

GOOD GRIEF BLACKPOOL

A FESTIVAL OF LOVE + LOSS

8-11 OCTOBER 2026



CONTACTS AND RESOURCES

We realise that the topics of bereavement, loss and serious illness often bring up painful feelings or memories. Good Grief Blackpool will provide you with gentle opportunities to have open conversations about bereavement and serious illness. If you are finding things difficult, many organisations and charities are ready to support you. The services and resources on this list are good places to start.

SUPPORT IF YOU ARE FEELING DISTRESSED:

SAMARITANS for out of hours or emergency support with all kinds of difficulties: www.samaritans.org
Freephone helpline: **116 123** (available 24/7)
Email: jo@samaritans.org

Mind is for information about mental health issues:
www.mind.org.uk Support line: **0300 102 1234**
Text: **86463** Email: info@mind.org.uk

CALM (Campaign Against Living Miserably) is a suicide prevention charity that provides life-saving services and practical mental health support to anyone who needs it. Staffed by paid, trained professionals. UK-wide helpline: **0800 585858** open 5pm–midnight. www.thecalmzone.net @thecalmzone on social media.

National Suicide Prevention Helpline provides a supportive listening service for anyone over 18 years old with thoughts of suicide. Tel: **0800 587 0800** or **0800 689 0880**. Open 6pm to midnight every day.

SHOUT crisis text line is a confidential, anonymous text support service. Open 24/7. Text 'SHOUT' to **85258**. Under 19? Text 'YM' to **85258**. www.giveusashout.org

Blackpool Talking Therapies (formerly known as Blackpool Healthier Minds and Supporting Minds), offers a range of free psychological therapies to people aged 16 and over, for people registered with a Blackpool, Bispham and Cleveleys GP.

Monday to Friday, 9am–5pm (excluding bank holidays)
01253 955700 You can also contact your GP practice for personalised support, resources, and access to local services.

Amparo offers free support for anyone affected by suicide in Lancashire. Tel: **0330 088 9255** www.amparo.org.uk

LOCAL SUPPORT GROUPS, COURSES AND COUNSELLING:

Empowerment Solace Service for local support for anyone affected by suicide: www.empowermentcharity.org.uk/im-looking-for-help/suicide-prevention-bereavement
Support line: **0300 32 32 100**
Email: solace@empowermentcharity.org.uk

Swan End Of Life and Bereavement Team based at Blackpool Teaching Hospitals are bereavement specialists that are here to support people and their loved ones when they have been cared for in the hospital or in the community. We also offer bereavement support and information and advice about counselling and other services if required.

You can contact a member of the Swan Team directly on **01253 952456** Monday to Friday 8.30am–4.30pm Weekends and bank holidays 8.00am–4.00pm. If the team are unable to answer, please leave a message on the answerphone and we will call you back as soon as we can.

The Linden Centre at Trinity Hospice offers counselling and support for adults and children in Blackpool, Fylde and Wyre who are facing terminal illness or who have been bereaved following care at Trinity Hospice. Tel: **01253 358881**
www.trinityhospice.co.uk

Brian House Children's Hospice supports families immediately following the death of a child, whether or not the child was known to the hospice. Its Butterfly Suite is a private space for families to spend time with their child after they have died, and is open to any Fylde coast family. Low Moor Road, Bispham FY2 0BG. Tel: **01253 358881** www.brianhouse.org.uk

Counselling in the Community offers affordable counselling for children, young people and adults across Blackpool and the Fylde coast, including for grief. Sessions from £5 and no one is turned away. Available online, by phone, or face to face in Blackpool, Cleveleys and Fleetwood.
www.counsellinginthecommunity.com

Fylde Counselling Service is a community counselling service for residents of Blackpool, Fylde and Wyre aged 16+. Sessions online by Zoom, by phone, or face to face in St Annes, Fleetwood and Blackpool. Self-referrals welcome. Tel: **01253 720270** Call/text: **07816 224898** www.fyldecounselling.org.uk

Blackpool and Preston Sands is a local group run by bereaved parents, offering support for anyone affected by the death of a baby, however long ago. Email: blackpoolpreston@sandsvolunteer.org.uk Telephone: **07359 612757**

The Crisis Line/Initial Response Service FOR URGENT HELP

Scan this QR code

OR Call 111, choosing option 2
Available 24 hours a day



Andy's Man Club Blackpool is a free, peer-led talking group for men aged 18+. It meets every Monday, 7pm–9pm (excluding bank holidays), at The Grange, Dinmore Avenue, Blackpool FY3 7RW. No booking needed, just turn up. Email: info@andysmanclub.co.uk www.andysmanclub.co.uk

