OVER 50s BEREAVEMENT AND GRIEF RESOURCES INFORMATION (compiled by Haringey Reach and Connect)

SUPPORT IN HARINGEY

Haringey Reach and Connect

Reach and Connect **does not** provide specific bereavement support. However, the service can support bereaved residents to get connected to other services and support to help them cope with bereavement.
During Grief Awareness Week in 2026 (2nd-8th December), Haringey Reach and Connect is bringing together a timetable of events which includes Peer Grief support groups, practical workshops and other activities where Grief and Loss can be shared in a safe and supportive space.

Referral: Complete the online form at https://publicvoice.uk/haringey-reach-and-connect-referral-form/
☎: 020 3196 1905 or **Email:** hello@reachandconnect.net

If you are interested in attending a grief support group throughout the year, then local groups can be found in the Whittington Kissing it Better Calendar:
https://sites.google.com/view/kibharingey?usp=sharing

Haringey Talking Therapies (NHS)

https://www.northlondonmentalhealth.nhs.uk/talking-therapies/
Haringey Talking Therapies **does not** offer bereavement counselling on its own. However, the service will see someone if they present with a mental health difficulty (e.g. depression) due to bereavement.

North London Hospice

If you have lost someone that North London Hospice has cared for, you can contact North London Hospice:
Phone: 0800 368 7848 during working hours or
Email: nlhbereavement@northlondonhospice.co.uk
Website: https://northlondonhospice.org/get-support
North London Hospice primarily provides Bereavement support to families in Haringey, Barnet and Enfield.

SUPPORT SPECIFICALLY FOR OVER 50s

Way Up

https://way-up.co.uk/
Way Up is an active online self-help group aimed at providing mutual support to those who have been widowed primarily, but not exclusively in their 50s and 60s.

The Good Grief Trust

https://www.thegoodgrieftrust.org/find-support/for-over-50s/

SUPPORT FOLLOWING SUICIDE

Survivors of Bereavement by Suicide Haringey

SOBS exists to provide free peer support to adults bereaved by suicide.
https://uksobs.com/

For further information on group meeting times please contact the group directly via email on haringey@uksobs.org or call them on 07934 976 253.
Second Wednesday of every month 7pm to 8.45pm

Amparo
https://amparo.org.uk/
Amparo is a confidential service. The Service provides practical and emotional short term or longer-term support for people bereaved by suicide, including immediately after loss or in the longer term.
Support can be provided one to one, to family groups, or groups of work colleagues. Amparo is currently offered by telephone or video link, in person, walk and talk or in community venues.

Suicide Crisis for Men - James Place
https://www.jamesplace.org.uk
Therapeutic Intervention Service for Men experiencing a suicidal crisis

NATIONAL SUPPORT AND WELLBEING

Cruse Bereavement Support
Cruse provides free advice, emotional support and information on practical matters for bereaved people. Support is offered face to face, over the phone, via email and online
Cruse helpline: ☎ 0808 808 1677 (open Monday, Thursday, Friday: 9.30am-5pm, Tuesday: 1pm-8pm, Saturday and Sunday- closed
Online: You can contact Cruse through the form online at https://www.cruse.org.uk/get-support/helpline/
Website: https://www.cruse.org.uk/

At a Loss
Helping bereaved people find support and wellbeing
https://www.ataloss.org/

Age UK
How to deal with Grief after a Bereavement
https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/

The National Bereavement Service
The National Bereavement Service provides practical and emotional assistance after a death. If you or a loved one is experiencing loss, you can access free support today.
https://thenbs.org/

Bereavement Advice Centre
There are many practical matters to attend to when someone dies. The Bereavement Advice Centre supports and advises people what they need to do after a death.
https://www.bereavementadvice.org/

The Compassionate Friends
Supporting Bereaved Parents and their families.
https://www.tcf.org.uk/content/helpline/

Maggie's
Groups for families, individuals, children, carers, and young people are led by a psychologist and provide support for people affected by the emotional impact of cancer. There are also networking groups for people living with the same type of cancer before, during, and after treatment. Each centre runs different groups. Find your nearest one below.
maggies.org/our-centres

Marie Curie Support Line
Offer free information and emotional support for people living with a terminal illness, their families or carers
https://www.mariecurie.org.uk/services/support-line

Bereavement Support for those affected by a loved one's death from Cancer
https://thelossfoundation.org/

Sue Ryder
Free to access expert advice and support to help you or someone who is grieving
https://www.sueryder.org/grief-support/services/

