

Who are we?

The Fylde Coast Pregnancy Crisis Centre was established in 2023 and offers a free counselling service for anyone facing an unplanned pregnancy or pregnancy loss. We provide the support, time and space for people to explore their thoughts and feelings in a safe, non-judgemental, non-directional environment.



Partners and family members often benefit from their own support and advice when they are faced with a loved one who is dealing with these issues. At the Fylde Coast Pregnancy Crisis Centre, we can support everyone involved with individual or joint sessions or a combination of both.



Contact us



c/o Cleveleys Baptist Church
St Georges Avenue
Cleveleys
FY5 3JN



office@fyldecoastpregnancycentre.org.uk



www.fyldecoastpregnancycentre.org.uk



07354 849 410

A safe place to talk

If you're facing an unplanned pregnancy, our trained practitioners give you time, space and information to help you make your own decision.

As we are a non-medical agency, we cannot refer directly for an abortion. Therefore you can be sure you are receiving impartial support.

We will discuss all your options with you and can signpost you to other organisations and agencies, whatever decision you reach.

**All our services are
FREE and CONFIDENTIAL**



Registered Charity Number: 1202301
Organisational Member of BACP Membership Number: 00276533



**Unplanned Pregnancy?
Pregnancy Loss?
Abortion?
Worried?**



**Support across the Fylde Coast
for anyone dealing with
an unplanned pregnancy or pregnancy loss.**

When you, or your, partner is unexpectedly pregnant...

Discovering you're pregnant can be a great joy, even if it wasn't planned. However, it can also come as a complete shock, a shock that brings overwhelming feelings of confusion and anxiety, all of which is completely normal.

Perhaps you're struggling with conflicting thoughts and emotions; your circumstances suggesting one course of action while your feelings guide you in a different direction.



At Fylde Coast Pregnancy Crisis Centre we provide you with a safe space to explore your thoughts and feelings in a non-judgemental environment, supporting you with your decision making. We won't make any decisions for you, we simply listen and help you explore your options, offering you the time and space to make your own decision. Our team will offer information on all available options and direct you to other agencies where appropriate.

To speak with a trained practitioner in confidence, contact our team by email or phone today.

Had an abortion?

Are my feelings normal?

Have you, or someone you know, been affected by abortion?

Abortion can be a complicated and deeply personal issue. If you've had a termination you might feel you want to talk to someone who can help you work through your feelings. Having opportunity to talk in confidence and without judgement, can help you to understand and process how you feel.

No matter how recent or long ago your abortion was, our team are here to support you. Our experienced practitioners and skilled listeners can help you find a way to move on, in full confidence and free of charge.



Experienced a miscarriage or still birth?

To lose a child can be devastating, whether it's through miscarriage, abortion or stillbirth. If you've experienced this type of loss you may feel alone in your grief and confusion.

You may experience a wide range of emotions, that you don't know what to do with or you may feel completely numb. Maybe you are finding it difficult to talk to anyone. Perhaps no one even knew you were pregnant to begin with.



Our team are trained to help and support you through your bereavement journey with one-to-one support as individual as you are.

For more information or to book an appointment please get in touch and let us take the first steps with you.