SOBS Preston is a peer support group for adults bereaved by suicide. It meets on the last Wednesday of every month at a private venue, so get in touch before attending. Tel: **07376 718795** Email: preston@uksobs.org

Ruddi's Retreat operates a caravan in Blackpool as part of its family-friendly holiday offering for families with children affected by cancer, life-limiting illness or bereavement. www.ruddisretreat.org Tel: **01484 766050** Email: ruddisretreat@gmail.com

Donna's Dream House provides free short breaks in Blackpool for families after the death of a child. www.donnasdreamhouse.co.uk Tel. **01253 752222** Email: snowdrop@donnasdreamhouse.co.uk

SUPPORT FOR CHILDREN AND YOUNG ADULTS:

Child Bereavement UK for support with the death of a child, or for a child who has been bereaved: www.childbereavementuk.org Freephone helpline: **0800 02 888 40**. They also have live chat available through their website and can be emailed at support@childbereavementuk.org

Childline is a confidential helpline for children and young people under 19 years old. Tel: **0800 1111**, open 24/7. www.childline.org.uk

HOPEAGAIN is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief and feel less alone: www.hopeagain.org.uk Email: hopeagain@cruse.org.uk Freephone helpline: **0808 808 1677**

NATIONAL OR LOCAL HELPLINES AND ONLINE CHATS OR GROUPS FOR ADULTS DEALING WITH BEREAVEMENT:

Cruse Bereavement Support for support with all kinds of bereavement: www.cruse.org.uk They also have a CruseChat service available through the website and can be emailed at lancashire@cruse.org.uk Freephone helpline: **0808 808 1677**

Survivors of Bereavement by Suicide (SOBS) for support for adults who have been bereaved by suicide: www.uksobs.org Email: email.support@uksobs.org

The New Normal Charity runs a range of online support groups (including 'Queer Good Grief' for people from the LGBTQ+ community; 'Black & Brown Good Grief'; 'Student Good Grief' and more): www.thenewnormalcharity.com General enquiries line: **07865 256 889** General enquiries email: info@thenewnormalcharity.com

Hope and Help Bereavement Support is a calm, non-judgemental place to go for help, advice and inspiration. Starting from an Islamic perspective, free and confidential bereavement support service is provided by trained volunteers. Email: info@hopeandhelp.uk Tel: **01254 946 666** www.hopeandhelp.uk/bereavement.html

The Child Death Helpline for support with the death of a child: www.childdeathhelpline.org.uk Freephone helpline: **0800 282 986** They also have an online contact form on their website.

Black Minds Matter for resources and access to therapy for Black individuals and their families: www.blackmindsmatteruk.com

The Good Grief Trust are here to help all those affected by grief in the UK – information and support including virtual support groups. Includes a directory of information for all including child bereavement. www.thegoodgrieftrust.org

Bereaved Parents Together (BPT) is a private Facebook group which offers a safe, warm and supportive space for bereaved parents who have lost a baby, child, adult child or children from any cause or circumstance. Search Facebook for 'Bereaved Parents Together' and request to join or contact **Melanie Phelps** on **07742 239043** for more information.

WAY (Widowed and Young) offers a peer-to-peer support network for anyone aged 50 or under when their partner died. £30 membership. Tel: **0300 201 0051**, open Monday to Friday. www.widowedandyoung.org.uk

Sands (Stillbirth and Neonatal Death Support) offers support for anyone affected by the death of a baby. Freephone helpline: **0808 164 3332** www.sands.org.uk

SUPPORT WITH LIVING WITH SERIOUS ILLNESS AND END-OF-LIFE CARE:

Marie Curie for support for those living with or caring for someone living with terminal illness: www.mariecurie.org.uk Freephone helpline: **0800 090 2309**. They also have online chat, book a call and befriending call back services available through their website.

Hospice UK for information and support at the end of life and in bereavement, including a hospice care finder and the influential 'Dying Matters' campaign which aims to encourage open conversation about death and dying: www.hospiceuk.org

What Matters Conversations for videos and information about having conversations about what is most important to us: www.whatmattersconversations.org

Compassion in Dying for information and resources to help us with preparing and planning for the end of life: www.compassionindying.org.uk

My Wishes for software for planning end-of-life care: www.mywishes.co.uk

WEBSITES THAT PROVIDE BEREAVEMENT-RELATED INFORMATION AND LINKS TO OTHER SERVICES:

At a Loss is a signposting website to help you find the right bereavement support: www.ataloss.org

Childhood Bereavement Network is an online hub for organisations supporting bereaved children: www.childhoodbereavementnetwork.org.uk

Good Grief Festival offers events and resources related to death, dying and bereavement: www.goodgrieffest.com

Grief Support Guide signposts to a range of resources and is available in ten languages: www.nationalbereavementalliance.org.uk/support