopf.btck.co.uk/ No phone contact number – email through website
Good Neighbours Groups	Good Neighbours groups are there for people in the local community when there is no one else they can call upon to help.	https://www.goodneighbours.org.uk/ Tel: 07827 925327 (Adviser) Tel: 02392 899671 (Office)
Together for short lives	Support and advice for parents and professionals caring for a child who is expected to have a short life.	http://www.togetherforshortlives.org.uk/ Tel: 0808 8088 100
HOSPICES		
Oakhaven Hospice	Specialist palliative care and support to those facing life-limiting illness and their loved ones in both a home and hospice setting.	http://www.oakhavenhospice.co.uk Tel: 01590 670346
The Coates Centre (within the grounds of Oakhaven Hospice)	Offering information and support for those whose lives have been impacted by illness.	http://thecoatescentre.co.uk/ Tel: 01590 677198
Countess Mountbatten Hospice (Southampton, Eastleigh, Romsey, Winchester, Fareham, Gosport and the surrounding areas)	Provides a specialist multidisciplinary palliative and end of life care services for patients and their families with living limiting illness, including psychology and bereavement and information and support. A new developing strategy will focus over the coming 3 to 5 years on reaching more people through care at home, including domiciliary care packages, care coordination, rehabilitation and self-help programmes.	https://cmhcharity.org.uk/ Tel: 023 8047 5528
Countess of Brecknock Hospice (Andover)	Specialist palliative care unit, within Andover War Memorial Hospital.	http://www.countessofbrecknockhospice.co.uk/ Tel: 01264 835288

Salisbury Hospice (Avon Valley)	Hospice providing inpatient and community support.	http://www.salisbury.nhs.uk/InformationForPatients/Wards/Pages/SalisburyHospice.aspx Tel: 01722 425113
MacMillan Unit Christchurch (Avon Valley)	Specialist palliative care to patients with any advanced, progressive, incurable illness with difficult symptoms or problems.	http://www.macmillanlocal.org/macmillan-unit.php Tel: 01202 705291
Naomi House and Jack's Place	Providing care and support to children, young people and their families and carers.	https://www.naomihouse.org.uk/ Tel: 01962 760060
PLANNING FOR DYING		
Society of Later life Advisors (Financial)	The Society of Later Life Advisers (SOLLA) aims to assist people and their families in finding trusted accredited financial advisers who understand financial needs in later life.	https://societyoflaterlifeadvisers.co.uk/About Tel: 0333 2020 454
Solicitors for the elderly	An independent, national organisation of lawyers, such as solicitors, barristers, and chartered legal executives who provide specialist legal advice for older and vulnerable people, their families and carers.	http://www.sfe.legal/public/welcome Tel: 0844 567 6173
Final Fling.com	Website with lots of information about planning for death.	https://www.finalfling.com/ Tel: 0141 423 1618
Natural Death Centre	The Natural Death Centre is a charity that gives free, impartial advice on all aspects of dying, bereavement and consumer rights.	http://naturaldeath.org.uk/ Helpline: 01962 712 690
Cremated Remains Information Bureau	Helpline and impartial information from the UK's leading Funeral Advice Charity.	https://www.crib-ndc.org/ Helpline: 01962 712 690
National Association of Funeral	Useful website with information about planning and	http://www.nafd.org.uk/

