

'Small changes – big difference'

Our trained team are her to support you,
You can contact us on **01452 317460** or
communitywellbeing.stroud@nhs.net

To find out more about Independence Trust
services visit our website
www.independencetrust.co.uk

We look forward to hearing from you



Stroud and Berkeley Vale Community Wellbeing Service



Gloucestershire Community Wellbeing Service is commissioned by NHS
Gloucestershire Clinical Commissioning Group and Gloucestershire County Council.

The Gloucestershire Community Wellbeing Service

Many things affect our health and wellbeing, such as where we live, how we spend our time, our financial situation and our relationships with friends and family.

Sometimes, we need some extra support, for example, when coping with a short or long term health situation, or when life throws other challenges our way.

The Stroud and Berkeley Vale Community Wellbeing Team is part of a countywide service and may be able to offer support and advice to guide you during these times. The service is available to anyone over the age of 16 years. It is simple to get in touch with your local team either via your GP Practice or directly through Independence Trust on **01452 317460**.

First of all, a named member of the team will have a conversation with you about what matters to you, where your interests lie, what your strengths are and what would help meet the challenges you face. This may lead to some one-to-one support, connection with others in your community or an introduction to a group or organisation.

Who can it help?

It can be helpful:

- in times of change, for example after redundancy, health issues or retirement
- in times of emotional hardship, such as after a bereavement
- if you are worried about debt or financial issues, particularly in the current cost of living crisis
- if you don't know where to turn for support
- if you would like to volunteer in your community

Our Community Wellbeing Service covers the Stroud and Berkeley Vale Locality

Your local Community Wellbeing Team will work closely with local groups and services. Our service is committed to working in partnership with local GP practices and services in your local community to ensure we are able to reach into the heart of your community.

Our highly trained team will link with existing services and organisations to offer the best possible support where and when it is needed by either working with individuals or signposting to another organisation.

We will work with local communities to identify and support the development of possible new services. Encouraging local communities to identify local skills and talents that may lead to volunteer opportunities that can be delivered in your town or local village.

The service will also support the development of groups of interest by bringing people together to share interests and knowledge with each other.

The aim is to keep it local and to support you to build community networks and friendships for sustainable Health, Wellbeing and active communities.

We will work with anyone who feels that the service could benefit them in any aspect of life. You can ask your GP or Health Professional to refer you to the service or you can give us a call on **01452 317460**. We look forward to hearing from you.

