

BARROW UPON SOAR
GOOD NEIGHBOUR SCHEME (BGNS)

**Bereavement Support
Contact numbers**



Local support services to Barrow Upon Soar

New Horizons

Group of volunteers offering a listening service and counselling for all those who have been bereaved. It works with the national organisation CRUSE.

They welcome any new members to go along to their monthly get-togethers – both men and woman.

Meet: First Monday of the month

Time: 2pm – 3.30pm

Place: Methodist Church Hall, North Street, Barrow upon Soar

Or you can contact: Kate Morley 01509 412982 or Pauline Ranson 01509 416928.

LOROS Bereavement hubs

Meet: Every Monday afternoon

Time: 2.30pm – 4pm

Place: John Storer House, Loughborough, Wards end.

Barrow Good Neighbour Scheme Volunteers

We have a volunteer that is also a trained bereavement counsellor. Please get in touch with the Telephone Coordinator for contact details.

Supporting information for bereavement services

The death of someone close to us can be one of the hardest things we ever have to go through. Whether it's expected or not, it can affect us in many different ways.

Grief is very personal and there's no right or wrong way to deal with losing someone you love.

There are support groups and professionals that can help you deal with your loss. Whatever your feelings, you don't need to deal with them alone.

National telephone support lines

If you'd like to talk to someone there are several telephone support lines you can call. These are usually charged at local call rates, although many are free. They include:

- Marie Curie 0800 090 2309*
- Samaritans 116 123
- National Bereavement Service 0800 0246 121