Introducing The Compassionate Friends

A nationwide organisation of bereaved parents and their families offering support after the death of a child of any age and from any cause.

Call or email our National Helpline
10am - 4pm and 7pm - 10pm every day. Calls from landline or mobile are charged at local rates.

T: 0345 123 2304
E: helpline@tcf.org.uk

Northern Ireland Helpline
0288 77 88 016

Visit our website for support & info
www.tcf.org.uk

TCF on social media
facebook @tcf.org.uk | twitter @saytheirname

This leaflet is sponsored in loving memory of Keith Michael Wilson. Died 4 July 2016, aged 23 years. My only child; my best friend; my whole life.

Supporting TCF
Every bereaved parent, grandparent and sibling is warmly welcome within our organisation. Most of our support is free, but by becoming a donating member of TCF you can help our charity to offer support to parents and families in their time of greatest need. If you would like to join TCF you can do so online by using this web address

www.tcf.org.uk/content/join or request a membership form by calling 0345 120 3785 or emailing info@tcf.org.uk

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www.beyondgoodbye.co.uk

Who are TCF?

No one expects their children to die before they do, yet this happens every year to thousands of families, who then face a future in which their lives have been changed for ever. Immediately after the death, parents and families are often helped by relatives, friends and those in the caring professions. Later this support can lessen, but the pain of bereavement can remain intense. This is when The Compassionate Friends (TCF) offer support and friendship.

TCF was founded in 1969 as an organisation of bereaved parents and their families helping each other through their grief. It is open to all parents whose son or daughter has died at any age and from any cause, and also to grandparents and siblings.

A feeling common among newly bereaved parents is that those around them cannot truly understand the depth of their grief; that only those who have been through it themselves can possibly know the extent of their suffering.

In TCF we know that there is no easy path through the pain, and we do not offer simple solutions. What we do offer is continuing understanding, friendship, encouragement and hope. While religious or spiritual beliefs are undoubtedly helpful to some parents, TCF has no religious affiliations. We are all one in our shared loss.

How can we help?

“Knowing that there are other people out there who are going through the same thing and have similar feelings is a great comfort.”

• A National Helpline run by bereaved parents.
• Local Contacts offering one-to-one or group support meetings.
• Additional support through telephone or email.
• A website offering information, resources and a private online forum for bereaved parents.
• Supportive weekend retreats and gatherings.
• Free information pack for bereaved parents and families.
• Publications written by bereaved parents, offering both practical and emotional support.
• Compassion, our bereavement support magazine, where parents and other family members can write about their feelings and read about others.
• A unique library containing over 1500 titles on all aspects of bereavement.
• Private supportive Facebook groups.
• Informal get-togethers and bring-and-share days.
• Specialist support for parents bereaved by suicide, addiction and for those with no surviving children (childless parents).
• Some support is offered for grandparents and siblings (18 years plus).

What do I do next?

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Our volunteers are all bereaved parents and are there to:

• Listen and care when you need someone to talk to
• Offer emotional support and an opportunity to talk through your feelings
• Put you in touch, where possible, with your nearest Local or Group Support Contact
• Supply supportive leaflets and newsletters by email or post
• Signpost you to other services and useful sources of information

Visit our website for online support

www.tcf.org.uk

“I am very grateful I found TCF shortly after losing my daughter. I used the Helpline a lot in the early days.”