



Listed are some helpful contacts who offer support:

- Sue Cooper, Bereavement Midwife Hull University Teaching Hospitals NHS Trust, Tel: 07990800223, sue.cooper@hey.nhs.uk
- The Hospital Chaplains: Tel: 01482 675966 chaplaincy.team@hey.nhs.uk
- Sands (Stillbirth and neonatal death charity) National Charity with an active local support group, providing one to one support to bereaved parents and monthly meetings. Tel: 07979 856226 / 0808 164 3332 www.hull-sands.org.uk
- Miscarriage Association: support for women who have suffered a miscarriage, Tel: 01924 200799 www.miscarriageassociation.org.uk
- The Child Bereavement UK, resources for families who have lost a baby or child, including support with siblings. Tel: 01494 568900 support@childbereavementuk.org
- The Compassionate Friends, A support network of bereaved parents. Tel: 0345 120 8785 www.tcf.org.uk
- Child Death Helpline, A helpline for anyone affected by the death of a child. Calls are answered by other bereaved parents every evening 7 – 10pm. Tel: 0800 282 986 or 0800 800 6019 (free for main network mobiles)
- Crisis Pregnancy Support Centre, Counselling and support centre in Hull. Tel: 01482 492929 www.crisispregnancy.co.uk
- ARC (Antenatal results and Choices) The ARC Forum has been set up as a safe place to make contact with other parents who have lost a baby following a prenatal diagnosis. www.arc-uk.org
- TAMBA, support for parents who have lost one or both twins or babies from a multiple birth. Tel: 01252 332 344 www.tamba.org.uk
- Multiple Birth Foundation, support for parents who have lost one or babies from a multiple birth. Tel: 02033 133 519 mbf@imperial.nhs.uk

Listed are some useful contacts for advice:

- Hull Bereavement Services, Provides information to parents and support Tel: 01482 300 300 bereavementservices@hullcc.gov.uk
- Institute of Crematory and Crematorium Management, Tel: 020 8989 4661 www.iccm-uk.com
- Arranging a Funeral, Offer free expert advice on all matters of bereavement and arranging a funeral. www.arrangingafuneral.co.uk
- Funeral Map, provide help and advice on how to arrange a funeral. Tel: 0330 2230 279 www.funeralmap.co.uk
- Natural Death, provide help and advice on how to arrange a funeral. Tel: 01962 712690 www.naturaldeath.org.uk