



LOVING LIFE, OFFERING HOPE

## **Bristol LIFE Group Care Service**

### **Bristol LIFE Care Centre**

Edge of car park, Friary Road (off the top of Berkeley Road),  
Bishopston,  
Bristol,  
BS7 8HU

**Email:** [bristol@lifecharity.org.uk](mailto:bristol@lifecharity.org.uk)

**Tel:** 0117 924 5962

### **Opening Times:**

For counselling: Tuesdays 11.30 – 2.30pm (appointment essential)

For non-counselling services: Fridays 10 – 12 noon

**National Helpline: 0808 802 5433**

**Text to talk: text LIFECARE (followed by your message) to 88020**

**For more information for GPs about our Care Service  
please visit [www.lifecharity.org.uk/gps](http://www.lifecharity.org.uk/gps)**



# Life

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## Care Service Information for GPs

**What does a LIFE Pregnancy Care Centre offer?** LIFE Care Centres offer free help, support and counselling relating to pregnancy and abortion issues. Skilled listening and counselling is available to individuals and couples. Caring volunteers offer practical support - baby clothing, nursery equipment, prams etc. and sometimes financial assistance. We offer information relating to benefits, housing and other vital services. We also offer free pregnancy testing.

**Is LIFE a religious organisation?** No. LIFE is not a religious organisation. Some of our members have a religious background, others have none. It is founded on principles of justice, equality, democracy and human rights. Our counsellors recognise the unique value and individuality of every person and their right to make their own choices and decisions free of pressure or direction.

**Do you offer counselling following an abortion?** Yes. LIFE Counsellors and skilled listeners are fully qualified in post-abortion counselling. They help and support women by exploring experiences and feelings associated with abortion. Similar feelings may affect the father of the baby and counselling may be offered to other close family members or friends, as they too may need to talk through their own personal experiences.

**Are other forms of counselling offered?** Counselling and skilled listening is offered for other forms of pregnancy loss; miscarriage, ectopic pregnancy, stillbirth, adoption or any other health issue arising from pregnancy.

**Do you help women with fertility issues?** Yes. We have a Fertility Care programme. You can find this information on our sister site, <http://www.lifefertilitycare.co.uk>. Please visit for more information.

**Can LIFE help with accommodation?** Yes LIFE can provide accommodation for young expectant mothers aged between 16 - 25 years old. See our housing pages on our website for further information.

**In an emergency, what should I advise?** If the situation is considered an emergency, please refer your patient to our **National Helpline Freephone 0808 802 5433**, 9am-3pm weekdays, or our **Text to talk service Text LIFECARE (followed by your message) to 88020** anytime and someone will reply to your text. LIFE's Helpline offers a confidential service and is staffed by skilled listeners and Diploma-qualified counsellors. It receives over 7,000 calls a year from people affected by a pregnancy or loss of a baby. As in the Care Centres, Helpline staff help callers to make sense of their situation, find the best ways to cope and to move forward. If appropriate they will refer clients who call them to their local Centre for continuing personal support or counselling.

Counselling is strictly confidential and is bound by the ethical framework laid down by the British Association for Counselling and Psychotherapy.

LIFE counsellors hold, or are studying to obtain, recognised counselling qualifications. They receive regular professional supervision and on-going training. They understand that confidentiality is an essential part of the counselling process.