

COST OF LIVING?
MENTAL HEALTH ISSUES?
DOMESTIC ABUSE?
JUST FEELING LONELY?

**Are you, or someone you love, facing any
of these challenges?**

Please don't suffer in silence

**This booklet contains information which
may help you**

The Church is here for all, and we believe that all people
should be able to enjoy healthy lives - life in all its fullness.

Do get in touch if you think we can help.

Compiled by the Benefice of the Guitings, Cutsdean, Farmcote, Upper
Slaughter and Lower Slaughter with Eyford and Naunton.

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HELP WITH THE COST OF LIVING

If you are struggling with living costs, please don't suffer in silence.

*Below are some agencies and organisations who can help.
Please do take away a leaflet and share with anyone you think may require help.*

The North Cotswold Foodbank

The Rev's Canon Katrina Scott and the Rev'd Sue Pestell are now able to issue vouchers if you are in need. Contact details are:-

krsgcott@hotmail.com or 01451 821777
susan.pestell@gmail.com or 07522 188475

Someone from the Citizen's Advice Bureau will also be at Foodbank outlets, offering advice on a wide range of issues including benefits

Winter/Fuel Bank Foundation

Offers support to clients who are off the gas grid with the costs of bulk buying fuel, however applications must come through one of our registered partners. Please visit our website for a list of

partners <https://www.fuelbankfoundation.org/partners/>

If you don't have access to the internet speak to Sue or Katrina or the Citizen's Advice Bureau at

3 St George's Place, Cheltenham GL50 3LA - 01452 527202

Gloucestershire Bundles

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

Supports pregnant women and families with children under 3 with clothes, toiletries and equipment. Health visitors, GP's and similar professionals can refer families to them.

Local Libraries

Are often a source of information on help available

P3

0808 168 2443 (free from a landline)

Free housing advice for homeowners / tenants in Cheltenham Borough, Stroud or Cotswold District, including benefits, budgeting (not debt) and accessing work or volunteering.. Drop-ins held at several localities. Call or go to www.p3charity.org for details

Turn2Us

0808 802 2000 (free from a landline)

Free, independent help with benefit calculations, grants, debt, housing and legal issues. Calculator to determine entitlement to means-tested benefits and carer's allowance.

Call or visit www.turn2us.org.uk

Christians Against Poverty (CAP) Debt Advice Line

0800 328 0006 (free from a landline)

Free debt counselling from an adviser. Includes help negotiating with creditors, budgeting and insolvency.

National Debtline

0808 808 4000 (free from a landline)

www.nationaldebtline.org.

Concerned about your Mental Health?

Or for someone you care for?

This leaflet directs you to some local help in Gloucestershire

Adult mental health services

In Gloucestershire, adult mental health services are provided by Gloucestershire Health and Care NHS Foundation Trust. If you need advice or support, you should speak to your GP, or you can self-refer to the [Let's talk](#) service (Tel: 0800 073 2200), which offers cognitive behavioural therapy (CBT) and support with mental health conditions such as anxiety, low mood or depression. www.talk2gether.nhs.uk

Be Well Gloucestershire

Be Well Gloucestershire is a local campaign to help when stress, anxiety, isolation and other challenges become hard to deal with. The [Be Well Gloucestershire](#) website is the start of what will be a central hub for anyone who needs help or support for themselves or a loved one. www.bewellglos.org.uk

Other sources of support

[Qwell](#) – Anyone over 18 in Gloucestershire can now access free anonymous counselling from qualified counsellors via an online chat-based platform. Accessed through a drop-in service or booked sessions; no referral needed from a health professional, no waiting lists, and no criteria to meet to get support. www.qwell.io

[Every Mind Matters](#) – provides expert advice and practical tips to help you look after your mental health and wellbeing.
www.nhs.uk/oneyou/every-mind-matters

[Gloucestershire Self-Harm Helpline](http://www.gloucestershireselfharm.org) – a safe, supportive, non-judgmental and informative service for people of all ages who self-harm, their friends, families and carers. Open every day 5pm – 10pm for webchat, phone and text support. Call 0808 816 0606 or text 07537 410 022. www.gloucestershireselfharm.org

[Support at The Cavern](http://www.kftseekers.org.uk/support-at-the-cavern) – provides listening support, low level interventions such as board games and adult colouring, inclusive activities such as quiz nights and offers a supportive environment for Gloucestershire adults. Visit the website or call 01452 307201. www.kftseekers.org.uk/support-at-the-cavern

Help in a crisis

If you or someone you know needs help in a mental health crisis, you can contact the [Gloucestershire Crisis Teams](http://www.ghc.nhs.uk/crisis) or call 0800 169 0398. www.ghc.nhs.uk/crisis

[The Samaritans](http://www.samaritans.org) are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. Call 116 123. www.samaritans.org

