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
Telephone: **01452 386283** or **0300 111 9000** (Helpline)
Email: mail@carersgloucestershire.org.uk

**Gloucestershire Young Carers** (for ages up to 24)
www.glosyoungcarers.org.uk
Telephone: **01452 733060** Email: 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  Telephone: 01993 893560

**Crossroads Care**
http://www.crossroadscandeg.org.uk/
Telephone:  **01452 302542** (Gloucester)
            **01285 650168** (Cirencester)
Email: infoglos@crossroadscandeg.org.uk

**Healthwatch Gloucestershire**
Healthwatch provides an information database of local services
www.healthwatchgloucestershire.co.uk
Freephone: **0800 652 5193**
Email: 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
Telephone: **01242 230199**
Email: leckhampton@sueryder.org
On line Community: 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

**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

**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**
[www.ageuk.org.uk/](http://www.ageuk.org.uk/)
Telephone: 0800 1698787

**Dementia UK**
[www.dementiauk.org/](http://www.dementiauk.org/)
Telephone: 0800 888 6678
Carers Trust
Information, help and news plus online support
www.carers.org
Telephone: 0300 772 9600
Email: info@carers.org

Carers UK – National Carers Organisation
Information, help and support plus an advice line for carers
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/
Telephone: 01242 252518
Email: 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
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
Telephone: 0800 090 2309
Email: 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

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

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