



Fact Sheet No.1

Bereavement Services

**Carers Centre for Brighton & Hove
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We have produced this booklet to provide a handy guide to local services that help the recently bereaved.

These are the services that we know about and we hope this booklet will help you find the kind of support you want.

We have contacted the organisations listed to ensure that their details in this guide are correct. If you spot an error then please let us know. Inclusion in this guide does not imply a recommendation by the Carers Centre and any problems that may be encountered with a particular organisation should be raised with them.

We hope that you find this guide useful and hope that you find what you are looking for.

Alzheimer's Disease Society

Services provided: Bereavement support for ex-carers of people who suffered from dementia can be obtained by attending carers support groups or by individual home visits. Not a bereavement counselling service – clients will be directed towards appropriate counselling services if required.

To whom: Ex-carers of people suffering from dementia.
Address: 206 Church Road, Hove, East Sussex BN3 2JD
Tel: 01273 726266
Opening hours: Monday-Friday 9.30am – 1pm. Home visits by appointment
Referral method: Any
Access: Ground floor access, ground floor toilet. No parking facilities close by.
Charges: None

Bereavement Support Group

Services provided: Practical and emotional support for bereaved parents. The group is organised by midwives, nurses and social workers within the maternity and neonatal units.

To whom: Parents following the death of their baby.
Address: L-14 Counselling Room, Royal Sussex County Hospital
Charges: None

Brighton & Hove Bereavement Support

Services provided: Home visits, bereavement counselling, annual candlelight service. Home visits and one-to-one counselling. They also run 'Stepping Stones'.

To whom: Any bereaved person of any age/colour/sex/race/religion/sexuality
Contact name: Judy Greenfield, Co-ordinator
Address: 164 North Street, Chapel Royal, Brighton BN1 1EA
Tel: 01273 772210
Opening hours: Monday – Thursday mornings.
Referral method: Self, GP, Social Services, churches and hospitals.
Access: Access for disabled. Parking and toilets for disabled. Chapel Royal is served by buses from all parts of Brighton & Hove and is on the north side of North Street opposite 'The Pier' shop.

Brighton & Hove Libraries

Services Provided: Brighton Children's Library keeps current details of sources of information and support. People can borrow books which aim to help children and families through the process of bereavement.

To whom: Anyone but mainly children, their parents and carers, professionals and students in the field of childcare.
Contact name: Anne Wilson
Address: Jubilee Library, Jubilee Street, Brighton BN1 1GE
Tel: 01273 290800

Opening hours: Monday 10am-7pm
Tuesday 10am-7pm
Wednesday 10am-5pm
Thursday 10am-8pm
Friday 10am-5pm
Saturday 10am-4pm
Sunday Closed

Referral method: Self
Access: Street parking for disabled only
Charges: None
Other information: All the libraries in Brighton & Hove hold useful material on bereavement and loss.

Brighton & Sussex University Hospitals NHS Trust

Services provided: Counselling support in the hospitals (including Royal Sussex County Hospital, Brighton General and Royal Alexandra Children's Hospital).

To whom: Patients, relatives and staff (any age).
Address: Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE
Tel: 01273 696955 Ext: 7495
Opening hours: "On call" emergency 365 days a year.
Referral method: Self
Access: Limited parking/facilities for disabled
Charges: None

Brighton Body Positive

Services provided: Self-help organisation providing support through counselling, drop-ins and complementary therapies.

To whom: To all people affected by HIV/AIDS, including surviving partners, families and friends.
Address: PO Box 1317, Brighton BN2 4YB
Tel: 01273 693266

Opening hours: Monday – Friday 10am – 5pm
Saturday 10am – 3 pm
Referral method: Self or any other route. Telephone to arrange initial appointment.

Carers' Centre for Brighton & Hove

Services provided: Information, support and advocacy for carers. Practical bereavement support for carers.

To whom: Carers and recently bereaved former carers of any age.
Address: Community base, 113 Queens Road, Brighton BN1 3XT
Tel: 01273 234045

Opening hours: Monday – Friday 9am – 4.30 pm
Referral method: Self, GP, social worker or other professional
Access: Building is accessible – lifts, disabled toilet on ground floor.
Charges: None

Community Mental Health Nursing

Services provided: Morbid grief usually delayed for more than 18 months or more; also presenting with psychotic symptoms as a result of bereavement.

To whom: 18-65 years
Contact name: Michael Ong, CPN Team
Address: Community Mental Health Service, Brighton General Hospital
Tel: 01273 696011

Opening hours: Monday – Friday 9am – 5 pm
Referral method: By a statutory or voluntary organisation
Charges: None to client
Other information: Person referred must consent to referral

The Compassionate Friends

Services provided: Befriending service through a telephone help line, home visits, monthly group meetings, special materials (leaflets, newsletter etc.) and postal library.

To whom: Bereaved parents, grand parents and siblings of all ages, following death of any cause (accident, illness, murder, suicide).
Address: Head Office, 53 North Street, Bristol BS3 1EN (will give local contact details)
Tel: 0117 9539639
Opening hours: Monday – Sunday 10am – 4pm & 6.30pm – 10.30pm
Referral method: Various
Access: Telephone support and home meetings.
Charges: None (except for newsletter)
Other information: All members, contacts, co-ordinators etc are themselves bereaved parents.

