

## What is Late Spring?

Late Spring is a bereavement support service for all those aged 50+ based in Oxfordshire who have been bereaved or lost a loved one. The service includes:

- Late Spring bereavement support groups, face to face and virtual
- Bereavement Telephone Line called In Touch
- One Step at a Time walks
- Count the Memories not the Calories, lunch, brunch and afternoon teas
- Let's Reflect packs that are available by post

**Would you value the opportunity to meet with others who understand?**

## Late Spring Oxfordshire

Tel: **01235 849 434**

or email us at:

**latespring@ageukoxfordshire.org.uk**

*Part of the*  
**Age UK Oxfordshire**  
*family of services*



**[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**

**0345 450 1276**

**In Touch 01235 426600**

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**Late Spring  
Oxfordshire**

**Bereavement  
Support**



Late Spring groups meet twice a month in local venues (outside COVID) and monthly on Zoom. Over coffee and cake (etc), together, we look to the future...without forgetting.

The groups are relaxed, warm and friendly places where you can meet with others and feel supported.

**Many find that others,  
who have lost a loved one, can  
offer valuable  
comfort and support**

#### **Count the Memories Not the Calories**

An opportunity to meet with others over food and chat with or simply be in the company of others who have been bereaved and will understand.

#### **One Step at a Time**

Join us for a short and gentle walk no more than a mile in length in the company of others.

#### **'In Touch' Bereavement Support Line**

A new telephone support service aimed at all those 50+ who have been bereaved. Calls will be answered by experienced Late Spring facilitators who can provide a listening ear as well as link you to further support.

**Call: 01235 426600**

## How can I get in touch?

If you think that you, or someone you are close to, would benefit from joining one of our groups or receiving support from the Late Spring team and want to find out more please contact us for more information:

Call

**Office: 01235 849 434**

**In Touch: 01235 426600**

Email

[latespring@ageukoxfordshire.org.uk](mailto:latespring@ageukoxfordshire.org.uk)

Or visit our website at

[www.ageuk.org.uk/oxfordshire/our-services/late-spring](http://www.ageuk.org.uk/oxfordshire/our-services/late-spring)

## What happens next?

One of the Late Spring team will give you a call and talk to you about what you need and what is available.