Directors	arranging funerals.	Tel: 0121 711 1343
Dying Matters	Dying Matters Coalition to promote public awareness of dying, death and bereavement set up by the National Council for Palliative Care (NCPC).	http://www.dyingmatters.org/ Tel: 08000 21 44 66
BEREAVEMENT SUPPORT		
Cruse Bereavement Care	Cruse Helpline	http://www.cruse.org.uk/ Tel: 0808 808 1677
Samaritans	Helpline	http://www.samaritans.org/ Tel: 116 123 (free to call, 24/7)
Support for and about children and young people		
The Compassionate Friends	Support after death of a child (any age) for parents; families, siblings grandparents.	https://www.tcf.org.uk/ Tel: 0345 123 2304
Grief Talk by Grief Encounter	Helpline providing support to children, teenagers and young adults who have experienced the death of a loved one and provide advice in how to support young people.	https://www.griefencounter.org.uk/griefftalk/ Tel: 0808 802 0111 (Mon/Friday 9am-9pm)
Cruse Hope Again	Young people contact 12 – 25yrs.	www.hopeagain.org.uk Tel: 0808 808 1677
Simon Says – New Forest	For bereaved children and families up to 18 years.	http://www.simonsays.org.uk/ Tel: 023 8064 7550
Stillbirth and Neonatal Death Society (SANDS)	Bereavement support for a baby before, during or shortly after birth. For parents, grandparents, siblings, children, families and friends, health professionals and others.	https://www.sands.org.uk/ Tel 0808 164 3332 helpline@uk-sands.org
Supporting parents and relatives in neonatal grief (SPRING)	Counselling, befriending and grief support through baby loss.	http://www.springsupport.org.uk/ Tel: 01202 448084
Child Bereavement UK	Supports families and children.	http://www.childbereavementuk.org/

		Tel: 0800 02 888 40
The Lullaby Trust	Sudden and unexpected death of a baby or young toddler for families.	http://www.lullabytrust.org.uk/ Tel: 0808 802 6868 support@lullabytrust.org.uk
Winston's Wish	Support information and guidance for all those caring for a child or young person who has been bereaved.	http://www.winstonswish.org.uk/ Tel: 08088 020 021
Hampshire Constabulary	Advice booklet following a sudden and unexpected death (information).	http://www.hampshire.police.uk/internal/advice-and-information/954020+-+Bereavement+Advice+Booklet.pdf
BILD (British Institute of learning Disabilities)	For carers of people with a learning disability (information).	http://www.bild.org.uk/information/ageingwell/endoflifecare/ Tel: 0121 415 6960
Specialist bereavement groups		
Compass	General Counselling based in Lymington.	http://www.compasscounselling.co.uk/ Tel: 0159 067 4011
LGBT Bereavement Helpline	London Friend's dedicated helpline offers support and practical information to lesbian, gay, bisexual and transgendered callers who have been bereaved or are preparing for bereavement.	http://www.londonfriend.org.uk/bereavementhelpline/ Tel: 020 7403 5969 on Tuesdays between 7.30pm and 9.30pm
Dying Matters –adults with a Learning Disability	Offers support and easy read information for supporting the EOL for adults with a Learning Disability.	http://www.dyingmatters.org/gp_page/end-life-care-adults-learning-disability
Lone Twin Network	For twin bereavement.	info@lonetwinnetwork.org.uk https://lonetwinnetwork.org.uk/
Merrywidow	Anyone who has lost a partner (e-mail and online community only).	merrywidow@boydells.com http://www.merrywidow.me.uk/
National Association of Widows/Southampton	Offers support, friendship and opportunities for widows and widowers groups near Southampton.	https://www.nawidows.org.uk/ 0845 838 2261
Options	General Counselling.	023 8063 0219

		http://www.optionscounselling.co.uk/
WAY Foundation	Self Help Support for widows and widowers under 50.	https://www.widowedandyoung.org.uk/
Support organisations for traumatic death		
Papyrus (Prevention of Young Suicide)	Emotional support for children, teenagers and young people up to the age of 35 regarding mental health, suicide and bereavement.	https://www.papyrus-uk.org/ Text: 07786 209697 Phone: 0800 068 41 41
Road Peace	National Charity for road traffic victims.	http://www.roadpeace.org/ Tel: 0845 450 0355 (Mon-Fri 9am-5pm)
SCARD	Support after road death and injury, provides emotional and practical support.	http://www.scard.org.uk/ Helpline: 0845 123 5542
Survivors of Bereavement by Suicide (SOBS)	For those bereaved by suicide (over 18s only) 9.00 am – 9.00 pm daily.	http://uk-sobs.org.uk/ 0300 111 5065
Sudden Death Support Association (BRAKE)	An organisation to help relatives and close friends of people who die suddenly.	http://www.suddendeadth.org/
Support after Murder and Manslaughter (SAMM)	Supporting families bereaved by murder and manslaughter.	http://www.samm.org.uk/ Tel: 0121 451 1618 Tel: 0845 872 3440
Sudden Arrhythmic Death Syndrome – SADS UK	Exists to raise awareness and highlighting cardiac/heart conditions in young through to middle aged people.	http://sadsuk.org.uk/newsite/ Tel: 01277 811 215
Help is at Hand by Support after Suicide	A downloadable resource for people bereaved by suicide or sudden traumatic death.	http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/
Campaign against Living	For men/a movement against male suicide.	https://www.thecalmzone.net/ Tel: 0800 58 58 58 (5pm to midnight)

