



BEREAVEMENT RESOURCES

The Counselling & Family Centre (CFC)
Bereavement Support Group *Wednesdays 7 - 8.30 pm*
Therapist led - please email Jim Sales for a Zoom invitation:
jim.sales@thecfc.org.uk

Full Circle Funerals Bereavement Support Group
Online Peer Bereavement Support Group - a safe space to talk, share, listen
and support
1st Wednesday of every month, 5.30 - 7.30pm. 0161 928 6080
sara.fixter@fullcirclefunerals.partners

Once Upon a Smile
A charity offering bereavement support for children or families when a sibling,
parent or child has died. They offer information, support groups, one-to-one
support, financial support and creative programmes. 0161 711 0339
www.onceuponasmile.org.uk

Greater Manchester Bereavement Service
Signposting to several services including practical resources, counselling,
group therapy and one-to-one support. 0161 983 0902 (9 am - 5 pm Monday
to Friday, except bank holidays) or email: salccg.gm.bs@nhs.net

Salford Heart Care
Face-to-face, therapist-led bereavement support group. Meeting fortnightly at
Irlam Community Centre, 10 am - 12 noon. Open to all. Call 0161 707 7402 for
more information or email admin@salfordheartcare.co.uk

Sue Ryder
Sue Ryder - Free grief support to your phone. Personalised based on your loss
<https://.sue Ryder.grief.coach/>

OTHER

Not bereavement resources per se, but you may find the following information
helpful:

Andy's Man Club Altrincham
Peer Support Group
Mondays (except bank holidays) 7 - 9 pm
Altrincham Football Club Community Sports Centre
www.andysmanclub.co.uk

If you would like some information about exercise, nutrition, music and
art for wellbeing, please visit our website:

www.fullcirclefunerals.co.uk