

Outlook Bereavement Support

Outlook Bereavement Support is sponsored by Tapper Funeral Service, and provides bereavement counselling and support across Dorset and Hampshire. Outlook Bereavement Support offers social, spiritual and practical support; this is available to everyone and is free of charge. For more information, please call Michelle Jose on 01202 478887, John Taylor on 01202 338535 or Steven Tapper on 01202 399099. Or you can email steve.tapper@tapperfuneralservice.co.uk.

Cruse Bereavement Care

Cruse offer a sensitive, professional and confidential service through trained bereavement volunteers. They provide free bereavement support to individuals, access to ongoing bereavement groups and telephone support. For more information, please call 01202 302000. They are available most Thursdays to speak via the phone. At any other time, please leave a message and they will return this within three days.

Face - After Care

A group for those who have been bereaved. The group meets on the 2nd Tuesday of each month at Immanuel Church Community Centre, 120 Southbourne Road, Bournemouth, BH6 3QJ at 2.30pm. If you feel unable to join a group situation, they may also be able to offer 1:1 support. For more information, please call Sally Nevitt on 01202 419506 or email face@immanuelsouthbourne.org.

Just Friends

Just Friends is a monthly social get-together for people who have been bereaved or whose loved one is in hospital or residential care. The group meets once a month on one Sunday each month, from 3.45pm- 6pm, at St Clements Church Hall, St Clements Road, Poole, BH15 3PD. For more information, please contact Marianne Crabb on 01202 064395 or the church office on 01202 733390.

Christchurch Baptist Church

New Horizons is a friendship and support group for widows following bereavement, running a varied programme of activities. The group meets every Tuesday, 10.30am-12.30pm.

Phoenix (Widowers Fellowship) is a group offering support and companionship for widowers in a social setting. The group meets every Monday from 10.30am-12.30pm.

Both groups meet at Christchurch Baptist Church, Beaconsfield Road, Christchurch, BH23 1QT. For more information, please contact the church office on 01202 487442.

Forget thee not

Forget thee not is a group who support each other as they share their experiences. Meetings are held once a month on a Saturday morning from 11am at West Cliff Baptist Church, Poole Road, Westbourne, Bournemouth, BH4 9DN. For more information, please call 01202 767070 or email: office@westcliffbaptistchurch.org.uk

The Jolly Gents / The Jolly Dollies

The Jolly Gents and Jolly Dollies are social networks for widowers and widows. Their main purpose is to get together, support each other and form friendships with others who understand. For more information, and to become a member:

The Jolly Gents - visit: www.thejollygents.com or email:

thejollygents@gmail.com

The Jolly Dollies - visit: www.thejollydollies.com or email:

thejollydollies@gmail.com

Connecting Communities, Poole - British Red Cross

Support is available help you: meet new friends, connect with local activities and services, rediscover interests and find new ones and build confidence. For more information, please call 01202 656148 or email: connectpoole@redcross.org.uk

Bereavement Support through Poole Hospital NHS Foundation

Trust

Bereavement support is available to anyone whose adult relative or close friend died at Poole Hospital or who received recent care at Poole Hospital before they died. Split into a bereavement presentation delivered by a qualified bereavement therapist, followed by a bereavement group run over six 2 hours session once a fortnight over 12 weeks. For more information, please leave a message on the 24 hours voicemail service on 01202 442354, someone will get back to you.

Christmas Cracker Turkey and Tinsel Breaks

The Grove Hotel run Christmas Cracker Turkey and Tinsel Breaks, especially for those who have been bereaved, at the end of November. 4 day breaks are run at The Grove Hotel, 2 Grove Road, Bournemouth, BH1 3AU. For more information, please contact The Grove Hotel on 01202 552233, email: enquiries@thegrovebournemouth.co.uk or visit:

www.thegrovebournemouth.co.uk.

Christ The King Church Bereavement Support

If you are seeking compassion, social and emotional support among others who have experienced grief. All welcome despite age, stage or nature of your journey. Group held at Christ the King Church, 46 Durdells Avenue, Bournemouth, BH11 9EH. For more information, please contact Christ the King on 07840 771887 or email: lauzem2012@yahoo.com