

2021HOPE BEYOND COVID IN WINCHCOMBE AND SURROUNDING AREA

Organisations	Contact	Telephone number & email	Outline of role
Age UK		0800 678 1602. Open 8am to 7pm, every day of the year.	Information and advice about Corona virus.
Winchcombe Medical Centre	Susie Purslow Cathy Aspey	077398 57737 07719 524577 https://www.ccp.org.uk/communitywellbeing	Social Prescribers at Winchcombe Medical Centre connecting people with non-medical support, e.g. day centres, charities, or community groups, in the community to improve their wellbeing and tackle social isolation.
Winchcombe Medical Centre		<u>01242 602307</u>	- Offers a telephone or video consultation with a clinician and will arrange to see you if necessary. - No bookings for routine appointments at present but will deal with urgent problems over the phone daily.
Churches Together	Janet Dufton	applewood1952@gmail.com 01242 603387	Church contacts in Winchcombe
“ “	Gill Cocks	01242 604 341 gillcocks@gmail.com	Community teas for socially isolated individuals.
WAM (We all matter)	Gemma Maddle	gemma@wamyouth.org.uk 01242 603678	WAM runs a variety of projects and services to strengthen positive and supportive relationships; including youth groups, mentoring, outdoor education, and after school clubs.

Winchcombe Help Group (also on Facebook)	Martin Shurmer	martinshurmer@hotmail.com 01242 602172 or 07546 057145 Phone after 6pm.	Help for neighbours and vulnerable people via 830 community volunteers, e.g deliveries, post etc. Organised by Martin Shurmer.
North Cotswold Foodbank		07879 375562 www.northcotswold.foodbank.org.uk	The Foodbank helps those who cannot afford to buy food.
Gloucestershire's Community Help Hub		https://www.gloucestershire.gov.uk/ gloucestershires-community-help-hub/ get-help/ 01452 425000	Information, advice and support about adult social care can be found here.
Be Social	Vicky Weaver	info@besocialwinchcombe.com 01242 603207	A local service for those who are socially isolated, living with conditions including memory loss, or are frail, elderly and not able to get around.
The Samaritans	Cheltenham	0330 094 5717	It doesn't matter what you are going through if you are finding things tough please get in touch with <i>Cheltenham</i> and District <i>Samaritans</i>
Cruse Bereavement	Cheltenham office	01242 252518 gloucestershire@cruse.org.uk	Bereavement support
Bereavement Support Group	Bishops Cleeve and neighbouring villages	01242 673612 parishchurchoffice@gmail.com	A friendship group which exists to help those who have been bereaved.
Mind for better mental health		Info line: 0300 123 3393 Email: info@mind.org.uk	Mental health advice for older people during the coronavirus outbreak.

Winchcombe Kintsugi Well Being Recovery Group	Ron Wienand, Encounter Church	01242 604552	A Kintsugi Hope Wellbeing Group is a safe and supportive space for people who feel or have felt overwhelmed.
Community Wellbeing Service in the Cotswolds		07738 106384 email cws.grcc@nhs.net	One to one support to improve health and wellbeing.
Gloucestershire Health and Care NHS Foundation Trust		0800 169 0398	Local NHS urgent mental health helpline for Winchcombe
NHS support for recovery after covid-19		https://www.yourcovidrecovery.nhs.uk/ NHS tel: 111	Helps individuals to understand Long Covid.
Domestic Abuse		Freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247 Glos Domestic Abuse Helpline 01452 726 570 Email: support@gdass.org.uk	National support for those in need of help. Live: Monday – Friday, 3pm to 10pm. Monday to Friday, 9am – 5pm
Lloyds Pharmacy		01242 602305	Advice and support for minor medical conditions.
Maggies, Cheltenham (Cancer support)		01242 250611 https://www.maggies.org/our-centres/maggies-cheltenham/	Free one-to-one help and information.

<p>GoodSam NHS Volunteer Responders:</p>		<p>https://nhsvolunteerresponders.org.uk/contact-us</p> <p>You can self refer on <u>0808 196 3646</u>, although to access the full range of services you would need a referral by a 'Medical Professional'.</p>	<p>This is a nationwide organisation. They offer a wide range of services including 'Check-in and chat'.</p>
<p>Living Life to the Full</p>		<p>https://lltf.com/</p>	<p>An online programme from the NHS for older people ,covering low mood , stress and resiliency</p>