



Grief & Bereavement Support Information Sheet

For someone coping with the death of a close relative

Grief is a deeply personal experience and affects people differently. There is no “right way” to grieve, and seeking support — whether emotional, practical, or social — can be very helpful in navigating this difficult time.

Understanding Grief

Common emotional and physical reactions can include:

- Feeling numb, sad, shocked, or angry
- Difficulty sleeping or concentrating
- Physical symptoms like fatigue or appetite changes
- Feeling overwhelmed by daily tasks
- A sense of missing the person deeply

These responses are normal reactions to loss, but if they persist or feel unmanageable, reaching out for structured support can make a positive difference.

Support Services in & Around Basingstoke

Confidential Bereavement Support

Cruse Bereavement Care

A leading charity offering free, confidential support after a death — including **one-to-one support**, telephone support, email support and resources for all ages.

- **National Helpline:** 0808 808 1677 (free) – available most weekdays
- **Local Basingstoke contact:** Tel: 01256 862264 (local branch)
- Email: basingstoke@cruse.org.uk
- Website: cruse.org.uk

Local Counselling Support

These services can offer confidential emotional support — you can call or visit their websites to enquire about grief-specific counselling or ongoing support:

- **Basingstoke Counselling Service** – supportive counselling for adults
- **Together Let's Change Counselling** – talk therapy in Basingstoke
- **Beverley Crouch Counselling** – individual counselling
- **Find Clarity Counselling - Basingstoke** – emotional wellbeing support
- **Explore Counselling Ltd** – private counselling service
- **Mindspace Foundation** – counselling & wellbeing therapy services
- **Counselling in Basingstoke** – local therapist contact

Tip: Many counsellors offer a short introductory call to see if their approach feels right for you before booking sessions.

Other Local & Community Support

- **Death Positive Hubs** – run through local libraries (including Basingstoke Discovery Centre) with resources and social groups that can help connect you with others and with information about bereavement services.
- **Basingstoke & North Hampshire Hospital Bereavement Service:** Tel: 01256 314777 (support following a hospital-related death)
- **Winchester Bereavement Support** – confidential service for bereaved adults (covers wider Hampshire area).

National & Additional Helplines

These can be especially useful **outside normal hours** or when you want someone to talk to right away:

- **NHS Bereavement Helpline:** 0800 2600 400 (advice and support)
- **Samaritans:** 116 123 (free) – emotional listening support, 24/7
- **Support After Suicide Partnership:** 0300 111 5065 (for bereavement after suicide)
- **Child Bereavement / Parent support lines:**
 - **Compassionate Friends:** 0117 953 9639 – support for bereaved parents
 - **Child-Death Helpline:** 0800 282 986 – support following child loss
- **Winston's Wish:** 0808 802 0021 – support for children, teens and families after bereavement

When to Seek Extra Help

You might consider talking to a GP or mental health professional if:

- Grief is affecting your ability to function (work, eating, sleeping)
- You feel overwhelmed by hopelessness or thoughts of self-harm
- You have persistent anxiety or depression symptoms

💡 Your GP can refer you to NHS talking therapies or local community mental health services.

How Family / Friends Can Support

- **Listen without judgement** — being heard is healing
- **Check in regularly**
- **Encourage small routines** (walks, meals, light activities)
- **Support them to accept help** (support groups, counselling)

Emergency & Urgent Support

- If someone is in immediate danger or at risk of harming themselves, **call 999**.
- For urgent mental health help in the UK: call **NHS 111** and select mental health support.

Regular Bereavement & Grief Support Groups in Basingstoke

CALM (Community Bereavement Group)

A monthly peer support group for people affected by miscarriage, stillbirth or neonatal loss. Meetings provide a compassionate space to talk and connect with others who've experienced similar loss.

- Meets second Thursday of every month, 7:30 pm – 9:30 pm
- Location: The Safe, Winchester Street, Basingstoke
- Activities include making support packs and informal shared support.

