

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Local Support for Bereaved Adults

St Leonards Hospice

Grief - St Leonard's Hospice

- Call 01904 777 760 from 8am to 4pm, Monday to Friday to self refer for ongoing, planned bereavement support with a dedicated member of our team.

CRUSE

Home - Cruse Bereavement Support

- National Listening and support service.
- 1:1 support Local Cruse group available on 01904 481162
- National phone line available: 0808 8081677 [Helpline - Cruse Bereavement Support](#)

Halves

Halves | Events | Ark Church

Halves is a weekly drop-in group (12pm Tuesdays) for people who have lost their other half through bereavement. We meet The Hilton Doubletree Hotel on the corner of Monkgate for a light lunch and chat. Lunch is free (but if you want to make a contribution to the cost you can do).

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Easingwold and District Community Care Scheme (EDCCA).

- [EDCCA](#)
- Bereavement support is now available through EDCCA.
- Office Hours: Monday, Tuesday, Thursday and Friday 9.30am to 12.30pm Tel: 01347 822875 or email info@edcca.org.uk
- **EDCCA covers the following villages around Easingwold.**
 - Aldwark | Alne | Brafferton | Brandsby | Carlton Husthwaite | Coxwold | Crayke | Easingwold | Farlington | Flawith | Helperby | Huby | Husthwaite | Linton on Ouse | Myton-on-Swale | Newton-on-Ouse | Oulston | Raskelf | Shipton-by-Beningbrough | Skewsby | Stearsby | Stillington | Sutton-on-the-Forest | Tholthorpe | Thormanby | Tollerton | Wass | Whenby | Yearsley | Youlton
 - Aldwark | Alne | Brafferton | Brandsby | Carlton Husthwaite | Coxwold | Crayke | Easingwold | Farlington | Flawith | Helperby | Huby | Husthwaite | Linton on Ouse | Myton-on-Swale | Newton-on-Ouse | Oulston | Raskelf | Shipton-by-Beningbrough | Skewsby | Stearsby | Stillington | Sutton-on-the-Forest | Tholthorpe | Thormanby | Tollerton | Wass | Whenby | Yearsley | Youlton

Talking About Loss

[Locations | Talking About Loss](#)

- Monthly Bereavement Café @ Yorkshire Barn Cafe, Murton Park, Murton Lane, York YO19 5UF. 10-11:30am on the second Monday of every month
 - Mens Bereavement Group held monthly in Pocklington (contact via website for details)
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Swan Song

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Home - The Swan Song Project

- The Swan Song Project gives people living with terminal illnesses, dealing with bereavement or planning their end stages of life the opportunity and support to write and record their own original song.
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York St John Communities Centre Bereavement Café **Bereavement services | York St John University**

- Bereavement Café sessions are held monthly on Wednesdays from 1.00pm to 3.00pm
 - Enables access to other York St John Bereavement services including Counselling (fees apply)
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Talking Therapies

Home - York and Selby Talking Therapies

- Although not a bereavement service, Talking Therapies does provide treatment for problems which may accompany bereavement over time such as Post- Traumatic Stress Disorder (PTSD) and Prolonged Grief Disorder.
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Survivors of Bereavement by Suicide

Local Support

- 07932 542 672
 - Our helpline and monthly groups are open to all survivors of bereavement by suicide aged 18 years and over.
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Major Incident Response Team

Major Incident Response Team | North Yorkshire Council

MIRT@northyorks.gov.uk

- The team works closely with multi-agency professionals, such as the police, local authorities and coroners, to provide confidential support to anyone who may find themselves caught up in an incident or event that is outside of normal life (RTA, Suicide, sudden deaths, community evacuations). The major incident response team offers a 24-hour service. After each incident is assessed and the appropriate response is put in place, the team offers emotional and practical support to individuals or communities affected so that a sense of normality and control can be regained.

SANDS

York Sands – Supporting anyone affected by the death of a baby

- York Sands offer support to anyone affected by the death of a baby, at any stage of pregnancy, or any one that dies shortly after birth for any reason.
- We run a monthly meeting on the first Wednesday of each month between 9.30 am and 11.30 am at Meeting Room of The Millfield Beefeater, York Business Park, White Rose Close, Nether Poppleton, York, YO26 6RL.
- The meeting is held These meetings are informal and just the chance for a chat with parents who will have had a similar experience to you.

Bereaved Children's Support York

07593534555

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[Bereaved children support York | Yormind](#)

info.bcsy@gmail.com

- Age Groups: 5 years to 18 years, 11 months
- The service is for any bereaved child or young person, aged 5-18 years, who has lost someone significant to them, living and/or attending education, within the City of York Council boundary.
- One-to-one therapeutic support is usually carried out at school or at home. Occasionally an alternative venue is used.
- The monthly drop-in session for bereaved children and families takes place on the first Saturday of the month (except August when there is no session) 2-4pm at Oaken Grove Community Centre, Reid Park, Haxby, YO32 3QW.
- The parents of bereaved children meet up is held fortnightly on Wednesday morning between 10am and midday at Costa Coffee in Haxby.

Together in Loss and Change

[TLC CIC | Facebook](#)

- Tuesday Chat Club: Every other Tuesday 2:00pm to 4:00pm Upstairs at the Barco Lounge, Selby
- Contact Kerry 07791 127971

Legions Gym

[Facebook](#)

- Boxing class for anyone affected by Bereavement held at Legions Gym, Unit 1A, Fox Oak Park, Dunnington, York, YO19 5RZ Weekly 1-2pm Fridays

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Reflect York

Reflect: Pregnancy Choice & Loss Support

- Reflect is a free support service in North Yorkshire for anyone facing a Pregnancy Choice and for those in need of support after experiencing Pregnancy or Neonatal Loss.
- Reflect offer impartial advice, information and support regarding pregnancy choices and pregnancy loss. We are not a medical provider, so cannot offer medical services or directly refer anyone for adoption, termination or antenatal care. However, we can direct you to all appropriate services as necessary.
- Our free support service is available to anyone living in North Yorkshire. We have centres in York, Harrogate, Selby and Thirsk, but please contact us to find out more since we are also able to offer remote support via telephone and video appointments.

Just B

Just B

- Just 'B' is a specialist bereavement support and emotional wellbeing service helping children, young people and adults across the communities of North Yorkshire, as well as offering specialist support regionally and nationally.
- We provide emotional wellbeing and bereavement support, free at the point of need, for children, young people and adults, as well as a range of helplines and specialist services.

The Bereavement Journey

<https://www.thebereavementjourney.org/>

- The Bereavement Journey is a series of films and discussion groups that gently guide people bereaved at any time through the most common aspects of grief and bereavement, enabling them to process the implications for themselves and discern next steps.
- Usually run by churches, the programme uniquely offers a final session on faith questions in bereavement, provided from a Christian perspective. This follows the



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main sessions and is optional, making The Bereavement Journey suitable for people of any faith or none.
