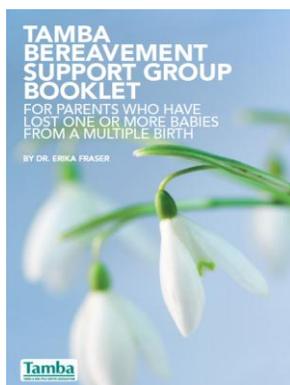


# Tamba Bereavement Support Group

To help our bereaved families at this difficult time there are 3 main ways that Tamba is able to offer support. All information can be found on our bereavement website <http://www.tamba.org.uk/bereavement>



The **Bereavement Support Booklet** was written with bereaved families and it touches on areas such as different kinds of loss, remembering and subsequent pregnancies. It has stories from other parents who share their experience of loss as well as providing contact information of other organisations and helplines that can offer counselling and support.



The secret **Tamba BSG Facebook Group** is for families who have suffered the loss of one or more multiples during or post pregnancy. The group is not visible by searching and the posts do not show up on Facebook timelines. Our families find that this is a special space where they know they are supported by others who understand the challenges of losing one or more multiples. It is monitored and supported by Tamba Staff including our bereavement support co-ordinator.

*“Knowing that you are not alone is why I am here. And knowing friends here get it when outside just doesn’t”*

*“Being part of this group reminds me that I am not alone in my grief and that I will always be a mummy to my boys”*



Our **Tamba Befriending Service** is peer to peer support via phone text or email. Our befrienders are all mums and dads who have lost babies or children that are multiples. They have all been bereaved for over a year and in many cases much longer. They receive support from a Tamba Bereavement Support Co-ordinator. This service can be accessed at any point on their journey through this terrible loss. As a charity we do not offer counselling but we do encourage parents to access whatever services their hospital may offer such as bereavement counsellors.

To access any of the above services please email [support-team@tamba.org.uk](mailto:support-team@tamba.org.uk)  
<https://www.tamba.org.uk/bereavement>