

Name of Group	Condition/Issue Specific?	Who is it for	Purpose	When & Where	Telephone	E-mail Address	Website
Young at Heart	No	Anyone socially isolated	Activities, friendship, peer support	Wednesdays 12:30pm-4pm Cherry Tree Gardens / Thursdays 12:30pm -4pm Ibbison Court	07946 356934	youngatheartgroup@protonmail.com	
Blackpool Inspirations	No	Anyone with mental health issues	Activities, friendship, peer support, counselling, welfare advice	Mondays Stanley Park Sport Centre Art Group 10am-1pm / Raikes Hall Pub 1pm - 4:30pm. Tuesdays New Central Methodist Church 10am-2pm. Thursdays Stanley Park Sports Centre DVD Group 1pm-4pm. Fridays Breakfast Club Leyton Rakes Market St 11am-12:30pm / Ladies Group Central Library Reading Room 1pm-4pm. Saturdays Chill & Chat Solaris Centre 10:30am-12:30pm		blackpoolinspirations@gmail.com	https://www.youngatheartfg.com/
HUGS (Help, Understanding and Group Support) Mental Health Support Group	No	Anyone with mental health issues, carers/family	mutual support	Carers Centre, Beaverbrooks House - when?	01253 393748	admin@blackpoolcarers.org	https://blackpoolinspirations.wordpress.com/
Fylde coast Mental Health Family Support Group (Rethink)	No	carers/families/friends	mutual support	Second Tuesday of each month 7pm-9pm Empowerment, 333 Bispham Road, FY20HH	07999 332804	fyldefamilysupportgroup@rethink.org	http://www.blackpoolcarers.org
BipolarUK Support Group, Fleetwood	Yes	Anyone affected by Bipolar	mutual support	Second and fourth Monday of each month 1:30pm-3:30pm Glazey Days, Bold St Fleetwood	UK Support Line 0333 323 3880		
Recovery Group	No	Recovery Team Clients- need to be under the care of the Community Mental Health Team (CMHT)	mutual support	Fridays 2pm -4pm Grenfell Avenue, Layton	01253 651818		
Freshers Young Dementia Cafe	Yes	People aged 40+ with dementia, with partners, friends and family	mutual support, social	Various Tuesdays 11:30am-1:30pm Carers Centre, Beaverbrooks House	07856 933003	admin@blackpoolcarers.org	
Fylde Dementia Café	Yes	People with dementia and their carers	mutual support	2ndWednesday of every month 10:00 - 12:00hrs Best Western Glendower Hotel, North Promenade, Lytham St. Annes FY8 2NQ	01253 696854	northlancashire@alzheimers.org.uk	
Wyre Dementia Café	Yes	People with dementia and their carers	mutual support	1st Thursday of every month 10:00 - 12:00hrs Cleveleys Park Methodist Church, West Drive, Thornton-Cleveleys, FY5 2BL	01253 696854	northlancashire@alzheimers.org.uk	
Trinity Hospice Bereavement Support Group	Yes	Anyone who has lost someone close to them	Informal support	Every 4th Friday of the month 11am-12pm or every 3rd Thursday of the month 6pm-7pm, The Linden Centre, Low Moor Rd, Bispham	01253 595552		http://www.trinityhospice.co.uk/services/linden-centre/
Breaking the Cycle Mental Health Group	No	Young people in Blackpool, Fylde and Wyre with issues around mental health/bullying	mutual support	TBC	01253 344398	sam@urpotential.co.uk	
STARS (Stand Together and Recover)	No	Anyone living with mental health issues	mutual support	Every Tuesday 12pm-2pm at Claremont Community Centre, Claremont Rd, FY12QJ	07375 712973 / 01253 476911	standtogetherandrecover@hotmail.com	
Rething Dog Walking Therapy	No	Anyone living with mental health issues/carers/friends	mutual support	Every Wednesday 10am-12pm, Starts at Stanley Park Visitors Centre, Stanley Park Close, FY39TR		dogwalkinggroup@rethink.org	
Blackpool Recovery Group	No	Adults in recovery from substance misuse issues	mutual support	Various - see Facebook page			https://en-gb.facebook.com/groups/815629395136888/

Layton Community House No

Various Groups - connect with other people Various - see website

Various times-see website. Layton Community House, 5 Grenfell Avenue, Layton, FY47BP

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<https://laytoncommunityhouse.co.uk/>