Foundation for the Study of Infant Deaths

Services provided: Cot death research and support. Befriending.

To whom: Families who have suffered a sudden infant death.
Address: 43 Goldstone Crescent, Hove.
Tel: 01273 552570
Opening Hours: Reasonable hours! National 24 hour help line always available Tel: 0207 233 2090.
Referral method: Any
Charges: None

Macmillan Respiratory Nurse Specialist

Services provided: Counselling

To whom: Relatives of patients who have been seen by nurse specialists i.e. lung cancer patients.
Contact name: Brian Lowden
Address: Brighton General Hospital, Elm Grove, Brighton
Tel: 01273 665190
Opening hours: 9am – 5pm
Referral method: Via hospital consultant and self referral
Charges: None
Other Information: Service is offered to relatives after a death and they may initiate contact later on.

Macmillan Support Nurses/Counsellors

Services provided: Bereavement support at the Sussex Oncology Centre.

To whom: Relatives of patients who have been seen in the Sussex Oncology Centre.
Address: Sussex Oncology Centre, Royal Sussex County Hospital, Eastern Road, Brighton
Tel: 01273 696955 ext: 4693/4
Opening hours: Monday – Friday 9am – 5pm
Referral method: Via health care professionals and self referral
Access: Disabled parking on RSCH site.
Charges: None

Miscarriage Association

Services provided: Telephone support. Information and referral to local contact.

To whom: Anyone who has been affected by miscarriage.
Address: c/o Clayton Hospital, North Gate, Wakefield WF1 3JS
www.miscarriageassociation.org.uk
Tel: 01942 200799
Referral method: Person should ring the main office in Wakefield where they can get support on the phone. They can also be given the number of a contact in their area.
Access: By phone
Charges: None

Patients Advocate

Services provided: Help and support. Plenty of listening time is given and client may then decide on a course of action. Confidential service there to support the client, not to defend the hospital. Also offers help to patients who want to complain.

To whom: People who have a relative or friend who has died while in the care of Brighton & Sussex University Hospitals NHS Trust.

Contact name: Andrew Harvey

Address: Latilla Annexe, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE

Tel: 01273 664588

Opening hours: 8.30am – 5pm

Referral method: Self

Access: Good car parks, disabled access – special spaces outside physiotherapy (free of charge)

Charges: None

S.O.S. Survivors of Suicide

Services provided: Weekly support group

To whom: Anyone bereaved by suicide

Contact name: Nikki Malins

Address: 79 Buckingham Road (CMHC) Brighton

Tel: 01273 220020 or 0402 870024/870025

Opening hours: Every Wednesday evening 7pm-9pm

Referral method: Self or professional referrals

Access: Access for disabled. Parking in Buckingham Road

Charges: None. Donations are gratefully accepted

Other information: Within the group we address emotions commonly experienced – anger, guilt, despair, isolation and loss of direction.

Samaritans – Brighton, Hove & District

Services provided: Home visits, befriending, support group, advice

To whom: Bereaved parents, of those who have died by suicide

Address: Head office (compassionate friends) based in Bristol
Tel: 01179 539639

Tel: 01179 539639 Local contact available through this number

Opening hours: Anytime

Referral method: Self, friend, media

Access: Regular meetings at member's houses

Charges: None, except for newsletter

Stepping Stones

Services provided: One-to-one and group work in Brighton & Hove. Support work in local schools and advice for parents and teachers. Part of Brighton & Hove Bereavement Support.

To whom: Children and young people

Contact name: Vivienne Ross
Address: Garton House, 22 Stanford Avenue, Brighton BN1 6AA
Tel: 01273 542802
Opening hours: 9.30am – 12.30pm
Referral method: Self or health professionals
Access: Disabled access and toilet and baby changing facilities.

Sussex Aids Centre Psychotherapy and Bereavement Counselling Service

Services provided: Individual therapy and bereavement counselling

To whom: Adults aged 16 and upwards (no upper age limit) affected in any way by HIV/AIDS, including relatives, partners, friends and carers and gay, lesbian and bisexual people.

Contact name: Gail Alexander
Address: Sussex Aids Centre, Graham Wilkinson House,
4 Cavendish Street, Brighton BN2 1RM
Tel: 01273 608511
Opening hours: Monday & Wednesday 10am–5pm
Monday 8pm-10pm
Referral method: Self referral, GP and other health professionals, social services specialist team.
Access: Disabled access. NCP car park opposite and voucher parking.
Charges: None

Women and Children's Health Counselling Service

Services provided: Counselling to individuals and couples

To whom: Women and their partners who are treated within the women and children's health directorate (e.g. Fertility problems, miscarriage; following a traumatic labour; following the death of a baby; following or before termination; following the admission of their baby to the neonatal intensive care unit; before or following a hysterectomy).

Contact name: Julia Berry
Address: Level 14, Royal Sussex County Hospital, Eastern Road,
Brighton BN2 5BE
Tel: 01273 696955 ext: 7620
Opening hours: Tuesday, Wednesday and Thursday 9am-5pm
Referral method: Self or health care professionals
Access: Car park
Charges: None
Other information: The session lasts for one hour; clients are seen weekly for six weeks. Waiting list 6-8 weeks.