

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 offers the following support:

Bereavement Support Helpline

Our helpline is here for anyone affected by the sudden and unexpected death of a baby or young child, whether it was recent or very long ago. The helpline is open 365 days a year, at the times detailed below.

The Bereavement Support number is: **0808 802 6868**. Calls are free from all landlines and most mobile phone networks.

Our Bereavement Support Helpline is open every weekday from 10am–5pm and every weekend and on public holidays from 6pm–10pm in the evenings.

All calls are answered personally, by experienced advisory staff during office hours, and at weekends and public holidays by trained volunteer Befrienders who have themselves experienced the sudden death of their baby or young child.

Email and Social media

We also offer support by email at: support@lullabytrust.org.uk or you can message us on Facebook www.facebook.com/LullabyTrust

Website

The Lullaby Trust's website www.lullabytrust.org.uk has a bereavement support section with advice for families and an online forum for bereaved parents and family members where they can talk and support each other.

In Memory website

Our In Memory site offers bereaved families the chance to create an individual memorial page for their child, where you can share memories, thoughts and stories with family and friends, as well as light candles, add music, photos and videos. It's simple, quick and free to create a memorial page at 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 and other relatives. Befrienders offer personal support by phone or email for as long as needed.

Family Days

The Lullaby Trust organises 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. They are held at places such as a theme park or country venues in England, Wales and Northern Ireland. To find out more about these days please contact us on **0808 802 6868** or to register your interest for a family day in your area email 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 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. The schemes are available through many hospitals and community health centres.

It is important to mention that unfortunately the CONI scheme isn't available everywhere and can differ between areas. This depends whether the programme has been commissioned as an element 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,

11 Belgrave Road, London SW1V 1RB.

Office Tel: **020 7802 3200**

Bereavement Support Helpline: **0808 802 6868**

Email: support@lullabytrust.org.uk

Website: www.lullabytrust.org.uk

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Other useful contacts:

- **BLISS**
Support for families of babies born premature or sick
0808 801 0322
www.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
<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**
<http://childdeathhelpline.org.uk>
- **SANDS**
Support for anyone affected by stillbirth, neonatal and other sudden death of a baby
0808 164 3332
www.uk-sands.org
- **Winston's Wish Helpline**
Support for children & Young people after a death
08452 03 04 05
www.winstonswish.org.uk
- **Samaritans**
Free on **116 123** 24 hours a day,
365 days a year

the
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trust

Bereavement Support