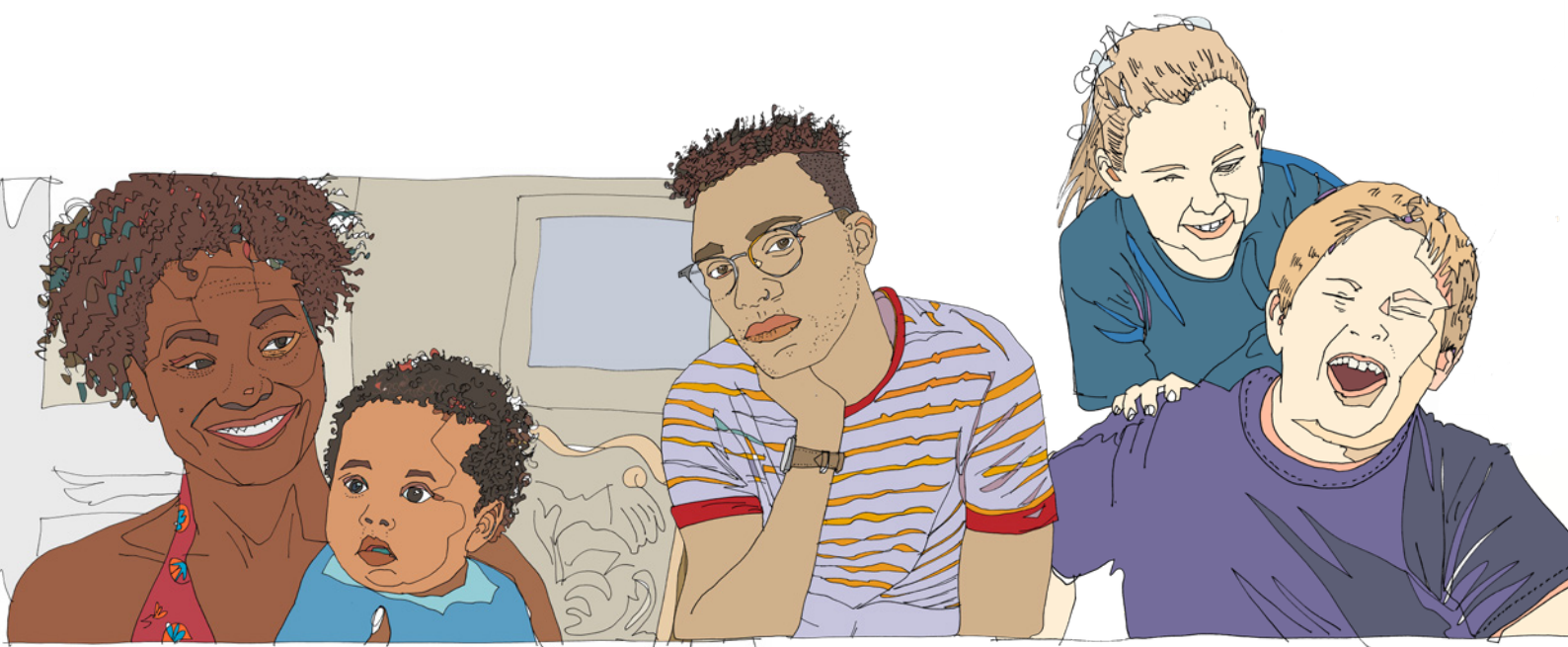


Gloucestershire County Council

Access to food, activities and wellbeing during the holidays

Information for families

Issue 12: July 2023



Department
for Education



Gloucestershire
COUNTY COUNCIL

Introduction

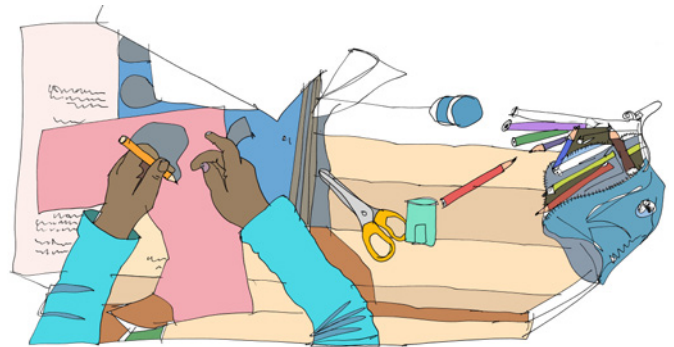
Contents

Introduction	2
Free and low-cost foods	3
Food banks	3
Food support for under 4s	9
More help feeding the family	11
Physical Activity Guidelines.....	15
Household Support	16
Welfare and health support	18
Mental health and wellbeing	20
Dental and oral health	27

We have produced this helpful booklet to guide and signpost you to access available food, activities and wellbeing during the school holidays.

Advice from the Government

For general COVID information advice refer to the central government website. <https://www.gov.uk/coronavirus>



Please also check our [website](#) for a plain text version of the information contained in this document.

Free and low cost food

Accessing Food Banks

If you feel you are struggling to put food on the table, agencies can work with you and offer support by issuing you a foodbank voucher which is the most important step to getting access to the foodbank. Agencies that can issue foodbank vouchers will include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

Call our free national helpline

If you are in financial crisis and live in England or Wales, please call our free national helpline, Help through Hardship, on **0808 2082138** for free (open Monday to Friday, 9am-5pm, closed on public holidays) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Translators and Relay UK

Please ask the adviser if you need a translator, this will be provided via Language Line. If you can't hear or speak on the phone you can use [Relay UK](#).

There are seven Trussell Trust foodbanks in the county, some are now offering home delivery options and are operating electronic referral systems. Collectively, the seven food bank's footprint covers each region of Gloucestershire; ensuring support is available irrespective of location.

Foodbanks

Cheltenham Food Bank

<https://cheltenham.foodbank.org.uk>

Cheltenham foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors. To find out more about the agencies that hold vouchers and how you can get help, please contact them directly.

Cheltenham Food Bank Main Centre

Cheltenham Elim Church,
115- 117 St George's Road,
Cheltenham, GL50 3ED

Phone: **01242 570080**

Email:
foodbank@cheltenhamelim.org

Opening times:

Tuesday 11am – 1pm
Wednesday 10.30am – 3pm

St Paul's Distribution Centre

St Paul's Church, St Paul's Road,
Cheltenham, GL50 4EZ

Opening times:

Friday 11am – 3pm

C3 Distribution Centre

The Pavilion, Hatherley Lane,
Cheltenham, GL51 6PN

Opening times:

Friday 10am – 12noon.



Salvation Army,

39 Bath Road,
Cheltenham GL53 7HG

Opening times:

Monday 11am – 3pm

Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.

Foodbanks

Gloucester Food Bank

<https://gloucester.foodbank.org.uk/locations>

Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.

We offer a delivery service and a collection service by appointment from The George Whitefield Centre on Mondays, Wednesdays, Thursdays and Fridays alongside the collection service from Elim Gloucester and Hucclecote Centre on the days and times they are open.

