



## **Support for carers who are looking after someone at the end of their life**

In Gloucestershire, there are several organisations contracted by Gloucestershire County Council and Gloucestershire Clinical Commissioning Group to provide free support for carers.

This can be a sad and challenging time for you; you may want answers to questions which are difficult to ask. This leaflet gives you details about several organisations that may be able to help.

## Carers Gloucestershire and Gloucestershire Young Carers

### Carers Services:

Carers can access information and advice about benefits, services and other support to meet individual needs. Advice is given by phone, email or face to face, with the completion of carers assessments where appropriate. Other services include counselling, peer support, carers groups and training.

### Carers Gloucestershire

[www.carersgloucestershire.org.uk](http://www.carersgloucestershire.org.uk)

Telephone: **01452 386283** or **0300 111 9000** (Helpline)

Email: [mail@carersgloucestershire.org.uk](mailto:mail@carersgloucestershire.org.uk)



### Gloucestershire Young Carers (for ages up to 24)

[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)

Telephone: **01452 733060** Email: [glosyoungcarers.org.uk](http://glosyoungcarers.org.uk)



## Guideposts Trust and Crossroads Care

These two organisations provide opportunities for carers to take regular breaks from caring. This can be provided both at home and away from home, and with or without the cared for person.

### Guideposts

[www.guideposts.org.uk](http://www.guideposts.org.uk) Telephone: 01993 893560



### Crossroads Care

<http://www.crossroadscandeg.org.uk/>

Telephone: **01452 302542** (Gloucester)  
**01285 650168** (Cirencester)

Email: [infoqlos@crossroadscandeg.org.uk](mailto:infoqlos@crossroadscandeg.org.uk)



### Healthwatch Gloucestershire

Healthwatch provides an information database of local services

[www.healthwatchgloucestershire.co.uk](http://www.healthwatchgloucestershire.co.uk)

Freephone: **0800 652 5193**

Email: [info@healthwatchgloucestershire.co.uk](mailto:info@healthwatchgloucestershire.co.uk)

## Hospitals, Hospices and Local Support

Information, advice and support is available for carers who are caring or who have looked after someone during end of life or are now bereaved.

**Hospitals** – many hospitals have a Carers lead and a spiritual care team who can be contacted to support you. Please ask your nursing team for details.

**Hospices** – provide emotional and practical support

**Sue Ryder**, Leckhampton Court Hospice, Cheltenham

[www.sueryder.org/care-centres/hospices/leckhampton-court-hospice](http://www.sueryder.org/care-centres/hospices/leckhampton-court-hospice)

Telephone: **01242 230199**

On line Community:

Email: [leckhampton@sueryder.org](mailto:leckhampton@sueryder.org)

[support.sueryder.org/community](http://support.sueryder.org/community)

**Longfield** (Hospice care), Minchinhampton, Stroud

[www.longfield.org.uk](http://www.longfield.org.uk)

Telephone: **01453 886868**

Email: [info@longfield.org.uk](mailto:info@longfield.org.uk)

**Great Oaks**, Coleford

[www.great-oaks.org.uk/](http://www.great-oaks.org.uk/)

Telephone: **01594 811910**

**Maggie's Centre**, Cheltenham

Emotional, practical and social support to people with cancer and their families and friends, at diagnosis, treatment, end of life or in bereavement.

[www.maggiescentres.org/our-centres/maggies-cheltenham](http://www.maggiescentres.org/our-centres/maggies-cheltenham)

Telephone: **01242 250611**

Email: [cheltenham@maggiescentres.org](mailto:cheltenham@maggiescentres.org)

## Gloucestershire's Black and Minority Ethnic carers

These organisations are also able to provide support for carers looking after someone at the end of their life.

The Indian Association (Hindu faith Cheltenham)	01242 584250
Gloucestershire Chinese Womens Guild	01452 332088
Ebony Community Carers Group	01452 617456
Black Elders Day Centre	01452 311388
Golden Years Luncheon Club	07966 446643

## National Support for Carers

**Age UK**

Telephone:

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

**0800 1698787**

**Dementia UK**

Telephone:

[www.dementiauk.org/](http://www.dementiauk.org/)

**0800 888 6678**

## **Carers Trust**

Information, help and news plus online support

Telephone: **0300 772 9600**

[www.carers.org](http://www.carers.org)

Email: [info@carers.org](mailto:info@carers.org)

## **Carers UK** – National Carers Organisation

Information, help and support plus an advice line for carers

[www.carersuk.org](http://www.carersuk.org)

Telephone: **0207 378 4999**

## **Cruse Bereavement Care**

Face-to-face and group support by trained bereavement support volunteers.

Cruse will offer rapid specialist assessment by telephone in the first phase and on-going telephone or email support sessions where appropriate.

[www.gloucestershirecruse.org.uk/](http://www.gloucestershirecruse.org.uk/)

Telephone: **01242 252518**

Email: [gloucestershire@cruse.org.uk](mailto:gloucestershire@cruse.org.uk)

## **Dying Matters** – Raising Awareness of Dying, Death and Bereavement

Information on coping with family dynamics, national support services, planning ahead and how to deal with concerns about end of life.

[www.dyingmatters.org/page/carers-information-public](http://www.dyingmatters.org/page/carers-information-public)

Freephone:

**0800 021 4466**

## **The Eddystone Trust – for HIV and Sexual Health**      **0800 328 3508**

## **Marie Curie**

Services, publications and information for people caring with someone with a terminal illness.

[www.mariecurie.org.uk/help/being-there](http://www.mariecurie.org.uk/help/being-there)

Telephone: **0800 090 2309**

Email: [support.relations@mariecurie.org.uk](mailto:support.relations@mariecurie.org.uk)

## **NHS Choices** – Carers and end of life care

There is information on palliative care, bereavement support, coping with grief and dealing with practical matters when the person you care for dies.

[www.nhs.uk/CarersDirect/guide/bereavement/Pages/Overview.aspx](http://www.nhs.uk/CarersDirect/guide/bereavement/Pages/Overview.aspx)

**2gether NHS Foundation Trust** – Information and advice for carers who look after someone receiving services from 2gether NHS Foundation Trust.

Telephone: **01452 894200**

Email: [2gnft.comms@nhs.net](mailto:2gnft.comms@nhs.net)

## **The Samaritans**

The Samaritans service is available to people approaching the end of life, their carers and former carers.

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

Telephone: **116 123**

For further advice please contact **Patient Advice and Liaison Service**, Gloucestershire Clinical Commissioning Group.

**FREEPOST RRYY-KSGT-AGBR,**

Sanger House, 5220 Valiant Court, Gloucester Business Park, GL3 4FE

Telephone: **01452 566698**

Email: [glccg.pals@nhs.net](mailto:glccg.pals@nhs.net)