



## Bereavement Care Support for adults on the Fylde Coast following the death of someone close to them

**This leaflet outlines some of the organisations that are available both locally and nationally to support those who have been bereaved through the death of someone they know. Your GP may also be able to assist you with feelings of grief and challenges with coping.**

The following organisations may be available to provide support appropriate to a person's specific needs. Sometimes this support depends on the type of bereavement and possibly the age of the person who is seeking help.



**The Silver Line**  
helpline for older people  
**0800 4 70 80 90**

## The Silver Line Helpline

The Silver Line is the UK's only free, confidential helpline for older people, open every day and night of the year, offering:

- friendship and emotional support
- information and advice
- signposting to local or national services which may be able to offer support.

Callers can access the service - which is open when many other services are closed - using a simple Freephone number **0800 4 70 80 90**.

In addition to the helpline, for those wishing to receive a regular call, we have volunteer 'Silver Line Friends' who are trained to support older people, either through telephone or letter friendship. To speak with one of our helpline staff, you can call free, 24/7 and confidentially on **0800 4 70 80 90**.

For further information about us please visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

## The Wellbeing and Mental Health Helpline

**Feeling Low?**

**Need Support? Need to talk?**



The Lancashire Care NHS Foundation Trust Wellbeing and Mental Health Helpline provide an out of hours listening and support service for people who may be feeling low or in distress. It is open Monday to Friday 7pm to 11pm and Saturday and Sunday 12 midday to 12 midnight. The helpline is manned by trained volunteers who are able to provide signposting to additional support services covering a range of areas such as mental health teams, bereavement, phobias and domestic violence plus many more.

**The helpline can be contacted on 0800 915 4640.**

# Mindsmatter

Talking Therapies provided by Lancashire Care

The Lancashire Care NHS Foundation Trust's Mindsmatter service provides a range of services and support for people aged 16 and over who are experiencing common mental health problems such as depression, stress and anxiety. Services on offer include stress control workshops, Cognitive Behavioural Therapy (CBT) and one to one counselling sessions as well as online CBT support from SilverCloud.

The team in Fylde and Wyre can be contacted on 01253 955943 and you can find out more information about the team by visiting [www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter).



## **Coping Alone Service**

Providing bereavement support.

Trained Age UK Lancashire staff and volunteers can help by providing emotional and practical support to someone who has lost a loved one.

We can help residents who live in Fylde and Wyre Borough Council areas and are aged 50 and over.

**Contact 0300 303 1234**



Carers Trust Fylde Coast Carers Centre is an independent, local charity. They provide a range of services to support and enhance the lives of unpaid carers of all ages throughout Blackpool and the Fylde Coast.

**Tel: 01253 393748**

**Text: 07961 586703**

**Email: [admin@carerstrustfyldecoast.org](mailto:admin@carerstrustfyldecoast.org)**

**Web: [www.carerstrustfyldecoast.org](http://www.carerstrustfyldecoast.org)**

**SAMARITANS**

**Available 24 hours a day, 365 days a year.**

If you need a response immediately, it's best to call us on the phone.

This number is FREE to call.

**116 123 (UK)**

**[www.samaritans.org](http://www.samaritans.org)**



**Age UK Blackpool & District offer a wide range of services for over 50's and their carers in Blackpool. Our services include; At Home Support, Befriending, Carers' Breaks, Foot & Hand Care, Information & Advice, Health & Wellbeing services, Hospital Aftercare plus much more...**

For more information on how we can help, please contact us by phone - **01253 622812**, email - [admin@ageukblackpool.org.uk](mailto:admin@ageukblackpool.org.uk) or by calling in to our office at 89 Abingdon Street, Blackpool, FY1 1PP. Opening Hours Monday- Friday 10.00am – 4.00pm.



A free confidential service supporting bereaved pet owners and those facing euthanasia. Open 365 days a year 8.30am – 8.30pm.  
**Supporting pet owners via telephone and also email.**



Blackpool Teaching Hospitals   
NHS Foundation Trust

**Supporting Bereaved Families following the death of a child from aged 1 month up to 18 years. The support is offered to any member of the family affected by the death of a child for up to 1 year. This includes home visits where possible. The aim is to minimize long term effects of grief. Support Group once a month for bereaved parents and an Annual Remembrance Gathering.**

Contact details Michelle Boland 01253956713 Mobile 07920138112  
Email: Michelle.boland@bfwhospitals.nhs.uk

Blackpool Teaching Hospitals   
NHS Foundation Trust

**Bereavement Care support for women, their families who have had a recent pregnancy or baby loss.**

Contact Megan Murray, Bereavement Support Nurse: 01253 956877  
Email: megan.murray@bfwhospitals.nhs.uk



### **Cruse Bereavement Care Lancashire**

Cruse Bereavement Care's vision is that all bereaved people have somewhere to turn when someone dies. Our mission is to offer support, advice and information to adults when someone dies, and to enhance society's care of bereaved people. We offer our services to anyone aged 18+, usually via home visit, but other arrangements can be made if this is not suitable.

**Self Referrals can be made to 01772 686668. This line is manned from 6-8pm on Monday and 10am-12noon on Tuesday. At all other times an answering machine service is available, calls will be returned within 24hrs. Please note, all return phone calls from Cruse will be from a withheld number.**



**Lifelong support  
for our Forces  
and their families**

Supporting serving men and women, veterans and their families including bereavement support for the military.

**[www.ssafa.org.uk](http://www.ssafa.org.uk) tel: 08452417141**



**TRINITY**  
Hospice &  
Palliative Care Services



Support and Counselling for Grief and Loss

**Low Moor Road, Bispham, Blackpool FY2 0BG**  
**Tel: 01253 595552**

The Linden Centre provides a specialist counselling service for adults, children and young people living within Blackpool, Fylde and Wyre. On accessing our service you will:

- receive a warm welcome;
- find compassionate support for the journey you are facing;
- find a safe and comfortable environment;
- if appropriate, be offered counselling that helps put fears and anxieties into words;
- receive help in finding the support you are looking for;
- feel valued, listened to, and for your choices to be respected;
- be listened to by someone who will try and understand how your situation feels for you.

**Our adult service criteria:**

Living With Illness

- Patients diagnosed with a life limiting illness who have become Palliative
- Immediate family members and carers of patients who are receiving specialist Palliative Care

Bereavement

- Adults who have lost a significant other following a life limiting illness or who required Specialist Palliative Care.

Adults can self-refer by phoning the Linden Centre on **01253 595552** or emailing us [linden.centre@trinityhospice.co.uk](mailto:linden.centre@trinityhospice.co.uk)

**Informal bereavement support groups are held twice a month  
at the Linden Centre as follows:**

**3rd Thursday of every month from 6pm – 7pm**  
**4th Friday of every month from 11am – 12 noon**

**Blackpool Teaching Hospitals**   
NHS Foundation Trust

Patient Relations Team based at Blackpool Victoria Hospital. Available to signpost people to other organisations for bereavement care support or address issues that people have encountered within local NHS healthcare services. Tel: 01253 955588 [pals@bfwh.nhs.uk](mailto:pals@bfwh.nhs.uk)  
[www.bfwh.nhs.uk/visiting/patexp/patrelations/default.asp](http://www.bfwh.nhs.uk/visiting/patexp/patrelations/default.asp)