The George Whitefield Centre
(receipt of donations; arranging delivery of parcels & collection of parcels by appointment only)

George Whitefield Centre
107 Great Western Road,
Gloucester GL1 3NF

Phone: **01452 309683**

Opening times:
Monday, Wednesday, Thursday
Friday 10am – 3pm

Elim Church Gloucester
(Collection of Parcels Only)

Park End Road, Gloucester
GL1 5AN

Phone: **01452 309683**

Email: info@gloucester.foodbank.org.uk

Opening times:
Thursday 10:30am – 12:30pm

Hucclecote Centre
(Collection of Parcels Only)

St Philip & St James Church,
Larkhay Road, Gloucester GL3 3NR
Phone: 01452 309683

Opening times:
Wednesday 11am - 1pm



Forest of Dean: The Forest Food Bank

<https://theforest.foodbank.org.uk>

Email: info@theforest.foodbank.org.uk

**Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.*

Our Distribution Centres are open

Lydney

Tuesday's 1pm - 3pm

Regents Hall, Bath Place, Lydney

Cinderford

Thursday's 1pm - 3pm

The Forest Community Church,
Parragate Road, Cinderford

Coleford

Wednesday's 10am - 12noon

The Salvation Army, Broadwell

You will still require an e-referral from one of the following agencies:

St James Church, Bream

– Claire Phillips **01594 562985**,
open Monday, Tuesday,
Wednesday and Thursday 9am to
1pm. Friday 9am to 3pm.

**Katrina Cracknell, Forest of Dean
Community Church, Cinderford.**
Mobile number – **07944 591112**.
or **Pat Osborne 07952 131598**.



CCP (Green Square)

Gloucestershire Community Based Support – Cinderford, Coleford and Lydney Debt, Housing, Budgeting
0300 365 2002

FODCAB – Help through Hardship for free to talk confidentially to a trained Citizens Advice adviser on: **0808 208 2138**. (Open Monday to Friday, 9am – 5pm. Closed on public holidays.)

Local citizen advice number is **01452 527202**.

Salvation Army Low Income, Social Care, Debt 01594 839106

FoD Families Children’s Assessment Teams Social Care 01452 426565

Chepstow and District CAP Debt Centre Debt 07539 477286
<https://capuk.org/i-want-help>

Age UK Community & Social Care, Legal, Housing, Financial & Social Isolation 01452 422660

Christians Against Poverty Low Income, Social Care <https://capuk.org/i-want-help> **07811 906 993**

GDASS – Supporting victims of domestic abuse. Designed to reduce the level of domestic abuse and improve the safety of victims and their families. **01452 726570**

Email: support@gdass.org.uk

Tewkesbury Food Bank

<https://tewkesbury.foodbank.org.uk>

76 Church Street, Tewkesbury, GL20 5RX. GL20 5NA

Phone: **01684 296824**

email: info@tewkesbury.foodbank.org.uk

Opening times:

Monday – Friday
9:30am – 12:30pm

Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.

People who wish to apply for a foodbank voucher should contact one of the agencies listed below who will evaluate the need and will work with them to get to the root cause of the emergency and its solution. You can start by coming in to our centre (76 Church Street, Tewkesbury, GL20 5RX. Tel: **01684 296824**) where you will be warmly welcomed and given advice. Or you may contact one of our Partners to get a Foodbank Voucher before coming in. Voucher holders are:

Tewkesbury Borough Council (TBC): 01684 272035

Bromford Housing 01684 272727

Mythe Medical Practice
01684 293278

CCP (Cheltenham) 01242 228999

Citizens’ Advice Bureau:
01452 527202

Tewkesbury Drop-In Centre:
01684 299315

If you are in financial crisis and live in England or Wales, please call **0808 2082138** for free (open Monday to Friday, 9am-5pm) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they’ll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Alternatively, please call **01452 527202** to speak to North & West Gloucestershire Citizens Advice who will be able to issue you with a food bank voucher if necessary.



Stroud Food Bank

<https://strouddistrictfoodbank.org.uk>

Email: office@strouddistrictfoodbank.org.uk

Phone: **01453 367 077**

Foodbank is here if you can't afford basic supplies such as food.

The most important step is to get a foodbank voucher.

We work with local agencies who can discuss your circumstances with you and issue a foodbank voucher if you need one. The agency can also provide longer term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies we work with include: Citizens Advice, P3, Stroud District Council Housing, Independence Trust, CGL, children's centres, health visitors and social services. We also work with schools and doctor's surgeries.



Contact a referral agency.

They will discuss your situation with you and refer you to us if needed.

Options are:

Citizens Advice Help Through Hardship Line.

If you are in financial crisis and live in England or Wales, please call 0808 208 2138 for free (open Monday to Friday, 9am-5pm) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

P3:

www.p3charity.org/stroud-drop-ins
tel **01453 750480** or free-phone
0808 1682443

Your doctor's surgery

Your child's school

Once you have been issued a voucher the agency will contact us with your details. Our foodbank centres across the district are open for collections.

Once you have talked to a referrer and obtained a voucher, please go

along to one of our centres or call the foodbank office on **01453 367 077** to arrange a delivery if you are unable to collect.

Cam

GL11 Community Hub, Fairmead, Cam, Dursley GL11 5JS
Collections: Tuesdays and Thursdays 2-4pm

Dursley

Chantry Centre, 34-36 Long St, Dursley GL11 4JB
Collections: Mondays, Wednesdays, Fridays 2-3pm

Stroud, The Octagon

Farmhill Ln, Paganhill, Stroud GL5 4BX
Collections: Wednesdays 1-3pm

Stroud Trinity Rooms

Field Road, Stroud GL5 2HZ
Collections:
Tuesdays 11.30-12.30pm;
Thursdays & Fridays 1-2pm

Stonehouse

Park Rd, Stonehouse GL10 2DW
Collections: Tuesdays, Thursdays & Fridays 11:30-12:30pm

***Please note that Wotton, Berkeley and Nailsworth operate a Mon-Fri delivery only service.**

Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.

North Cotswolds Food Bank

<https://northcotswold.foodbank.org.uk/>

Unit 2, Glebe Farm Buildings,
Guiting Power, Cheltenham
GL54 1JB

Phone: **07879 375562**

Email: info@northcotswold.foodbank.org.uk

North Cotswolds have various delivery sites with varying delivery times; use the link to locate your area: <https://northcotswold.foodbank.org.uk/locations/>

Moreton in Marsh

Congregational Church, Oxford St,
GL56 0LA
Tuesdays: 10am to 12noon

Winchcombe

Encounter Church, 9 Gretton Rd,
GL54 5EE
Tuesdays: 1.30 to 3pm

Stow on the Wold

Stow Baptist Church, Sheep Street,
GL54 1AA
Wednesdays: 10am to 12noon

Bourton on the Water

Baptist Church, Station Road GL54
2AA
Thursdays: 10am to 12noon

Bishops Cleeve

St Michaels Centre, School Road,
GL52 8BA
Fridays 9.30am to 11.15am

Chipping Campden

Baptist Church, High Street, GL55
6AL
Fridays 12noon to 1.30pm

Opening hours correct as of 30/6/2023 but please check website for any possible changes & contact the foodbank directly if necessary.

If you need help from our foodbank there are a few simple steps to follow.

The most important step is to get a foodbank voucher.

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

1. Get in touch with us.

If you call or [email](#) our foodbank we can talk through your situation and put you in touch with a relevant local agency.

2. Contact a referral agency.

A good starting point may be the Citizens Advice Bureau.

If you are in financial crisis, please call our free local helpline on **0808 800 0511** (Mon – Fri 10am – 4pm) to talk confidentially with a trained adviser from Stroud and Cotswold Citizens Advice. They can provide support and advice about benefits, debt, employment, housing, relationships etc, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel. If the local helpline is busy, you can call the national **Help Through Hardship helpline** on **0808 208 2138**.

They will discuss your situation and supply you with a foodbank voucher where appropriate. This may be in the form of an electronic referral; in which case you will be advised to come to the foodbank and give your name so this can be matched with the electronic referral.