Simon Says Monthly Support Groups

Support groups for children and families who have experienced the death of someone important. These are held in Basingstoke on a monthly basis — sessions are structured around activities, conversation and creative coping tools that help children and young people express and understand their grief. Adults/carers are supported too.

 **Simon Says helpline:** 02380 647550

Bereavement Coffee & Support (Community-style group)

Local community groups (in partnership with bereavement services like Bereavement Care) often run informal monthly coffee groups — sometimes called *Coffee, Care & Cake* — where bereaved people can meet others over refreshments. These are relaxed, friendly ways to share experiences (dates can vary; calling ahead is advised).

- Contact **Bereavement Care** for details on current dates:  +44 8081 691 922

Cruse Bereavement Support Group Sessions

Cruse Bereavement Care is the UK's main bereavement charity and offers face-to-face and group support in the North Hampshire area, including Basingstoke.

- Cruse regularly runs group sessions and workshops (details vary by season). A local volunteer adviser can give you current group dates and places.
- Cruse also offers one-to-one and telephone support across Hampshire.

 Local branch: 01256 862264

Other Support & Social Opportunities

Death Positive Hub (Libraries)

Basingstoke Discovery Centre hosts “Death Positive” activities and signposting, including events and information around bereavement and grief — good for gentle community connection and finding resources.

Church Group – The Bereavement Journey

A 7-session group course with film and discussion designed to guide people through common aspects of bereavement — not solely religious in focus but supportive for anyone.

- Contact: pj@basingstoke.church / 07946 339351

Peer Support Options (for social contact & wellbeing)

While not grief-specific, groups like walking meet-ups (*Walk 'n' Talk*) and local community groups — including social wellbeing groups at Mindspace Foundation — can help reduce isolation and support mental health for bereaved people.

Tips Before You Go

- **Call ahead** wherever possible — dates/times can change or require booking.
- **Group style matters:** Some are peer drop-ins, others are structured with facilitators; tell them what kind of support you're looking for.
- **Children's grief support:** Simon Says groups are particularly helpful for young people.

Informal & Community-Led Bereavement Support

Bereavement Care – *Community meet-ups*

5.0•Patients support association Open

This local community bereavement support group runs friendly, inclusive sessions (often coffee, chat and informal peer support). They're designed for people after a loss to meet others, share experiences, and feel understood in a comfortable setting — not a clinical group, just a safe space to connect. Historically similar “*Coffee, Care & Cake*” style groups have been set up in Basingstoke.

 Contact: **+44 8081 691922**
Community-led, welcoming environment

St Michael's Hospice Bereavement Coffee Morning (*nearby alternative*)

While organised by a hospice, the bereavement coffee mornings in Basingstoke are very much informal meet-ups where people who have lost someone can relax, chat and connect with others over refreshments.

- Usually held last Friday of the month (11 am–12:30 pm) with no booking required — just turn up and stay as long as you like.
(If you'd like the exact venue address, I can look that up for you.)

Walk n Talk for Mental Health (Basingstoke)

Not a bereavement-only group, but this free, weekly **peer support walking group** is great if grief has left you feeling isolated. Walking and gentle conversation with others can help build connection and is *community-driven* rather than clinical.
Good for general emotional support and meeting new people.

CALM Basingstoke (Bereaved Parents Peer Group) (*social & not official counselling*)

This is a peer-led community meeting for people who've experienced loss of a baby (miscarriage/stillbirth/neonatal), offering shared support and understanding with others who've had similar experiences. Monthly meetings include activities and social connection rather than structured therapy.

Other Ways to Find Informal Peer Support

Local Facebook & Meetup Groups

Many people in Basingstoke use local Facebook groups or meetup platforms to arrange casual social events which can be supportive, such as walking meetups, community chats or people wishing to connect following loss (they may not always be formally advertised). Searching terms like "Basingstoke bereavement support," "grief support group Basingstoke," or "Basingstoke community meetup" on Facebook or Meetup can reveal informal next-door-neighbour gatherings or small support circles.