

## Further contacts

Most of us will face bereavement and grief at some time in our lives. Everyone reacts differently. There is no right or wrong way to grieve, no predictable journey of grief, not "normal" timescale.

Some have effective support from family and friends; others value the help of trained counsellors or listeners. If you'd like to talk with the Rector, please get in touch.

### **Local support:**

#### **The Rector: Revd Mark Cannon**

01943 831 382    07866 298 892

#### **Parish Office:**

contact@stpetersaddingham.org.uk

01943 830 306    LS29 0QS

www.stpetersaddingham.org.uk

 St Peter's Church Addingham

**Bereavement Support Group** - led by Jo Onions first Monday of each month 7pm in the Hub above Addingham Library

**Reset Grief Counselling** – personal counselling from Jo Onions in Addingham and surrounding area [www.reset-counselling.co.uk](http://www.reset-counselling.co.uk)

Many national organisations offer help with bereavement, here are contact details of just a few:

**At A Loss** – help to find support and wellbeing in bereavement [www.ataloss.org](http://www.ataloss.org)

**Cruse** - bereavement support [www.cruse.org.uk](http://www.cruse.org.uk)

**Care for the Family** – family bereavement support

[www.careforthefamily.org.uk/support-for-you/family-life/bereavement-support/](http://www.careforthefamily.org.uk/support-for-you/family-life/bereavement-support/)

**NHS** – grief advice and help

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/)

**Bereavement UK** – online help [www.bereavement.co.uk](http://www.bereavement.co.uk)

**Child Bereavement Charity** – rebuilding family lives together [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Child Death Helpline** – phone support for anyone affected by the death of a child

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

**Grief Encounter** – supporting bereaved children and young people [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**SANDS** – support with Still Birth & Neonatal Death [www.sands.org.uk/](http://www.sands.org.uk/)

**Winston's Wish** – giving hope to grieving children [www.winstonswish.org](http://www.winstonswish.org)