Miserable (CALM)		
Advice for bereaved and social groups which may help		
Age Concern Hampshire	Independent charity that promotes independent living to over-50s.	http://www.ageconcernhampshire.org.uk Tel: 0800 328 7154
British Association for counselling and psychotherapy (BACP)	Bereavement counsellors in your area.	https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/
Bereavement UK	Information and web chat forum (e-mail only).	http://bereavement.co.uk/support@bereavement.co.uk
Carers Together	Supporting unpaid carers in Hampshire, Portsmouth and Southampton.	http://www.carerstogether.org.uk/ Tel: 01794 519465
Carers in Southampton	Empowers informal carers by providing free support, advice, guidance and learning opportunities and improving their choice, control and independence.	Tel: 023 8058 2387 enquiries@carersinsouthampton.co.uk
Counselling Together	Professionally trained counsellors from various churches based around the New Forest, open to those of all faiths or none.	http://www.counsellingtogether.co.uk/ Tel: 07983 320 450
Grief Chat	Free service/trained bereavement counsellors offering live chat programmes.	https://www.griefchat.co.uk/ (Monday/Friday 9am-9pm)
New Forest Cruse Bereavement Care	Bereavement support for all ages for the New Forest area.	https://www.cruse.org.uk/New-Forest-area-map Tel: 01202 418 555 newforest@cruse.org.uk
Salvation Army New Forest	Support from the Salvation Army from around the New Forest area.	Tel: 01590 676306 (Lyminster) Tel: 01425 472909 (Ringwood) Tel: 01425 650001 (Fordingbridge) Tel: 02380 771655 (Southampton Shirley)
The Bereavement Register	Prevention of junk mail to relatives of deceased – free service to remove names/addresses of deceased from	https://www.thebereavementregister.org.uk/ Tel: 0207 089 6403

	mailing lists.	
The Jolly Dollies	Widows that get together, support each other, make new friends, chat and have fun with others who understand. Local groups across Hampshire.	https://thejollydollies.com/ thejollydollies@gmail.com
The Coates Centre in Oakhaven Hospice Lymington	Drop in - support and activities for those with ill relatives/bereaved. Not counselling.	http://thecoatescentre.co.uk/ Tel: 01590 677 198
The Bereavement Trust	Telephone help for bereaved.	http://bereavement-trust.org.uk/ Tel: 0800 435 455
The SilverLine	Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.	http://www.thesilverline.org.uk/ Tel: 0800 470 8090
Woodland Burial Ground Hinton Park Bereavement Group	The Woodland Burial Ground Hinton Park Bereavement Group hosts a coffee morning open to all.	Tel: 01425 278 910
Other Agencies		
Southampton Cruse Bereavement Care	Supporting bereaved people across the UK, with local services within Southampton.	Tel: 0844 879 3448 (South Hampshire) Tel: 0808 808 1677 (National) southhampshire@cruse.org.uk
EBS Counselling Service	Bereavement service for Eastleigh and Southampton.	http://www.ebs-bereavement.co.uk/ Tel: 07707 664 702
Winchester Bereavement Support	Bereavement support service for Winchester and surrounding areas. Support can be given through home visits by carefully selected and trained volunteers (bereavement visitors) free of charge.	http://www.winchesterbereavementsupport.org.uk/index.htm Tel: 01962 863 626 help@winchesterbereavementsupport.org.uk