

SUPPORT FOR THE LOCAL COMMUNITY

Community Help Hub – is active across the Borough of Tewkesbury. Contact the Hub on 01452 583519 (Monday-Friday 9-5) or visit <https://www.gloucestershire.gov.uk/gloucestershires-community-help-hub/>

The local Foodbank is available on 0808 2082138 or 01452 505544. It can deliver a parcel containing three days of nutritionally balanced, non-perishable food. www.gloucester.foodbank.org.uk

The Barnwood Trust is a local charity that provides small grants to help eligible individuals. If you have a disability or mental health challenge and you can't afford to buy something that would make a big difference over the coming weeks contact them. So far, people have successfully applied for household essentials, televisions, laptops and tablets, phone credit and mobile data top-up, access to online courses, exercise equipment, arts and craft materials and family games and play materials www.barnwoodtrust.org/keepingstrong/ or call 01242 539935

The Gloucestershire Covid 19 Emergency Living Fund can also provide small grants to help buy furniture, carpets, gas/electricity, pay rent in advance, removal expenses, food deliveries, supermarket vouchers etc. The Children's Fund can also provide clothes – www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme or call 0330 123 5550

Age UK – The pandemic has changed life for everyone and some older people are among the hardest hit. Contact its Help Team on 01452 422660 or 0800 6781602, or its Friendship Line 0800 2980579. www.ageuk.org.uk

Gloucestershire Carers Hub continues to provide support to unpaid carers. 0300 111 9000 or visit: www.gloucestershirecarershub.co.uk

The Gloucestershire Young Carers phone lines are open 9am-4pm, Monday to Friday. Get in touch on 01452 733060 or via www.glosyoungcarers.org.uk

Gloucestershire Fire and Rescue Service will carry out safe and well visits to those people who are most at risk. 0800 180 4140 or fill out a form at www.glosfire.gov.uk to arrange a visit.

Gloucestershire Telecare provides discreet sensors that detect emergencies at home such as falls, fire and wandering. If you need urgent support call the adult helpdesk on 01452 426868. www.gloucestershire.gov.uk/telecare

Support for vulnerable adults. If you are concerned about a vulnerable adult call 01452 426868 (8am-8pm seven days a week) or email: socialcare.enq@gloucestershire.gov.uk

The Gloucestershire Domestic Abuse Support Service (GDASS) provides confidential advice and support to anyone aged 16+ who does not feel safe at home due to domestic abuse. 01452 726570 (Monday-Friday 9am-5pm) or the 24hr helpline on 0808 2000 247
If you are in immediate danger, always call 999.
www.gdass.org.uk Email: Support@gdass.org.uk

Let's Talk – If you are experiencing low mood, stress or anxiety, call 0800 073 2200 or: www.letstalkglos.nhs.uk
You can also visit **Qwell** for online emotional wellbeing support for adults 18+ where you can chat online to qualified counsellors. Visit www.qwell.io
Young people aged 11-18 can access free online mental wellbeing support from **Kooth** at www.kooth.com
Young people aged 9-21 years can also get support with their emotional wellbeing and mental health from **TIC+**
01594 372777 or text: 07520 634063.

The Samaritans can be contacted by dialling 116 123 or text: Shout 85258.