

E. Bereavement Support

Resource	Contact Details
The Bereavement Partners Support Group Group for people who have lost their partners to cancer	Macmillan Online Support Form https://community.macmillan.org.uk/cancer_experiences/bereaved_spouse/
Bereavement Counselling Service Specialist counselling in response to traumatic loss and complicated grief. Following the initial contact, an “assessment” is arranged to see what help would be best for you. In order to proceed, we require a referral from your GP.	The Bereavement Counselling Service, Falcon House, Eagle Road, Langage, Plymouth, PL7 5JY Tel: 01752 349769 Website: www.bcsplymouth.co.uk Email: enquiries@bcsplymouth.com
Merry Widow A bereavement site with useful links, guides and latest news	merrywidow@boydells.com
WAY Up Active self-help group aimed at providing mutual support to those who are widowed in their 50s and 60s. Based in the UK, open to members all over the world. The online forum registration is simple and free. Events are organised by members themselves via the forum.	info@way-up.co.uk
The WAY (Widowed and Young) Foundation A national charity for young people across the UK aged 50 and below. Offers access to local groups and activities. A secure online forum and chatroom, regular newsletters and the opportunity to join weekend breaks and holidays.	WAY Widowed and Young Suite 17, College Business Centre, Uttoxeter Road, Derby, DE22 3WZ www.widowedandyoung.org.uk
Bereavement Support Service Drop in coffee mornings	Plymouth: 10am to 12pm every Wednesday Abbey Hall, St Andrews Church, Plymouth Saltash: 10am to 12pm every Thursday 160 Callington Road, Saltash Plymstock: 1pm to 3pm every Wednesday 72 Phomphlett Road, Plymstock
Newly Bereaved	Monday 9am to 11am St Mary’s Parish Centre, 10 Market Road, Plympton Tel: 01752 348525
CRUSE—Bereavement Support National charity that offers support, advice and information to children, young people and adults when someone close to them dies	Appointments available by ringing 01752 408134
Hopeagain.org.uk Connected to CRUSE—carers website for young people	www.hopeagain.org.uk Website only
The Melting Pot—Bereavement Support Regular coach outings	Tuesday 10am to 11am St Mary’s Parish Centre, 10 Market Road, Plympton Tel: 01752 348525
Jolly Dollies An organisation started by widows, for widows. Our main objective is to help widows regain a social life through friendship and social activities	Tel: 01934 624104 Email: thejollydollies@gmail.com