3. Visit your nearest foodbank centre with your referral.



Cirencester Food Bank with Fairford and Tetbury

<https://cirencester.foodbank.org.uk>

Phone: 01285 896360

Email: info@cirencester.foodbank.org.uk

Cirencester foodbank support hubs provide targeted advice and guidance along with food parcel collection*. We can also provide local delivery where collection is not possible. To get up to date information on our centres and to locate details for your area visit our website at: <https://cirencester.foodbank.org.uk/locations/>

***You will need a referral from one of our partner agencies to obtain a food parcel, however our support hubs are open to anyone seeking advice.**

Our foodbank works with many different statutory and voluntary agencies and charities who can refer anyone in need to the foodbank. To find out more about how you can get help and for contact details for the agencies and organisations that can refer you to the foodbank, visit our website and select 'Get Help' (<https://cirencester.foodbank.org.uk/get-help/>) or call us.

If you have been referred, we'll contact you to talk about any dietary needs and if you need any baby, household or hygiene essentials in your parcel.

Independent Food Banks and Organisations

There are also some independent food banks and organisations in the county that can offer support with food, including:

Hungry no More (Churchdown) – independent food bank:

Hungry no more operate from the gl3 hub in Churchdown. We are open on a Thursday morning for food parcels. We are a food bank helping and supporting our local community in Churchdown and the surrounding area: <https://www.neighbourly.com/>

Pantry Project (Cheltenham)

Offers discounted, nutritious food boxes, with the option of fresh meat, fruit and vegetables: <https://www.ccp.org.uk/pantry>

The Lord's Larder (Newent) – independent food bank:

The Lord's Larder Food Bank, which now services the Forest of Dean, Newent, Leadon Vale and West of Severn areas, was conceived to provide short-term access to basic food and toiletries: <http://thelordslarder.org.uk/>

Wiggly Worm (Cheltenham)

We are a small but growing Gloucestershire-based charity, using our values of LEARN, COOK and SHARE to develop the cookery skills and confidence of those we support. We bring people together to LEARN cooking skills, tips, planning and nutrition,

COOK good food and SHARE with others - empowering them to feed themselves with confidence. We also provide external catering for organisations as well as running drop-in centres, at our Gloucester hub in Westgate Street, for those suffering from food poverty.

We believe that food is the 'social glue' that brings about real and lasting change. Learning to create good food has the power to build confidence and self-esteem and plays a vital role in our physical health and mental well-being.

The Wiggly team is active around the County, working alongside communities where we teach, cook and eat together, sharing knowledge - and good humour - along the way. We work in youth centres, community kitchens, schools, residential homes - anywhere we can LEARN, COOK and SHARE to make a difference.

Previously we were known as The Wiggly Worm - our original name when we were founded in 2007. In line with our plans for the future, we have developed our name 'WIGGLY' and our branding to reach a wider audience, and there's never been a better time to be in our communities and support as many individuals as we can.

<https://wigglycharity.org/>

Food support for under 4s

Get help to buy food and milk (Healthy Start)

<https://www.gloucestershire.gov.uk/healthy-start/>

What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- » plain liquid cow's milk
- » fresh, frozen, and tinned fruit and vegetables
- » fresh, dried, and tinned pulses
- » infant formula milk based on cow's milk

You can also use your card to collect:

- » Healthy Start vitamins – these support you during pregnancy and breastfeeding
- » vitamin drops for babies and young children – these are suitable from birth to 4 years old

How to apply

Applying online

If you get Universal credit, you can apply online if:

- » you're at least 10 weeks pregnant or have at least one child under 4 years old
- » your family's monthly 'take-home pay for this period' is £408 or less from employment

If you get Child Tax Credit, you can apply online if:

- » you have at least one child under 4 years old
- » your family's annual income is £16,190 or less

To apply, you'll need your:

- » name
- » address
- » date of birth
- » National Insurance number
- » baby's due date (if you're pregnant)
- » benefit award letter if you're over 18 (you must enter the same information that's on this letter)

Applying by email or phone

You can apply by email or phone if you're at least 10 weeks pregnant, or have at least one child under 4 years old, and get either:

- » Income Support
- » Income-based Jobseeker's Allowance
- » Pension Credit (which includes the child addition)
- » Working Tax Credit run-on (paid for 4 weeks if your working hours, or your partner or carer's, go to less than 16 hours per week)

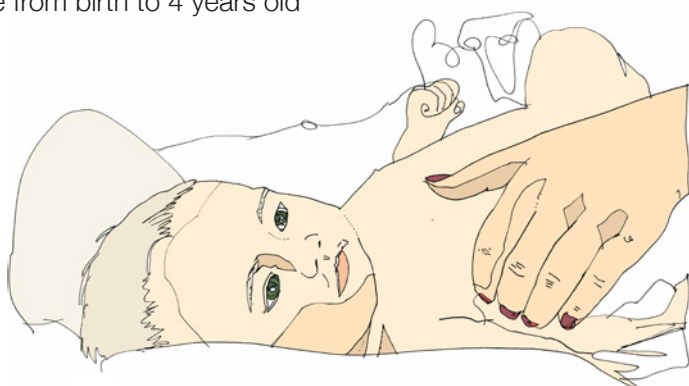
You can also apply by email or phone if you're at least 10 weeks pregnant and either:

- » under 18 years old and not getting any benefits
- » getting Child Tax Credits and your family's annual income is £16,190 or less
- » getting income-related Employment and Support Allowance (ESA)

You can apply by either:

- » emailing healthy.start@nhsbsa.nhs.uk
- » calling **0300 330 7010**

Phone lines are open 8am to 6pm Monday to Friday (except public holidays). Find out about call charges (opens in a new tab).



If you've previously got Healthy Start vouchers

We are no longer sending paper vouchers. To get help to buy food and milk you need to apply for a Healthy Start card.

You can still use your Healthy Start vouchers until their expiry date. You can find the expiry date printed on your vouchers.

If you're not a British citizen but your child is

You might be eligible for Healthy Start depending on your immigration status.

You can get Healthy Start if all the following are true:

- » you have at least 1 British child under 4 years old – check if your child is automatically a British citizen (opens in a new tab) if you're not sure
- » your family earns £408 or less per month after tax

» you cannot claim 'public funds' (for example, benefits) – either because of your immigration status or because you do not have an immigration status

Your biometric residence permit (BRP) or your online immigration status will say if you cannot claim public funds. You might also have a letter from the Home Office about it.

To apply for Healthy Start, ask for an application form via email. Only use this email address if you think you cannot claim public funds because of your immigration status.

Healthystartclaim@dhsc.gov.uk

Food Waste Apps and donations

With food insecurity and climate change now a global matter that requires a collective effort to address, reducing food waste is a priority of many households and organisations.

As a result, there are now several food waste apps where you can find perfectly good food that would otherwise be destined for landfill, at much lower cost. These apps include:

Too Good To Go – offer discounted food boxes from restaurants and various eateries

Olio - share surplus food and other unwanted household items such as toiletries, cleaning products, clothes and furniture.

Food Cloud - helps charities and community groups – from homeless hostels to breakfast clubs – obtain surplus food from retailers and other companies.

Try to prevent food waste from happening, follow these practical tips:

<https://www.bbcgoodfood.com/howto/guide/how-reduce-food-waste>

If you want to donate to food banks and other emergency providers use the donations at some supermarkets or donate directly to a local food bank: <https://www.trusselltrust.org/get-involved/ways-to-give/donate-food/>



More Help Feeding the Family

Providing a healthy, nutritious meal for your child(ren) on a tight budget can be a challenge for anyone. We have provided some helpful resources below to help with this.

Here are some suggestions to help you.

Full Time meals with Marcus Rashford and Tom Kerridge - Try out these pocket-friendly, easy-peasy recipes for mega-tasty, super-filling, hearty home cooked grub. [endchildfoodpoverty](#)

BBC Good Food has many recipes that are cheap and wholesome meals for the whole family including step-by-step videos.

