

Get support, give support

Community Help Hub

If you or someone you know needs help in your local community including shopping or collecting medication visit:

www.gloucestershire.gov.uk/helpub
or call **01452 583519**.

The lines are open; Monday-Friday 8am-8pm and Saturday-Sunday 9am-4pm.

Please note, this is not an emergency line.

Support for unpaid carers

Gloucestershire Carers Hub continue to provide support to unpaid carers at this time.

Call: **0300 111 9000** or visit:

www.gloucestershirecarershubs.co.uk

Support for young carers

The Gloucestershire Young Carers phone lines are open 9am-4pm, Monday to Friday. If you are a young carer and need support during this time get in touch on **07592 794504** or via their website

www.glosyoungcarers.org.uk

Safe and well visits

Gloucestershire Fire and Rescue Service is continuing to carry out safe and well visits to those people who are most at risk.

Please call **0800 180 4140** or fill out a form at

www.glosfire.gov.uk to arrange a visit.

More help and support

Your Circle is a hub of information from care and support to finances and online activities for older people. Visit:

www.yourcircle.org.uk

Get involved

Urgent! Could you play a key role in helping vulnerable people in your community?

They need your support now!

There are flexible, temporary and permanent roles available supporting vulnerable adults with varying needs.



Apply today at
www.proudtocareglos.org.uk

#Proud to Care



YOUR Community ALERTS Gloucestershire



Real time alerts, so you know exactly what's going on in your area.

By registering today you will receive news and appeals, local crime information and crime prevention advice - directly to you. It will also help your local policing teams better police your neighbourhood.

Registering with us is completely free.



www.yourcommunityalerts.co.uk



Protect your loved ones from coronavirus scams.

Have a look at the updated Friends training for information.

[@FriendsAgainst](https://www.facebook.com/AgainstScams)

[@AgainstScams](https://www.twitter.com/AgainstScams)

www.friendsagainstscams.org.uk/training/friends-elearning

Covid-19: A guide to what's available to help you and others

- ✓ Stay safe
- ✓ Report it
- ✓ Stay well
- ✓ Want to talk?
- ✓ Get support, give support
- ✓ Get involved

Produced in partnership with



NHS

and Cheltenham Borough Council, Cotswold District Council, Forest of Dean District Council, Gloucester City Council, Stroud District Council, Tewkesbury Borough Council

Stay safe

The NHS in Gloucestershire has created an online hub of information about NHS services and support.

Visit: <https://covid19.glos.nhs.uk>

Help us help you get the treatment you need

If you have symptoms of Covid-19

and these worsen at home, visit 111 online or call NHS 111 for advice.

Non Covid-19 illnesses

If you are worried about your health or have symptoms that need to be checked out urgently, NHS services are still available and it's important you make contact.

Call your GP surgery, or if it's a life threatening situation for example severe chest pain or signs of stroke, call 999.

Telecare

Gloucestershire Telecare provide discreet sensors that detect emergencies at home such as falls, fire and wandering. If you need urgent support please call the adult helpdesk on **01452 426868**. Visit www.gloucestershire.gov.uk/telecare for more information about our equipment and service or to find out more about community alarms, provided by your district council.

If you already have Telecare equipment you can call **01452 583774** for support.

Report it

Support for vulnerable children and young people

We urge you to get in touch if you are concerned for someone's welfare.

If you are worried about a child or young person call **01452 426565** (9am-5pm Monday-Friday) or email: childrenshelpdesk@gloucestershire.gov.uk



If you think someone is in immediate danger, always call 999.

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

If you need to contact the children and families helpdesk or adults helpdesk out of hours, please call **01452 614194**. Please only call this number for urgent enquiries.

Gloucestershire Domestic Abuse Support Service (GDASS)

GDASS provide confidential advice and support to anyone aged 16 and over who does not feel safe at home due to domestic abuse. This includes: physical, emotional, psychological, financial and sexual abuse.

If you, or someone you know, needs confidential support or advice, or if you are concerned about someone, please contact:

Online: www.gdass.org.uk

Email: Support@gdass.org.uk

Call: **01452 726570** (Monday-Friday 9am-5pm)

If you are in immediate danger, always call 999.

Stay well

It's completely normal to feel anxious, frustrated or lonely, especially at a time like this. You are not alone.

Follow the five ways to wellbeing:

1. Connect with friends and family over the phone or in ways the latest Government guidance says you can safely
2. Be active, get outside at least once a day to exercise if you can or if you're isolating try anything which gets you up and moving
3. Take notice of what's around you and what's happening in the moment
4. Keep learning and keep your mind active
5. Give a small act of kindness to a friend or volunteer for the Community Help Hub.

Want to talk?

There is more information on our website, www.gloucestershire.gov.uk/look-after-your-wellbeing

If you are experiencing low mood, stress or anxiety, call: **Let's Talk 0800 073 2200** or visit: www.letstalkglos.nhs.uk

You can also visit Qwell for online emotional wellbeing support for adults 18 plus 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 <http://kooth.com>

Young people aged 9-21 years can also get support with their emotional wellbeing and mental health from TIC+, call: **TIC+ 01594 372777** or text: **07520 634063**

If you are struggling to cope, and need someone to listen, call: **Samaritans 116 123** or text: **Shout 85258**

NHS Every Mind Matters also offers practical tips to help you look after your mental health and wellbeing. Visit: www.nhs.uk/oneyou

If you or someone you know needs help in a mental health crisis, call the local crisis team on **0800 169 0398**