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**Themes:** Advocacy, Bereavement and Grief, , Counselling

**Aimed at:** All People

We offer support and help to those who are grieving, following the death of someone close. Such an event can affect us emotionally, physically, socially and in many practical areas of our life.

Bereavement can have serious effects on individuals, families and communities. Cruse Bereavement Care in Nottinghamshire is a group of four branches (Lenton, Mansfield, West Bridgford, Newark), part of the national charity Cruse Bereavement Care, which for nearly 60 years has given support and help, irrespective of race or belief, to everyone who comes to us in their time of need. That help and support is strictly confidential and is given without charge.

Most of us, at some time in our lives will be faced with the death of someone we care very deeply about. When someone you love dies it can feel as though a piece of you has died too. But you don't have to go through it alone. We are here to support you through one of the most difficult experiences you will ever have to face. Our support includes confidential one to one meetings, telephone support and group support.

Peer-Led Support Groups

More than Words: Bereavement Social Groups is available across Nottinghamshire. To learn more, or if you would like to become a co-leader of a local bereavement activity group with our support please register your interest [here](#).

**Area:** Bassetlaw

## **Contact Details**

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0808 808 1677- helpline

<https://www.cruse.org.uk/get-help/local-services/east-midlands/nottinghamshire-home>

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