Pregnant women and new mothers

Supporting mums' and dads' mental health around the time of birth. If you need advice and support you should speak to your GP, midwife, or health visitor. They may refer you to the specialist [perinatal mental health](http://www.ghc.nhs.uk/our-teams-and-services/perinatal-glos) team. www.ghc.nhs.uk/our-teams-and-services/perinatal-glos

Children and Young People's mental health services

[TIC+](http://www.ticplus.org.uk) provide anonymous chat, face-to-face and online counselling services for young people, parents and families across Gloucestershire. You can refer yourself. www.ticplus.org.uk

[Young Gloucestershire](http://www.youngglos.org.uk) (YG) is a countywide charity that supports young people who are facing very difficult times; whether it be a disruptive home life, caring for a family member, coping with a mental health issue or substance abuse. They offer practical ways to find confidence and develop the skills needed to get on track and to move into a job, education or training. www.youngglos.org.uk

[Chat Health](http://www.chathealth.nhs.uk) is for 11 to 19 year olds. It's a confidential text messaging service for young people to get in touch with a healthcare professional for advice and support on physical and mental health issues. Text 07507 333351 – it's available Monday to Friday from 9.00am to 4.30pm excluding bank holidays. www.chathealth.nhs.uk

[Child and Adolescent Mental Health Services](http://www.cayp.ghc.nhs.uk) (CAMHS) specialist mental health services for children and young people (and their families/carers) up to their 18th birthday who are experiencing moderate to severe mental health difficulties, including for children and young people who have health issues related to a moderate to severe learning disability. www.cayp.ghc.nhs.uk

[Winston's Wish](http://www.winstonswish.org) is a national childhood bereavement charity which provides practical and emotional support for children, young people and those who care for them after the death of a parent or sibling. Call 08088 020 021 (Monday to Friday 9am – 5pm)
Email: ask@winstonswish.org
Crisis Messenger (text): text "WW" to 85258, free 24 hours a day, 7 days a week.

[Childline](http://www.childline.org.uk) 0800 1111- call for free to speak to someone about how you're feeling.

[Headspace](https://www.myheadspace.org.uk/contact) provides counselling to young people in the North Cotswolds. They have strong ties with the Cotswold School, but are seeking to extend their provision to other young people in the area - 01451822629; <https://www.myheadspace.org.uk/contact>

IF YOU ARE EXPERIENCING DOMESTIC ABUSE YOU CAN FIND HELP AND SUPPORT FROM THE ORGANISATIONS BELOW:-

Gloucestershire Domestic Abuse Support Service

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

Need help?

Call our help desk on 01452 726 570

Or email support@gdass.org

GDASS offers advice on keeping safe at home and moving on from domestic abuse, Advice and support is also available for young people under 18

Victim Support

If you've been affected by crime or a traumatic event, you can call your local Victim Support team in Gloucestershire on **0808 281 0112**.

Galop (for lesbian, gay, bisexual and transgender people)

Phone: **0800 999 5428**

Web: www.galop.org.uk

Men's Advice Line

Tel: **0808 801 0327**

Web: www.mensadviceline.org.uk

**YOUR LOCAL CHURCH COMMUNITIES ARE HERE TOO -
to offer support, friendship and a warm welcome.**

All our Regular Services and special Christmas Events are listed in the 70x7 Benefice Magazine – come along to anything!

Why not join us for one of our Christmas Carol Services – it would be great to see you:

Candle-lit Carol Services

Saturday 16 December	4.00pm	Cutsdean
Saturday 16 December	6.00pm	Upper Slaughter
Sunday 17 December	6.00pm	Naunton
Tuesday 19 December	6.00pm	Temple Guiting
Wednesday 20 December	6.00pm	Lower Slaughter
Friday 22 December	6.00pm	Guiting Power
Sunday 24 December	7.00pm	Farmcote

Other Regular Community Activities – for all, for free:

St Andrew's Coffee Shop – Every Thursday from 10.30-12.30, come along to share drinks and biscuits and chat in the church in Naunton.

Coffee and Cake in the West End – 2 Fridays a month, at 10am in Temple Guiting Church, pop in for refreshments – upcoming dates are: 8 and 22 December, 5 and 19 January.

Welcome Wednesdays – A chance to meet others for a chat and a plate of soup in a lovely warm place. At the Cochrane Room, Guiting Power from 12-2pm on Wednesdays 31st January, 28th February and 27th March.

Community Space at Lords of the Manor – On the second Tuesday of these winter months, we will be hosting a space at Lords of the Manor Hotel in Upper Slaughter from 11-12. Come along for coffee, tea, biscuits, a warm, lovely space and time together, on Tuesdays 12th December, 9th January, 13th February and 12th March.