

Domestic Abuse

If you are concerned about Domestic Abuse, contact Gloucestershire Domestic Abuse Support Service (GDASS) (Open 9am-5pm, Monday to Friday) Helpdesk 01452 726 570 or email support@gdass.org.uk

Mental health Support

Cotswold Counselling Telephone Support

Counselling provides the opportunity to talk in confidence to someone who is trained to listen. Counselling can help make sense of what you are feeling about difficulties you are experiencing in your life at this time.
T: 01285 885 830
E-mail: admin@cotswold-counselling.org.uk

The Red Cross national Telephone Support Line

This free service provides emotional support from volunteers trained in the Red Cross 'CALMER' psychosocial support approach. Volunteers can also offer information and advice and can refer people into our local teams on the ground should people need practical support such as accessing food or medication. Call free on:
T: 0808 196 3651.

Online counselling and well-being for adults

Qwell is an easily accessible online well-being service for adults in need of mental health support. Some people may be struggling with social determinants such as smoking, bad housing or unemployment. Some are carers and some are living with entrenched problems or long-term conditions; others are coping with anxiety or depression.

Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. They can join online peer support communities or access self-help materials once registered. This service is available county wide. Please click on the following link to register and for further information: www.qwell.io/

List of mental health support can be found here:

www.gloucestershire.gov.uk/covid-19-information-and-advice/advice-on-covid-19/looking-after-your-wellbeing/mental-health-services/

Families, Children and Young people

Helpful resources from across the internet that are available to help support your mental health and well-being can be found here: www.camhs-resources.co.uk/

The Family Information Service is here for you!

We offer a free confidential advice line providing guidance and emotional support on any aspect of parenting and family life. If we can't answer your call straight away please leave a message and we will call you back. Call us free of charge on: T: 0800 542 02 02.
E-mail: familyinfo@gloucestershire.gov.uk and we will respond to you the same working day

Teens in crisis

Support for children and young people aged 9-21 and their families. Text: 07520 634063 T: 01594 372777
E-mail: admin@ticplus.org.uk

Other local support

The Churn Project The Churn Project offers support to the most vulnerable and marginalised people of the Cirencester area. We aim to reduce isolation and improve wellbeing for local people. We can be reached by:
T: 07701 301104
E-mail: info@thechurn.org.uk
www.churnproject.org.uk/

Cotswold Friends Cotswold Friends is a local charity, helping and supporting older and vulnerable people in the North Cotswolds. We aim to combat loneliness and isolation. Our voluntary services improve health and wellbeing and support independent living. Call us (9.30am - 3.30pm weekdays) T: 01608 651415 or
E-mail: info@cotswoldfriends.org
www.cotswoldfriends.org/

Covid-19: What help is available?

Stay well, get support, give support ... get involved

- ✓ help with food
- ✓ help with bills, advice and guidance
- ✓ Gloucestershire Covid-19 Emergency Living Fund
- ✓ your health and wellbeing
- ✓ support on domestic abuse
- ✓ mental health support
- ✓ Cotswold Counselling telephone support
- ✓ the Red Cross national telephone support
- ✓ online counselling and well-being for adults



Support

If you would like to offer support, or to volunteer in your area then there are a range of community support groups <https://covidmutualaid.org/local-groups/> or contact your local Town or Parish Council for details of groups and voluntary sector organisations in your area.

If, due to the Coronavirus outbreak, you need support with shopping, collection of prescriptions or other support, then your family, friends or neighbours are most probably the best people to turn to for support first. If you really can't put in place the help you need from friends and family, then please complete the "I need help" section on the **Gloucestershire County Council Help Hub**

Contact the team at Gloucestershire County Council on T: 01452 583519

www.gloucestershire.gov.uk/gloucestershires-community-help-hub to ask for help.

Once you have registered a request, our community team will contact you to discuss your needs and how best to support you. You can also use the Help Hub to register to volunteer in your area.

Help with Food

The Long Table:

Offers 7 meals for £25 delivered to your door.

T: 01594 715785

www.thelongtableonline.com/ready-meals

Food Banks

There are two food banks in Cotswold District, the Cirencester Foodbank and North Cotswold Foodbank, which provide emergency food to people in Crisis. Please contact Citizen's Advice or your support agency to get a referral.

North Cotswold Foodbank:

www.northcotswold.foodbank.org.uk/

Email: info@northcotswold.foodbank.org.uk

South Cotswold Foodbank:

www.cirencester.foodbank.org.uk

Email: info@cirencester.foodbank.org.uk

Help with Bills, Advice and Guidance

Citizens Advice Bureau:

If you need support, the phone line is available: Monday, Tuesday, Wednesday, Thursday 10 am - 4 pm
T: 0808 800 0511

www.citizensadvice-stroudandcotswold.org.uk/stroud-cab-contact-cotswold.php

P3- Gloucestershire community based support. Promoting independent living and building on peoples existing strengths:

T: 0808 168 2443

www.p3charity.org/services/gloucestershire-accommodation-community-based-support

Utilities

Most electric companies are now increasing the emergency amount to £45 and other payment arrangements can be made over the phone. Ofgem's full guidance for Covid/prepayment customers is here:

www.ofgem.gov.uk/coronavirus-covid-19/coronavirus-covid-19-and-your-energy-supply



Gloucestershire Covid-19 Emergency Living Fund:

The fund provides practical support to eligible adults and families for food, gas/electricity top ups and household items such as furniture including white goods/appliances and furniture.

To apply visit:

T: 0330-123-5550

www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme#Covid-19-ELF

Your Health and Wellbeing

www.gloucestershire.gov.uk/covid-19-information-and-advice/advice-on-covid-19/looking-after-your-wellbeing/
www.gloucestershire.gov.uk/resources-for-professionals-and-volunteers

Improve your mental health by staying active. These organisations have produced tips for people to stay active: Sport England's advice on staying active during self-isolation: www.sportengland.org/stayinworkout

- British Heart Foundation have a guide on how to get active indoors: www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors
- Change4Life have indoor ideas to keep children active and entertained. www.nhs.uk/change4life

Activities for families: www.yourcircle.org.uk/

For support with wellbeing, contact The Cotswold Community Wellbeing Service:

T: 07738 106384 or E-mail: cws.grcc@nhs.net

www.grcc.org.uk/individuals-and-families/community-wellbeing-service

If you think you should be on the NHS Shielded list, please contact NHS Extremely Vulnerable. T: 0800 0288327 or visit www.gov.uk/coronavirus-extremely-vulnerable

If you need to raise a safeguarding alert for a vulnerable adult or child, or need advice, call:

- Adult Help Desk (Gloucestershire County Council)
T: 01452 426868
E-mail: socialcare.enq@gloucestershire.gov.uk
- Children's and Families Helpdesk (Gloucestershire County Council) T: 01452 426565
- Homelessness - please contact Cotswold District Council: T: 01285 623000 who will connect you with the homelessness team.
- For young people homeless emergency Night Stop Emergency Duty Team - T: 01452 614194
E-mail: edt@gloucestershire.gov.uk