

Appendix 1 – Support Organisations and Groups

ARC Antenatal Results & Choices Support for parents whose baby is diagnosed with a fetal abnormality in pregnancy. Helpline: 0207 713 7356 (available Tuesday & Thursday evenings 8pm to 10pm). Website: www.arc-uk.org/	Cruse Bereavement Care For adults and children who are grieving. Helpline: 0808 808 1677 Website: https://www.cruse.org.uk/get-help
Bliss for babies born sick or premature Family support helpline offering guidance and support for premature and sick babies. Website: www.bliss.org.uk/	Daddies with Angels Advice and support to male family members following the loss of a child/children. Website: https://www.daddyswithangels.org/
Child Bereavement UK Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Helpline: 0800 028 8840 Website www.childbereavementuk.org	Jewish Bereavement Counselling Service Supporting Jewish individuals through loss and bereavement Helpline: 020 8951 3881 Email: enquiries@jbcs.org.uk Website: www.jbcs.org.uk
Child Death Helpline For all those affected by the death of a child. Helpline: 0800 282 986 or 0808 800 6019 Website: http://childdeathhelpline.org.uk/	Lullaby Trust Bereavement support to anyone affected by the sudden and unexpected death of a baby. Helpline: 0808 802 6868 Website: http://www.lullabytrust.org.uk
CRADLE Providing a range of services to support anyone affected by early pregnancy loss Website: Home Cradle Charity	Petals Baby Loss Counselling Charity Free counselling service to support women, men and couples through the devastation of baby loss. Helpline: 0300 688 0068 Website: www.petalscharity.org
Sands Stillbirth & Neonatal Death Charity Support for families affected by the death of a baby before, during or shortly after birth. Helpline: 0808 164 332 Website: http://www.uk-sands.org	The Miscarriage Association Support for parents who have experienced miscarriage Helpline: 01924 200799 (9am to 4pm) Email: info@miscarriageassociation.org.uk Website: www.miscarriageassociation.org.uk/
Twins Trust Bereavement and special needs support groups Email: enquiries@twinstrust.org Website: www.twinstrust.org/bereavement	The Compassionate Friends UK Offering support to bereaved parents and their families Helpline: 0845 123 2304 Email: info@tcf.org.uk Website: www.tcf.org.uk
Tommy's Information and support for parents on coping with grief after having a stillborn baby. Bereavement-trained midwives available Monday to Friday, 9am to 5pm Helpline: 0800 0147 800 Website: tommys.org/stillbirth-information-and-support	

<https://www.miscarriageassociation.org.uk/wp-content/uploads/2016/10/LateMiscarriage-Mar-2017-1.pdf>

- <https://www.sands.org.uk/sands-bereavement-support-book>
- <https://www.sands.org.uk/sites/default/files/Sands%20Bereavement%20Support%20Book%20-%20web%20version.pdf>
- <https://www.rcog.org.uk/media/bdndy0sb/pi-when-your-baby-dies-before-birth.pdf>
- <https://twinstrust.org/bereavement/booklet.html>
- Guidance on miscarriage and stillbirth for Jewish Parents

Local Support

Pembrokeshire and Carmarthenshire SANDS

Support Meetings:-

The 2nd Tuesday of every month at Canaston Bridge Well-being Centre, Canton house, Canaston Bridge, SA67 8EP 6:30pm-8:30pm

Email: carmspembs@sandsvolunteer.org.uk

Facebook: Carmarthenshire & Pembrokeshire Sands

Antenatal Results and Choices

Telephone: 0845 077 2290 or 02077137486 via mobile

www.arc-uk.org