<https://www.bbcgoodfood.com/feature/budget>

Newcastle City Council Public Health Team has compiled [tips for feeding children on a budget](#) and how best to make your food shop stretches further.

Some useful links showing UK's general healthy eating guidelines:

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet:.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Healthy eating is important and doesn't need to be expensive.

This food fact sheet will give you some ideas to help you to eat well and keep costs down:

<https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

Cooking on a budget - it's easy to assume it's more expensive to cook healthy meals from scratch than buy ready meals or takeaways. But we've proved that theory wrong time and time again:

<https://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-on-a-budget.html>

Healthy eating for children Food Fact Sheet - Children need regular meals and snacks to get the energy (calories) and goodness or 'nutrients' they need for growing and fighting off illness. Children's nutritional needs change as they get older, so it is important to be aware of these changes. This Food Fact Sheet will help you ensure your child is eating the right food, however old they are.

<https://www.bda.uk.com/resource/healthy-eating-for-children.html>

Healthy Eating Guidance and Resources

Nutritious and healthy food are essential parts of a child's growth and development. Providing healthy meals to your family on a tight budget can be challenging for anyone, especially during these uncertain times. Below is a useful list of resources to support with healthy eating advice/recommendations, eating well on a budget and links to recipe ideas.

Recipe Resources

BBC Good Food have budget recipes with different requirement options such as budget baking, budget healthy and homemade microwave meals.

All our budget recipes | BBC Good Food <https://www.bbcgoodfood.com/recipes/category/all-budget>

Aldi feature recipes partnered with MOB kitchen to make healthy meals on a budget delicious.

Mob Kitchen Recipes - ALDI UK <https://www.aldi.co.uk/mob>

Tesco have many healthy budget

recipes for one pot meals, kids lunches and ways to reduce costs

[Budget recipes](#) | [Tesco Real Food](#)

Sainsburys budget-friendly recipes for thrifty cooking whatever the occasion. All these recipes come in at under £2 per serving, and include freezer-friendly batch-cook ideas, curries, one-pots and lots more. Use the recipe filters to order by serving size and special diet.

[Thrifty recipes](#) | Sainsbury's Magazine ([sainsburysmagazine.co.uk](https://www.sainsburysmagazine.co.uk))

Morrisons [healthy meals on a budget](#)

Healthy Eating Guidance

<https://www.nhs.uk/start4life>

Trusted NHS help and advice during pregnancy, birth and parenthood

<https://www.nhs.uk/healthier-families/> - Easy ways to eat well and move more

The Eatwell Guide

The Eatwell Guide - NHS
(www.nhs.uk)

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

NHS – Better Health
(Weight Loss)

Lose weight - Better Health - NHS (www.nhs.uk)

<https://www.nhs.uk/better-health/lose-weight/>

NHS – Weight gain

Underweight adults - NHS
(www.nhs.uk)

Nutrition information for under 2's

Your baby's first solid foods - NHS
(www.nhs.uk)

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods/>

What counts as your 5-a-day

5 A Day: what counts? - NHS
(www.nhs.uk)

<https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/>

One You – Gloucestershire

Healthy eating | One You South Gloucestershire (southglos.gov.uk)

<https://oneyou.southglos.gov.uk/for-your-body/eat-well/general-information-on-healthy-eating/>

NHS Families

Healthier Families - Home - NHS (www.nhs.uk)

<https://www.nhs.uk/healthier-families/>

Food a Fact of Life

Food a Fact of Life 2023

<https://www.foodafactoflife.org.uk/>

Importance of Vitamin D

Vitamin D - NHS (www.nhs.uk)

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

Eating Well on a Budget

Meat-free sources of protein

Plant-based sources of protein are usually cheaper than meat and many can be stored in a cupboard. Beans, pulses and lentils are sources of protein which can be stored in a cupboard and count towards your 5-a-day.

How to get protein without the meat - Heart Matters magazine - BHF

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/protein/how-to-get-protein-without-the-meat>

The 5 best vegan protein sources | Second Nature Guides

<https://www.secondnature.io/guides/nutrition/5-vegan-protein-sources>

The 5 best vegetarian protein sources | Second Nature Guides

<https://www.secondnature.io/guides/nutrition/vegetarian-protein-sources>

Bulk cooking one pan meals

You could also create additional meals for the freezer or lunch the following day. Only using one pan

for your meals could cut down utility costs.

One-pan dinners - BBC Food

https://www.bbc.co.uk/food/collections/one-pan_dinners

Family one-pan recipes | Jamie Oliver

<https://www.jamieoliver.com/recipes/category/course/family-one-pan-recipes/>

One-pot recipes | BBC Good Food

<https://www.bbcgoodfood.com/recipes/collection/one-pot-recipes>

Tinned and frozen fruit

Usually cheaper than fresh fruit and vegetables, tinned fruit and vegetables still count towards your 5-a-day and are just as nutritious as fresh.

Top tips for using tinned and frozen fruit and veg | Diabetes UK

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/cooking-for-people-with-diabetes/cooking-on-a-budget/top-tips-for-using-tinned-and-frozen-fruit-and-veg>

Using Tinned and Frozen Foods | One You Plymouth

<https://www.oneyouplymouth.co.uk/2020/08/07/using-tinned-and-frozen-foods>

Slow cooking

Slow cookers may be on for many hours, but they require less energy than a standard oven and it will provide some heat to the room it is in. If you aren't a confident cook or have a busy life slow cooker does a lot of the work for you.

Top 10 budget slow cooker recipes | BBC Good Food

<https://www.bbcgoodfood.com/howto/guide/top-10-budget-slow-cooker-recipes>

Budget slow cooker recipes | Tesco Real Food

<https://realfood.tesco.com/budget-meals/slow-cooker.html>

Family slow cooker recipes | BBC Good Food

<https://www.bbcgoodfood.com/howto/guide/family-slow-cooker-recipes-0>

Learning how to cook

There is no shame in not knowing how to cook, many people can find cooking challenging. Cooking is a useful life skill which can benefit all the family. Below are some resources to guide you through learning how to cook. Don't overcomplicate it and start simple. Cooking from scratch has many health benefits and could save you money over buying pre-packed foods.

Cooking Techniques - BBC Food

<https://www.bbc.co.uk/food/techniques>

Food Waste Tips

Leave the skin on

Most of the vegetable's fibre can be found in the skin. Fibre can keep us fuller for longer and keep our gut healthy, whilst preventing the risk of type 2 diabetes, cardiovascular disease and stroke. Most of the UK are not consuming enough fibre, this tip will help increase your intake.

Fibre - British Nutrition Foundation

<https://www.nutrition.org.uk/healthy-sustainable-diets/starchy-foods-sugar-and-fibre/fibre/>

Fibre | Health Benefits, Types & Sources | Bupa UK

<https://www.bupa.co.uk/health-information/nutrition-diet/fibre>

Leftover herbs

Place fresh herbs that are going past best into an ice cube tray and fill with vegetable oil and place in the freezer. These can be added to meals to increase flavour. Using herbs and spices could decrease salt intake.

Salt - how much is too much? - BHF

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/salt>

Easy ways to cook better: Salt alternatives - BHF

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/herbs-and-spices>

Meal Plan

Meal planning could save you money whilst reducing food waste.