SAMM - Support after Murder and Manslaughter
SAMM provides a wide range of peer support services to people bereaved by murder and manslaughter.
Peer support services include individual support, empowerment weekends, online peer support groups and an online forum.
All services are available for the bereaved, regardless of how long ago you lost a loved one.
Referrals:
SAMM helpline ☎: 0121 472 2912
SAMM text: 07342 888570.
Email: info@samm.org.uk Website: https://samm.org.uk/

ONLINE WEEKLY GRIEF/BEREAVEMENT SUPPORT

The New Normal
The New Normal provides **free non-judgemental peer support** for adults facing life's difficult moments, **particularly bereavement**.
https://www.thenewnormalcharity.org/
A completely free alternative to one-on-one therapy.
Changing how we discuss our grief, mental health and well-being in open and honest spaces.
Nobody should ever feel isolated, and there is always somebody who will relate to your story.

CULTURAL/ FAITH/COMMUNITY COUNSELLING SUPPORT

Muslim Bereavement Support Service
https://mbss.org.uk/contact-us/

Jewish Bereavement Counselling Service
Understand the specific issues raised by Bereavement within a Jewish context.
https://jbcs.org.uk/

ICAP
The only specialist British Based Counselling and Psychotherapy Service supporting people from the Irish Community.
https://www.icap.org.uk/

BEREAVEMENT AND LOSS COUNSELLING IN NORTH LONDON

CCIWBS

6-8 York Mews, Kentish Town, London, NW5 2UJ
Offer confidential counselling for everyone. Keen to support people who would not normally seek help through counselling. Welcome clients from every section of society: minority ethnic, different cultures, LGBTQ+, religious groups and older people.
Website: https://www.bereavement-counselling.org/

SUPPORT FOR CARERS

Carers First

Carers First provides bereavement support through various channels, including local support groups for bereaved or former carers and a helpline at 0300 303 1555. They also offer a free resource called the "Carers Guide to Grief" which can help you navigate the complex feelings and emotions that come with a loss.
Website: https://www.carersfirst.org.uk/haringey/groups-and-events/carer-grief-cafe/

PET LOSS

Blue Cross

No one should face the pain of losing a pet alone. Blue Cross provides a free and confidential helpline, webchat, email and Facebook group, where you can find support when you need it.
Tel: 0800 096 6606. The webchat service webchat service is staffed by trained Pet Loss Support volunteers from 8.30am to 8.30pm, every day
https://www.bluecross.org.uk/pet-loss
or
https://www.cruse.org.uk/about/blog/pet-loss-and-grief/

BABY AND CHILD LOSS

- https://www.lullabytrust.org.uk/bereavement-support/
- https://www.sands.org.uk/support-you/understanding-why-your-baby-died/baby-loss-support-information-and-useful-links
- https://www.nhsinform.scot/illnesses-and-conditions/pregnancy-and-childbirth/after-losing-a-baby/coping-after-youve-lost-a-baby/
- https://www.bliss.org.uk/parents/uncertainty-and-loss/bereavement-support
- https://www.childbereavementuk.org/

FURTHER NHS RESOURCES

https://www.nhs.uk/every-mind-matters/lifes-challenges/bereavement-and-traumatic-events/#bereavement

https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/

Helplines

https://mentalhealthishealth.findahelpline.com/countries/gb/topics/grief-loss

Other Links

https://hubofhope.co.uk/
https://www.maytree.org.uk/ offers brief-stay crisis support by engaging with non-medical compassionate befrienders.
https://www.ripplesofcompassion.com/ Supporting children with cancer/life-limiting conditions, their families & bereaved parents
https://www.nationalgriefadvice.com/gamcare National Grief Advice Service: Support for Grief and Loss
https://www.widowedandyoung.org.uk/ peer-to-peer support network for anyone aged 50 or under when their partner died.
https://thegoodgriefproject.co.uk/ helping bereaved parents and siblings to understand grief as a creative and active process
https://www.lifedeathwhatever.com/ an initiative to redesign the dialogue around death and dying, to open it up and to find new approaches to this important subject.
https://www.lifedeathwhatever.com/five-things-about-grief five Things is a collection of the five things their collaborators want you to know about life, death and everything in between.
https://griefchat.co.uk/ **free**, professional support through grief with a qualified bereavement counsellor.
https://thelossfoundation.org/ specialising in support for people bereaved by cancer.

We know that the amount of information out there can be overwhelming and it can be difficult to know where to go when you need support.
This link is intended to help you identify services, advice or information on a range of commonly occurring topics.

https://londonwaitingroom.nhs.uk/community-services-can-help#community