



The
Compassionate
Friends

Introducing The Compassionate Friends



TCF is a nationwide organisation of bereaved parents and siblings offering support after the death of a child, from one month old to eighty, in any circumstances and from any cause.

Who are TCF?



“During the first few years after my beautiful daughter died you were my lifeline. Meeting with other parents who understood was so important”.

No one expects their child to die before they do, but tragically, every year thousands of parents face this unbearable agony. No matter their age – a month, six years, sixteen, twenty six or sixty - they are still their child. Unsurprisingly, parents may feel overwhelmed by a wide range of feelings and thoughts as they face living a life that has been so devastated by this heartbreaking loss.

Immediately after their bereavement, parents are often helped by relatives, friends and those in the caring professions. Later this support can lessen but the pain of grief remains intense. This is when The Compassionate Friends (TCF) offer support, friendship, encouragement and hope.

TCF was founded over 50 years ago as an organisation of bereaved parents and their families helping each other through their grief. We offer peer support to parents whose son or daughter has died at any age, in any circumstances and from any cause. We also offer support to adult siblings and in a limited way to grandparents. TCF has no religious affiliations and we welcome those of all faiths and none.



A feeling common among newly bereaved parents is that many of those around them cannot comprehend the depth of their grief. Possibly only those who have been through it themselves can truly grasp the extent of their suffering. In TCF we too are bereaved and we know that there is no easy path through this pain. We do not offer solutions, but are glad to share our experience of surviving this loss in the hope that this offers encouragement and comfort to parents. Our goal is to help parents and their families cope and find their way forward.

How can we help?

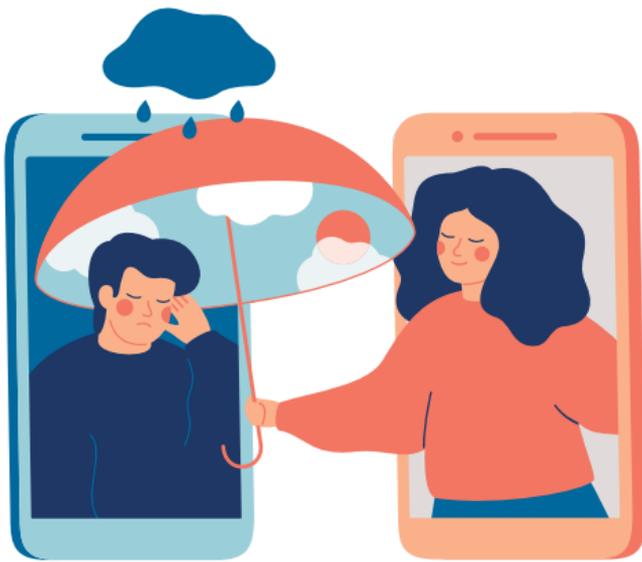
If you contact us within the first 3 months following your bereavement, TCF will offer you a bereavement support pack and 1-1 peer support from our Helpline, which is often the most useful support in very early grief.

After around 3 months, our full range of peer support will be available to you, including:

- A national telephone and email helpline run by bereaved parents
- Local contacts offering one-to-one support or support group meetings
- Private Facebook groups for bereaved parents
- Online support groups led by trained volunteers who are bereaved parents or siblings
- Grief companions offering peer support by phone or email to those in early bereavement in UK locations where there is no other TCF support



“We’d have honestly been lost without TCF – especially in those early unbearable days, weeks & months”.



- Overnight retreats and support days
- Informal get-togethers, walks and bring-and-share events
- Free bereavement support information pack for bereaved parents and families
- Publications written by bereaved parents, offering both practical and emotional support
- Bereavement support magazines where parents and siblings can write about their feelings and read about others
- A unique lending library with over 1000 titles on all aspects of bereavement
- A website offering information and resources for bereaved parents and siblings
- Specific support for parents bereaved by suicide, drugs or alcohol, cancer and for those bereaved of their only child or all of their children
- Support for bereaved adult siblings (18 years+)
- Some support for bereaved grandparents.

Our volunteers are parents or adult siblings who have also experienced the loss of a child or sibling. They themselves have found understanding and hope through TCF. Please note, they are not professionals, although all TCF volunteers receive ongoing training and help in their peer support roles.

What do I do next?

Call or email our National Helpline



0345 123 2304



helpline@tcf.org.uk

Open whenever possible between **10am - 4pm and 7pm - 10pm**.
Calls from landline or mobile are charged at local rates.

Our helpline volunteers are all bereaved parents and are there to:

- Listen and care when you need someone to speak with
- Offer emotional support and an opportunity to talk through your feelings
- Put you in touch, where possible, with your nearest local support or local support group facilitator
- Supply supportive leaflets and newsletters by email or post
- Signpost you to other services and useful sources of information.

Visit our website for support and info

tcf.org.uk

 @tcf.org.uk

 @TCFcharityUK

 @thecompassionatefriendsuk



“I used the Helpline a lot in the early days. It gave me strength to go on”.



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Join TCF as a supporting member

To join go to tcf.org.uk/join
or scan the **QR code**.



General Enquiries



0345 120 3785



info@tcf.org.uk

In honour of our beloved son, Dylan, on the occasion of his would-be 40th birthday on 28 November, 2023. Always remembered with love, Mum and Dad xx