Meal Planner | Weekly Meal Plans | Tesco Real Food

<https://realfood.tesco.com/meal-planner.html>

Easy dinner ideas - Healthier Families - NHS (www.nhs.uk)

<https://www.nhs.uk/healthier-families/recipes/dinner/>

We appreciate that all children are unique, and it may be more challenging to encourage your child to eat if they have specific sensory or dietary needs, here are a list of valuable resources to offer support:

National Autistic Society guide for all audiences - Eating a varied diet is good for your health, but many people don't achieve this. Some autistic people have a restricted diet, eating only a limited range of food. Others may over-eat. This guide explores common issues, including pica, and ways you can help.
<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences>

Food for the Brain Foundation - there is growing evidence that nutrition and lifestyle interventions can be very supportive to children with autism:
<https://foodforthebrain.org/condition/autism/>

ARFID - Avoidant restrictive food intake disorder, more commonly known as ARFID, is a condition characterised by the person avoiding certain foods or types of food, having restricted intake in terms of overall amount eaten, or both.

<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/>

We understand that it can be difficult to encourage children to eat and try new foods, especially if they are a 'fussy eater' or have a food allergy or intolerance.

If you struggle to ensure that your child consumes a well-balanced diet, take a look at these top tips from the NHS around how to cater for 'fussy eaters': <https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>

In addition, if you are struggling to manage your child's food allergy (e.g., eggs, milk, peanuts, wheat) here are some useful guidelines from the NHS: <https://www.nhs.uk/conditions/food-allergy/living-with/>

Please note that a food allergy is **not** the same as a food intolerance.

A food allergy is: when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious.

Symptoms of a food allergy can affect different areas of the body at the same time. Some common symptoms include: an itchy sensation inside the mouth, throat or ears - a raised itchy red rash - swelling of the face, around the eyes, lips, tongue and roof of the mouth – vomiting.

A food intolerance is: when an individual has difficulty digesting certain foods and has an unpleasant physical reaction to them. It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food. The number of people who believe they have a food intolerance has risen dramatically over recent years, but it's hard to know how many people are truly affected. Many people assume they have a food intolerance when the true cause of their symptoms is something else.

For more information around food intolerances, please visit: <https://www.nhs.uk/conditions/food-intolerance/>

Physical Activity Guidelines

Children of all ages should be physically active throughout the day; it is essential for growth and development.

How much physical activity do children need? | Physical Activity | DNPAO | CDC
<https://www.cdc.gov/physicalactivity/basics/children/index.htm>

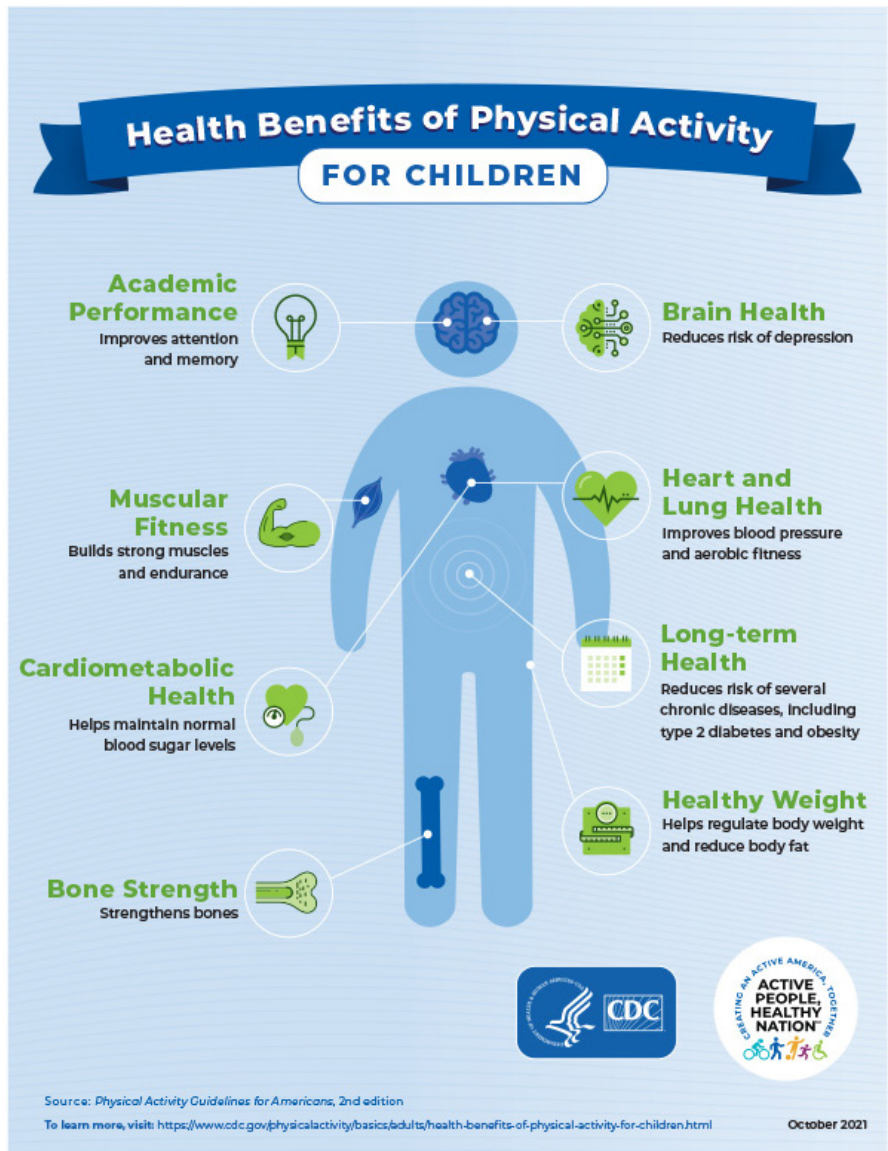
Children Under 5

Physical activity guidelines for children under 5 years - NHS (www.nhs.uk)
<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-under-five-years/>

Children and Young People

Physical activity guidelines for children and young people - NHS (www.nhs.uk)
<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/>

Activities for kids - Healthier Families - NHS (www.nhs.uk)
<https://www.nhs.uk/healthier-families/activities/>



Household support

Funding information

Household Support Fund

Do you know someone who may need some short-term financial support to help with the cost of food, energy, water bills and other essential items?

The Department for Work and Pensions has provided councils funding to support those in need with rising energy bills and food.

The primary objective behind this scheme is to support families and individuals with fuel and food costs during the cost-of-living crisis.

Vouchers and financial support from the fund can be used to help with food or energy bills and any of the following:

- » Support with gas, electricity, and water bills
- » Vouchers which can be used for food
- » In some cases, we may be able to support with essential kitchen equipment like cookers or fridges or other necessary essentials such as warm clothing and bedding.

The grant expectation is that it should primarily be used to support households in the most need

particularly those including children, pensioners and unpaid carers who would otherwise struggle with energy bills, food, and water bills.

More information and how to apply?

Individuals, working age adults, families (with or without children) and individuals of pensionable age can self-refer. Any referral agency in the voluntary or statutory sector can refer a client in need of financial support, for example, a support worker.

If you know someone who may benefit from some short-term support, please do encourage them to find out further information from our website (below) including eligibility criteria, as well as how they can apply for some support.

<https://www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme/household-support-fund-find-out-more-and-apply/>

Please note – applying for support will not necessarily mean support will be provided. Applications are assessed on an individual basis.

Welfare 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. Auriga Services Ltd administers the delivery of the Gloucestershire Welfare Support Scheme.

In April 2020 Gloucestershire County Council approved plans to extend the existing Welfare Support Scheme for a time limited period to provide support to people and families in hardship as a result of the Covid-19 pandemic. This is a time-limited extension to the scheme and Gloucestershire County Council will review and adjust the scheme as required depending on how the situation evolves.

Support agencies have told us they are pleased with the scheme to date as it is straight forward to access and provides appropriate support to the right people quickly.

