

Growing with grief



**NATIONAL GRIEF
AWARENESS WEEK
2-8 DECEMBER**



Why This Matters for GP Practices

- Grief can profoundly affect physical and mental health, adherence to treatment, and recovery.
- Many bereaved people do not know where to turn and may benefit significantly from early signposting.
- GPs are often a first point of contact: your awareness and referral can make a big difference.

Local Bereavement Support

Wandsworth Bereavement Service

- One-to-one bereavement counselling for Wandsworth residents.
- Free when referred by a GP

Wandsworth Children's Services - Local bereavement options for children and families.

Royal Trinity Hospice – Bereavement Services

Available to family & friends of those who have died under Trinity's care, and some groups open more widely, examples of support available include:

- **Bereavement Nature Therapy Group** – Nature therapy in Trinity's gardens and glasshouse; accessible for those who prefer outdoor activity-based support.
- **Bereavement Support Programme** – 8-week group offering coping tools and peer support.
- **1:1 Support** – emotional, psychological, and practical bereavement support.
- **Walk & Talk Group** – monthly informal walk for connection and support.

Further information can be found here: **Bereavement support at Trinity**

For referrals contact RTH directly: Telephone 0207 787 1062 or rth.referrals@nhs.net

Bereavement Leaflet for Professionals- Trinity has a downloadable leaflet explaining grief reactions and what support they provide.

NHS Bereavement Support Services:

Get help with grief after bereavement or loss - NHS

Support following a bereavement - Website

Bereavement support - South West London ICS

National Adult Bereavement Services

The Good Grief Trust - UK-wide charity that brings together **1,000+ bereavement services** under one umbrella, helping people find tailored local and national support. Their online directory lets you find tailored support (by relationship, age, location). They also provide 24-hour and evening helpline information.

Marie Curie – Telephone support for people grieving after terminal illness.

AtALoss - National directory helping people find specialist or local bereavement support.

Cruse - Support, advice and helpline for adults, CYP.

Compassionate Employers (Hospice UK) - Workplace bereavement and caregiving support for staff.

Good Grief Festival - Talks, workshops, and webinars exploring grief experiences.

WAY Foundation - Support for adults aged under 50 who have been widowed.

SLOW (Surviving the Loss of Your World) - Support groups for bereaved parents and siblings.

Bereavement Support for Children & Young People

SANDS (Stillbirth & Neonatal Death Charity) - Support for families after the loss of a baby.

Child Bereavement UK - Support and helpline for families when a baby or child dies, or when a child is bereaved.

Talk Grief - Support platform for teens and young adults.

Winston's Wish - Support for children who have lost a parent or sibling.

PAPYRUS - for families affected by suicide of a young person.

Momentum Children's Charity - Support for families bereaved through childhood illness.

Wandsworth End of Life Care Team:

Just a quick note from your local Wandsworth End of Life Care Team.. if you have any queries, please do not hesitate to contact us using the details below.

Our Wandsworth End of Life Care page on **TeamNet** is accessible to all clinicians - resources on this page are there to help you during your clinical practice and contain relevant guidelines and useful local contact details for various services that you might need access to for your patients and their families. All bereavement resources are also available on the TeamNet page.

Wandsworth GP Federation - End of Life Care Team Contact Details:
Joanna McIlmurray, Head of Clinical Services and Governance
joanna.mcilmurray2@nhs.net 0204 558 8274

Dr Nikita Shah, Clinical Lead for EOLC - nikita.shah3@nhs.net