**Please note:** All in-person support groups are for **bereaved parents** **only** other than our Kilburn Group which is open to bereaved parents and adult bereaved siblings. Most groups are for parents who have lost a child to any cause other than those marked with an asterisk which are for loss in specific circumstances.

**All one-to-one support** is for bereaved parents only – our volunteer in your area may have lost a child in similar or different circumstances to your own. Their role is to meet parents in their area for a coffee, walk or to support by phone

**Walks** are open to bereaved parents, adult bereaved siblings and grandparents.

For further details of any of our support below, please email helpline@tcf.org.uk.

**Buckinghamshire**

Support group **Buckingham**

Support group, one to one support and regular walks **Marlow**

**Cambridgeshire**

One to one support **St Neot’s**

**Cheshire**

Support Group **Nantwich**

Support Group **Warrington**

One to one support Knutsford & surrounding areas

**City & County of Bristol**

Support group for parents who have lost a child to suicide **Bristol**

**Cornwall**

One to one support contacts **Penzance & surrounding areas**

**NEW** One to one support contact **Redruth & surrounding areas for** **loss to alcohol and drug use, mental health struggles & suicide \***

**Cumbria**

Occasional walks in the Lake District for bereaved parents, adult bereaved siblings & grandparents

**Derbyshire**

Support Group **Chesterfield**

Support group **Long Eaton**

**Devon**

Support Group **Exeter**

One to one support contacts **Exeter**

One to one support contact **Bridport**

One to one support contact **Cullompton**

Occasional walks in and around **Exeter, Devon and Taunton, Somerset**

**Durham**

One to one supporter **Stockton on Tees**

**Essex**

Support group **Colchester**

Support group & one to one support contact **Westcliff on Sea**

**Gloucestershire**

Support group **Minchinhampton**

Occasional walks **Cotswolds & surrounding area**

**Hampshire**

One to one support contact **Basingstoke**

Support group **Emsworth/Southbourne**

One to one support contact **Portsmouth & surrounding area**

**Kent**

Support group **Bromley**

Support group and one to one support **Hythe**

**NEW** One to one support contact **Westerham & surrounding areas**

**Lancashire**

Support group **Carnforth**

Occasional walks in and around the **Ribble Valley** for bereaved parents, adult bereaved siblings & grandparents

**London & Greater London**

Support group **Kilburn** – **for bereaved parents and adult bereaved siblings**

Support group **Kingston upon Thames**

Support group **Merton** for parents who have lost a child **to suicide, alcohol or drug use or mental health struggles \***

Support group **Deptford** – **for loss of a child in all circumstances**

Support group **Deptford** for parents who have **lost a child to suicide (also offer walks)\***

Online support group for bereaved parents in **London and Greater London** who have **lost a child to suicide\***

One to one support contact **Harrow & surrounding area**

One to one support contact **Peckham & surrounding area**

One to one support and walks **Kew, Richmond & surrounding area**

Walks **London-wide** for bereaved parents, adult bereaved siblings and grandparents

**Greater Manchester**

Support group **Chorlton cum Hardy**

Support group & one to one support **Didsbury**

**Oxfordshire**

Monthly group & one to one support **Witney**

**Merseyside**

One to one support in **Liverpool**

Support Group and one to one support in **St Helen’s Rainford**

Occasional walks for bereaved parents, adult bereaved siblings and grandparents **Formby & surrounding areas**

**Norfolk**

Support group **Downham Market/Kings Lynn**

Support group **Norwich**

Occasional walks **North Norfolk**

**Northamptonshire**

Informal support group & one to one support **Kettering & surrounding area**

**Northumberland**

Support group **Hexham**

Support Group **Newcastle upon Tyne**

One to one support contact **Alnwick**

**Scotland**

One to one support contact **Bo’ness & surrounding areas**

Support Group **Edinburgh**

Support Group **Glasgow**

Support Group and one to one support **Stirling**

Occasional walks **Stirlingshire/Ayrshire**

**Shropshire**

One to one support contacts **Oswestry & surrounding area** including facilitated walks in the wider area

One to one support contact **Market Drayton & surrounding area**

**Staffordshire**

Support group **Walsall**

**Somerset**

Support Group – Monkton Combe (open to new referrals from Autumn 2025)

One to one support and walks – Taunton and surrounding areas including Devon

**Suffolk**

One to one support and regular walks **Bury St Edmunds**

One to one support **Woodenbridge**

**Surrey**

Support group **East Horsley & Shere**

One to one support contacts **Sutton**

**Wales**

One to one support contact **Abermule, Newtown & surrounding area, Powys**

One to one support contact Barry, Vale of Glamorgan

One to one support contact **Brecon & surrounding areas of Mid-Wales**

One to one support contact **Montgomery & surrounding area, Powys**

**Warwickshire**

Support group **Solihull**

**Wiltshire**

One to one support **Chippenham**

Support group & one to one support contact **Salisbury**

Support group **Swindon**

**Yorkshire**

Support group **Brighouse**

Support group **Leeds**

One to one support contact **Leeds**

One to one support contact **Pickering**

**NEW** one to one support **Redcar & Cleveland & North Yorkshire** (from 30 June 2025)

Occasional walks in **Huddersfield** for bereaved parents, adult bereaved siblings and grandparents