Please find the application here: <https://www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme/covid-19-emergency-living-fund/>

Contact us

Call: **0330 123 5550**

Email: office@gloucWRO.co.uk



Citizens Advice - Debt and Money

<https://www.citizensadvice.org.uk/debt-and-money/>

Dealing with money issues can sometimes be off-putting, but if you don't understand how things like credit or mortgages work, you could end up losing out financially or getting yourself deep in debt. The following pages will give you the information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.

Talk to us online

Chat lets you talk to a trained adviser online. You can:

- » [talk to us about a debt problem](#) - we can usually help between 9am and 8pm Monday to Friday and between 9.30am and 1pm Saturday
- » [talk to us about any other kind of problem](#) - we can usually help between 9am and 5pm, Monday to Friday

Call our national phone line

You can contact an adviser through our national phone service:

Adviceline (England):
0800 144 8848

Advicelink (Wales): **0800 702 2020**

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: **18001 then the Adviceline or Advicelink number**

You can use Relay UK with an app or a textphone. There's no extra charge to use it. Find out how to use Relay UK on the [Relay UK website](#).

Adviceline is available 9am to 5pm, Monday to Friday. It's usually busiest at the beginning and end of

the day. It's not available on public holidays.

If you call from a mobile, we'll ask you to enter a local landline number on your keypad. This can be any number - we only use it to send your call to a local adviser if one's available.

There are a few parts of England we don't cover yet. If you're in one of these areas, we'll give you other options when you call.

We'll answer as soon as we can - at busy times you might need to wait up to an hour. If the wait is long, we'll tell you about other ways to get advice. You can also try calling again later.

Calls to Adviceline are free from mobiles and landlines.

Worrying about Money

www.worryingaboutmoney.co.uk/

Advice and support is available if you're struggling to make ends meet.

[Stroud and Cotswolds](#) (Includes a link to download a useful leaflet)

[Stroud and Cotswold - Worried about Money? \(worryingaboutmoney.co.uk\)](#)

Check [here](#) to see if there is a specific leaflet for your area via a postcode search.

If no specific leaflet for your area, then check out the link below:

<https://www.worryingaboutmoney.co.uk/uk-wide>

Turn2us <https://www.turn2us.org.uk/>

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Welfare and health support

Multi Agency Safeguarding Hub (MASH)

The Multi Agency Safeguarding Hub is a partnership between Gloucestershire County Council, Gloucestershire Constabulary, Gloucestershire Domestic Abuse Support Service (GDASS), Gloucestershire Schools and Gloucestershire Health Services working together to safeguard children, young people and vulnerable adults. Safeguarding concerns raised by professionals, or members of the public are reviewed by the MASH.

The Family Front Door should be contacted if you have a concern about a child or young person. You can contact the helpdesk at: childrenshelpdesk@gloucestershire.gov.uk or telephone: **01452 426 565**.

The Children and Families Front Door is open office hours, between 9am-5pm, Monday to Friday. Outside of office hours families' can contact the **Children & Families Services Emergency Duty Team** on **01452 614194**. This is an answering machine so you will need to leave a message and your telephone number. Someone will then call you back. Please remember that this number is only for situations that cannot wait until the next working day.

Keeping Children Safe during Community activities, after-school clubs and tuition

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings/keeping-children-safe-during-community-activities-after-school-clubs-and-tuition-questions-to-help-parents-and-carers-choose-out-of-school-settings>

The guidance is intended to help parents and carers choose a safer out-of-school setting for their child. The guidance covers provisions such as:

- » community activities
- » after-school clubs
- » supplementary schools
- » tuition
- » music lessons
- » sports training
- » other activities for children that take place without their parents' or carers' supervision, that are not a school, college, 16 to 19 college or provider caring for children under 8 years old registered with Ofsted or a childminder agency

The way these settings operate is not governed by a single framework and they are not inspected or assessed by a single regulator; therefore there is no single responsible body with complete oversight of these settings or

the quality and safety of their provision. These providers should have policies on health and safety, safeguarding and child protection (including online and digital safety), and suitability of staff.

Parents or carers should feel able to ask questions about the provider's activities and policies. A well-run and trustworthy provider will welcome questions. They should be willing to give this kind of information to anyone who leaves a child in their care.

If a provider is reluctant to answer, or cannot answer, your questions, or you are not satisfied with their answers, you may wish to consider sending your child elsewhere.

To satisfy yourself that it is a safe environment, you may wish to meet with the providers before your child attends a first session, or ask providers if you are able to meet with them during a session, before deciding whether to send your child to a particular provider.

If a provider is going to be working on a one-to-one basis with your child (such as in the case of a private tutor), you may wish to supervise sessions.



Below are some of the questions which you should ask these providers before sending your child to them:

- » May I have a copy of your child protection policy?
- » Who is the lead person responsible for safeguarding children and what training have they had? How recently were they trained?
- » Do you have a complaints policy?
- » What training have staff had?
- » Who is in charge of first aid?
- » Do you have a parental consent and emergency details form that I need to return to you?
- » How will you securely store the information you hold on my child? Who has access to it and will you give it to anyone else?
- » If a large or small provider, how are staff and volunteers recruited? What checks do you undertake to ensure that they are suitable to work with children? How recent were the checks?
- » For lone providers: What checks have you undertaken that show you are suitable to work with children?
- » Will any adults besides yourself (if a lone provider), and staff or volunteers, be present while my child is there? If so, will they be there regularly?
- » Is my child allowed unsupervised access to the internet?
- » What filtering and monitoring systems do you have for managing internet access?
- » My child has special educational needs (SEN) or a disability or both. How will you cope with this?
- » My child needs help with using the toilet, changing, feeding, their medication, or other needs. How will you cope with these personal care needs?

What to do if you have concerns

If you have concerns about a setting your child attends, first raise concerns with the provider. If the situation is not resolved, please escalate the issue by calling the **NSPCC helpline** on **0808 800 5000** or contacting the local authority designated officer – **Gloucestershire Multi Agency Safeguarding Hub (MASH)** on **01452 426565** or via e-mail: childrenshelpdesk@gloucestershire.gov.uk.

If you believe a child is in immediate danger of harm, please call the police on **999**.

Children and Young People's Service (DCYPS)

Contact name: **Gloucestershire Children's Social Care**

Telephone: **01452 426565**

E-mail: Childrenshelpdesk@gloucestershire.gov.uk

In Emergencies

If they have an emergency out of hours contact **Emergency Duty Team** on: **01452 614194**.
Email: edt@gloucestershire.gov.uk

Mental health and wellbeing

Mental health quick links

[LGBT+ support for children and families](#)

[Support for children and young people seeking help with anxiety, depression, low mood \(not in immediate crisis\)](#)

[Support for parents and carers](#)

[Support for victims of sexual assault](#)

[Support in the community](#)

Support for children and young people

The Children and Adolescent Mental Health Service (CAMHS)

[Guide to CAMHS | Children and Adolescent Mental Health Services | YoungMinds](#)

The Children and Adolescent Mental Health Service (CAMHS) has a centralised referral and advice line where the service will review self-referrals for children and young people who require additional support. CAMHS offer specialist mental health services for children and young people (and their families/carers), who are experiencing moderate to severe mental health difficulties. Services are also provided for children and young people who have health issues related to a learning disability. In addition, CAMHS provides a range of options so children and young people can access early help, support and advice within their schools and local communities to help improve their mental health and emotional wellbeing.

Young Gloucestershire

Young Gloucestershire is a countywide charity that supports disadvantaged young people who are facing challenges in their lives.

