

[Back to listing](#)



**Themes:** Advocacy, Bereavement and Grief, Counselling, , , , Mental Health, Physical Disabilities

**Aimed at:**

Having a premature or sick baby in hospital can be incredibly distressing for families.

We offer emotional and practical support to empower families and equip them with the knowledge and skills they need to provide the best possible care to their baby, for however long they live and for however long their stay in neonatal care.

We provide information about caring for premature and full term sick babies at every stage of their hospital journey, and after they have gone home.

Through our network of dedicated volunteers we provide face-to-face and email support, meaning families have access to practical information and a listening ear when they need it the most.

Families can also share experiences through the Bliss messageboard, hosted by Netmums, and read other family stories in Little Bliss magazine.

**Area:** Bassetlaw, Bolsover

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[Back to Listing](#)