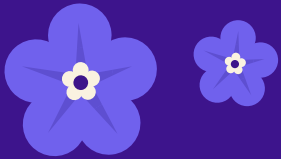


## With you in grief:

The Lullaby Trust offers confidential support to families following the sudden and unexpected death of their baby or young child, whenever and for however long it is needed. Friends, carers and professionals can also receive support.



the  
lullaby  
trust

For every baby.  
For every family.  
Forever.

## The Lullaby Trust offers the following support:

### Bereavement support helpline

Our helpline is for anyone affected by the sudden and unexpected death of a baby or young child and is open 365 days a year.

Call **0808 802 6868** free from all landlines and most mobile phone networks.

Our helpline opens **weekdays from 10:00am - 2:00pm**. Or on **weekend and public holidays, from 6:00pm to 10:00pm**. All calls are answered by experienced advisory staff during office hours. During weekends and public holidays, trained volunteer befrienders answer, who have also experienced the sudden death of a baby or young child.

### Online

Our website has advice and resources for bereaved families:  
**[lullabytrust.org.uk](http://lullabytrust.org.uk)**

We also offer support by email at:  
**[support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)**

Or you can message us on Facebook or Instagram: **@LullabyTrust**

Our bereavement support Facebook group: **[facebook.com/groups/382346555850908](https://www.facebook.com/groups/382346555850908)**

### In Memory website

Our In Memory site offers bereaved families the chance to create a memorial page for their child. Share memories, thoughts and stories with family and friends. Light candles, add music, photos and videos. Create your page here: **[lullabytrust.org.uk/tribute](http://lullabytrust.org.uk/tribute)**

### Befrienders

All bereaved families who contact us are offered support from a befriender. Befrienders are trained volunteers, who are themselves bereaved parents, grandparents or other relatives. They offer support by phone or email for as long as needed.

### Family days

We organise free family days every year, where bereaved families can enjoy time in relaxed surroundings, and if they wish meet and talk with other families and befrienders. To find out more, please contact us on 0808 802 6868 or to register your interest for a family day in your area email: **[support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)**



## CONI (Care Of Next Infant)

For families whose baby has died suddenly and unexpectedly, we understand that having another baby can be an anxious time. The CONI programme, run in partnership with the NHS and local health visiting providers, offers extra emotional and practical support. Additional visits from health visitors, symptom diaries, weight charts and the loan of movement monitors, which pick up movements as the baby breathes, can help give reassurance and confidence to families. It is important to mention that unfortunately the CONI programme isn't available everywhere and can differ between areas. This depends whether the programme has been commissioned as a part of the local health visiting services. Parents can call our bereavement support helpline to see if CONI is available in their area.

## The Lullaby Trust

Office telephone:  
**020 7802 3200**

Bereavement support helpline:  
**0808 802 6868**

Email: [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

Website: [lullabytrust.org.uk](http://lullabytrust.org.uk)

## Other useful contacts:

- **BLISS**  
Support for families of babies born premature or sick  
**0808 801 0322**  
[bliss.org.uk](http://bliss.org.uk)
- **Child Bereavement UK**  
Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. **0800 028 8840**  
[childbereavementuk.org](http://childbereavementuk.org)
- **Child Death Helpline**  
Freephone service for all of those affected by the death of a baby or child  
**0800 282 986** and **0808 800 6019**  
[childdeathhelpline.org.uk](http://childdeathhelpline.org.uk)
- **SANDS**  
Support for anyone affected by stillbirth, neonatal and other sudden death of a baby  
**0808 164 3332**  
[uk-sands.org](http://uk-sands.org)
- **Winston's Wish Helpline**  
Support for children & Young people after a death  
**08452 03 04 05**  
[winstonswish.org.uk](http://winstonswish.org.uk)
- **Samaritans**  
Free on **116 123** 24 hours a day, 365 days a year



# Bereavement Support