[Young Gloucestershire](#) offer the following support for young people:

- » Counselling (online and face-to-face)

- » Youth work one-to-one sessions and support (online or face-to-face)
- » Online mindfulness sessions
- » All of our normal services that can be seen on our website are being delivered

ThinkNinja app

ThinkNinja is an App created for young people to allow them to learn about their mental health and develop skills helping them to stay well.

It's really easy to download and install ThinkNinja. Just search "ThinkNinja" in Apple App Store or Google Play Store and install and then enter a few registration details.

Teens in Crisis (TiC+)

<https://www.ticplus.org.uk/>

TiC+ offers counselling sessions face-to-face, online, via telephone or via video to suit the needs of each individual. They aim to improve, preserve and promote good mental health & wellbeing among young people and their families.

TiC+ also has TiC+chat, which is an anonymous drop in service - TiC+chat that runs Sunday through to Thursday 5pm to 9pm. Young people can phone or use the online chat to talk to a Mental Health Practitioner.

Phone: **01594 372777**

Text: **07520 634063**



Infobuzz

Infobuzz offers therapeutic and practical support for families and young people with complex needs:

- » Counselling – (online or face-to-face)
- » Telephone or online support for vulnerable families who have a loved one in prison

Phone: **01452 501008**

Email: admin@infobuzz.co.uk

Gloucestershire Young Carers

Gloucestershire Young Carers offers support for young carers aged 8 to 24-years, including:

- » Assessments and individual support plans
- » Term time respite activity groups in localities across the county (8 – 15 years)
- » Holiday activity sessions (8-15 years)
- » Online interactive activity sessions
- » Participation opportunities for young carers, locally and nationally
- » Goal-led one-to-one support addressing individual issues
- » Private Family Facebook Group with advice, information, and activities
- » Specialist targeted services for young people caring for someone with addiction problems and/or mental illness

- » Young Adult Carer Service (for young adult carers (16 – 24 years): one to one support; interactive support, advice and activities through a private Facebook group, educational and activity breaks and residential.
- » Advice and support to professionals to improve their response to young carers

Crisis Resolution and Home Treatment Team

www.ghc.nhs.uk/our-teams-and-services/crhtt/

0800 169 0398

If immediate danger to life call **999**

- » Suitable for ages 11+
- » 24 hours a day, 7 days a week
- » An increased level of care for those with mental health conditions or experiencing emotional and psychological distress
- » Minimised face-to-face contact – use of telephone, text and video-based technology

Winston's Wish

Winston's Wish provides support and therapeutic interventions for children and young people who have been affected by bereavement.

New Helpline opening times: Our Freephone Helpline is now open from 8am - 8pm, Monday - Friday. Call us on **08088 020021**

Domestic Abuse Support Service for young people

Gloucestershire Domestic Abuse Support Service (GDASS) is a county-wide service designed to reduce the level of domestic abuse and improve the safety of victims and their families.

<https://www.gdass.org.uk/support-for-young-people/>

Our helpdesk is open Monday to Friday, 9am – 5pm:

Phone: **01452 726 570**

Email: support@gdass.org.uk

24-hour National Domestic Violence Helpline **0808 2000 247**

STREET

Safe Teenage Relationship Education & Empowerment Team

STREET is a county-wide service for young people aged 13-19 who:

- » have experienced or are experiencing teenage relationship abuse;
- » are adversely affected by domestic abuse in the home; or
- » are displaying harmful behaviour in their close relationships.

From 1 April 2022, the service will be managed by Victim Support Gloucestershire. Please contact STREETreferrals@victimsupport.org.uk and they will send you a referral form.

For information or advice please call the **STREET Team** on **01452 228802**.

On Your Mind local

<https://www.onyourmindglos.nhs.uk>

A local resource for young people to explore different aspects of mental health and find local and national services available to them, produced with partner Gloucestershire Clinical Commissioning Group.

LGBT+ support

FFlag

<https://www.fflag.org.uk/>

FFlag is a voluntary organisation and charity which is dedicated to supporting parents and families and their LGBT+ members. Their website contains a wealth of resources and information.



For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis)

School Nurse

<https://www.ghc.nhs.uk/our-teams-and-services/school-nursing>

School nurses work with children and young people aged from 5 to 19 in the community, whether they attend school or not.

School Nurses are registered nurses or midwives who support children and young people with emotional and mental health issues, relationships and sexual health, bladder and bowel issues, lifestyle health and family worries.

Based in the community, we visit children and families at home, at school or in a setting of their choice.

School nurses play a vital role in child development, carrying out immunisation and screening programmes and act as a point of contact for managing medical conditions such as allergies and anaphylaxis, asthma and epilepsy in schools.

Young Gloucestershire

Working hard to support mental and physical wellbeing of young people in Gloucestershire

<https://www.youngglos.org.uk>

Phone: **01452 501008**

Email: getinvolved@youngglos.org.uk

Childline

<https://www.childline.org.uk/>

Phone: **0800 1111**

Childline counsellors available online or on the phone, they're there to listen and support you with anything you'd like to talk about.

Mix

<https://www.themix.org.uk/>

Phone: **0808 808 4994**

UK's leading support service for young people under 25 years old. Provides support with mental health, money, homelessness, finding a job, relationships and drugs.

Young Minds

<https://www.youngminds.org.uk/>

Online information and advice to support children, young people and their parents.

0808 802 5544 – parents' helpline

We provide young people with tools to look after their mental health.

Our website is full of [advice and information](#) on what to do if you're struggling with how you feel. We empower parents and adults who work with young people, to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard. Together, we can create a world where no young person feels alone with their mental health.

Support for Parents and Carers

Little Orange Book

Expert advice on helping babies & young children when they're poorly:

<https://nenc-northtyneside.icb.nhs.uk/wp-content/uploads/2022/08/Little-Orange-Book-NT-version-v2.pdf>

Samaritans

<https://www.samaritans.org/>

Phone: **116 123**

Email: jo@samaritans.org

24/7 listening support via email and phone call. Response time via email: 24 hours.

Campaign Against Living Miserably (CALM)

<https://www.thecalmzone.net>

0800 58 58 58

A leading movement against suicide. Helpline and webchat 5pm–midnight, 365 days a year.

Stay Alive App

An [app for those at risk of suicide](#) or those worried about someone else. . Available to download from Google Play, the App Store & also a Web App for Desktop.

IAPT (Improving Access to Psychological Therapies) – Let's Talk

Phone: **0800 073 2200**

The [IAPT service](#) provides support for mental health conditions, such as depression, anxiety, PTSD, OCD and phobias.

Qwell

Free, anonymous online counselling and self-help resources.

<https://www.qwell.io>

Community Advice, Links, Mental Health Support (CALMHS)

<http://www.independencetrust.co.uk/CALMHS/about>

Phone: **01452 317460**

E-Mail: gloucesterhub@independencetrust.co.uk

<http://www.independencetrust.co.uk/CALMHS/about>

Offering those with moderate to severe mental ill health one-to-one support, personal support plans and signposting to other services.

Alexandra Wellbeing House

<https://www.sgmind.org.uk/project/the-alexandra-wellbeing-house/>

Phone: **01452 245338**

Email: admin@sgmind.org.uk

Community Wellbeing Service

Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs.

Cheltenham

Email: glccg.

ccpcommunitywellbeing@nhs.net

Phone: **0300 365 6463**

Cotswolds

Email: cws.grcc@nhs.net

Phone: **07738 106384**

FOD District Council

Email: community.wellbeing@fdean.gov.uk

Phone: **01594 812447** or

01594 810000

Gloucester City

Email: hgl.communitywellbeing.gloucester@nhs.net

Phone: **0300 131 0024**

Stroud and Berkeley Vale

Email: communitywellbeing.stroud@nhs.net

Phone: **0345 863 8323** – option 3

Tewkesbury/Newent/Staunton & Corse/Mythe

Email: ccpcommunitywellbeing@nhs.net

Phone: **0300 3656463**

Facts4Life

<https://facts4life.org/for-parents-carers-2/>

The Facts4Life website includes ideas for parents to help support young people with their health and wellbeing.

Support for victims of sexual assault

Gloucestershire Rape and Sexual Abuse Centre (GRASAC)

<https://www.glosrasac.org/>

GRASAC provides support for any individual affected by rape, sexual assault or abuse at any time in their lives.

Telephone helpline

We need to make you aware that our helpline has now come to an end however, there is a National Helpline that is being provided by the National Rape Crisis Network of which we are part of. The National Helpline is open 24 hours a day 7

days a week which offers a more accessible service for you.

The National Helpline number is **0808 500 2222**.

If you are living in Gloucestershire and wish to refer yourself to our service for support, you can contact our office on **01452 305421** Monday – Thursday 9am – 5pm and Fridays 9.30am – 4.30pm.

Email: support@glosrasac.org.uk or info@glosrasac.org.uk

Other helplines are available and information about these can be found [here](#).

Gloucestershire Counselling Services

<https://gloscounselling.org.uk/contact-us/>

Phone: **01453 766310**

Our office is open between 9.30am and 4pm Monday to Thursday and 9:30 and 2pm on Friday. At other times telephone messages can be left on the answer phone and your call will be returned as soon as possible.

Provides emotional support and counselling to victims of sexual violence.

Support in the community

Change, Grow, Live (CGL)

<https://changegrowlive.org/>

Phone: **01452 223014**

Email: gloucestershire.info@cgl.org.uk

We want to support you to make changes in your life when it comes to drugs or alcohol.

This might be reducing, controlling or stopping – we will help you reach your goals.

Gloucestershire Carers Hub

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

Phone: **0300 111 9000**
Mon, Wed & Fri 9am-5pm
Tues & Thurs 8am-8pm

Email: carers@peopleplus.co.uk

The Gloucestershire Carers Hub provides information, advice and guidance for unpaid carers over the age of 18.

Services available include:

- » advice on benefits
- » emotional and wellbeing support
- » access to carer support groups
- » statutory carers assessments
- » training and contingency planning.

Carers can sign up to receive regular postal or e-newsletters.

Your Circle

<https://www.yourcircle.org.uk/>

Your Circle is a directory to help you find your way around care and support, and connect with people, places and activities in Gloucestershire.

Covers:

- » Home & Housing
- » Travel & Transport
- » Work, Learning & Volunteering
- » Things to do
- » Money Matters & Benefits
- » Health & Wellbeing
- » Care & Support
- » Looking after someone
- » Keeping Safe
- » Information & Advice

Gloucestershire Domestic Abuse Support Service (GDASS)

<https://www.gdass.org.uk/>

A service to reduce the level of domestic abuse and improve the safety of victims and their families.

Helpdesk open Monday to Friday, 9am – 5pm:

Phone: **01452 726 570**

Email: support@gdass.org.uk

24-hour National Domestic Violence Helpline: **0808 2000 247**

Voluntary agencies and statutory services who meet people experiencing domestic abuse can make a referral to us. We particularly welcome self-referrals directly from individuals.

Positive Relationships Gloucestershire (PRG)

<https://www.fear-less.org.uk/refer/gloucestershire/>

A service for men and women aged 18 and over, living in Gloucestershire, who want to make positive changes to improve relationships with their partner, ex-partner or future partners.

Phone: **01452 529866**

Email: PRGGloucester@fear-less.org.uk

Gloucestershire Self Harm Helpline

<https://www.gloucestershireselfharm.org/>

Phone: **0808 801 0606**

Text: **07537 410022**

Chat: [Webchat](#)

For people who self harm, their families and carers Phone, web chat and text support: open 2pm-9pm daily.

MHELO (Mental Health Experience Led Opportunities)

Phone: **01452 234003**

Email: mhelo@inclusion-glos.org

Mental health user led support on [Facebook](#).



Treasure Seekers/The Cavern

<https://www.kftseekers.org.uk/cavern>

56 Westgate Street, Gloucester, GL1 2NF

Phone: **01452 307201**

Email: info@kftseekers.org.uk or cavern@kftseekers.org.uk

Youth Support at The Cavern - available every evening of the year from 5-10pm, for any youth (aged 14-25) struggling with their mental health. This service provides a safe and supportive space, listening support, peer support and activities in a non-clinical space. The Cavern, 56 Westgate Street, Gloucester, GL1 2NF. Tel: **01452 307201**

Support at The Cavern - Available 6-11pm every night of the year, this service provides listening support, low level interventions such as board games and adult colouring, in a supportive environment. We help people feel less isolated, cope with anxiety, meet new people and provide support at a time of day when little low level or early intervention support is available from the statutory services. The Cavern, 56 Westgate Street, Gloucester, GL1 2NF. Tel: **01452 307201**

The Cavern Coffee Shop - a safe space available to all - open 10am to 11pm Monday to Saturday and 4-11pm on Sunday. There are board games available to play as well as electronic games.

Treasure Seekers Hub is open from 10am-4pm Tuesday to Saturday and has a selection of extremely reasonably priced art and craft kits. There are also sessions running at certain times where you can buy a kit, stay and make in our lovely Studio space and have a drink whilst doing so.

Treasure Seekers Hub

52 Westgate Street, Gloucester GL1 2NF

<https://www.kftseekers.org.uk/cavern>

Phone: **01452 307201**

Email: info@kftseekers.org.uk or cavern@kftseekers.org.uk

Targeted Family Support Services

<https://www.tfsservices.org.uk/>

Gloucester City, Forest and Stroud Targeted Family Support Services is an organisation dedicated to the support of vulnerable children from pre-birth to 11yrs and their families, providing solution and outcome focused targeted intervention services for families who may be experiencing issues.

Home-Start in Gloucestershire

<https://homestartsd.org/>

Home-Start Stroud and Gloucester is a local charity which supports parents who are going through challenging times located in the Stroud District of Gloucestershire and we are currently developing our service in Gloucester.

GloSFamilies Directory

<https://www.gloSFamiliesdirectory.org.uk/kb5/gloucs/gloSFamilies/home.page>

A directory to give support and advice to families.

GloSFamilies Directory holds information on services and activities for families with children and young people aged 0 - 19 years (up to 25 years for those with Special Educational Needs and Disabilities). Sections of the directory include:

- » Information for Families
- » Future Me, Young People's Local Offer
- » Support for Families with SEND, Gloucestershire's Local Offer
- » Information for Practitioners
- » Parent Workshops and Practitioner Training

Family Information Service

Free, impartial information, advice and guidance for all families with children and young people aged 0 - 19 years (up to 25 years for those with Special Educational Needs and Disabilities) and practitioners working with families.

Email: familyinfo@gloucestershire.gov.uk

Tel: **01452 427362**

A-Z of Services Be Well Gloucestershire

<https://www.bewellglos.org.uk/a-z-of-services/>

A comprehensive list of all the services and support available, listed by category.

Dental and oral health

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. With dentists now safely open, there are some suggestions to help your children take care of your teeth and develop healthy habits early.

Children and young people under 18, or under 19 and in qualifying full-time education are [entitled to free dental treatment](#).

The [Brush DJ App](#) plays two minutes of your music so you brush

your teeth for the right amount of time. The app has short videos and can help make brushing teeth fun!

The App can be downloaded from Google Play or the App Store.

[Advice and information on how to take care of children's teeth](#).

Use the [Change for Life Sugar Calculator](#) to see what sugar swaps you can make!



