

SAFEGUARDING SUPPORT SERVICES

Emergency

999 **Police/ambulance/fire urgent**
101 **Police non urgent**
111 **NHS non urgent**
03003 047 000 **SANEline** (4:30pm-10:30pm daily)
11 61 23 **Samaritans** (24/7 support)
01452 311 332 **Salvation army**
0800 555 111 **Crime stoppers**
08082000247 **Refuge** (24hr domestic abuse helpline)
85258 **Shout** (text service 24/7)
08000 684 141 **Papyrus HOPELINEUK**
(under 35's at risk of suicide. 9am-12am)
0800 11 11 **Childline** (under 19s)
08088 005 000 **NCPCC**
08006 895 652 **National suicide prevention (24/7)**
03003 300 630 **Switchboard** (support for LGBT+)
01452 754 390 **Hope House**
Sexual Assault Referral Centre (24hrs)

Anxiety

08000 732 200 **Let's talk**
03007 729 844 **No panic**
03444 775 774 **Anxiety UK**

www.onyourmindglos.nhs.uk
www.rethink.org

Self Harm

08088 010 606 **Gloucestershire Self harm helpline** (5-10pm)
85258 **Shout** (text service 24hr)
08088 008 088 **Self-Injury support** (female only any age)
08006 895 652 **ASSISTline** (24hrs 18+)

Homelessness

01452 895 255 **Homeless Healthcare team**
01452 396 396 **Homeless support**
01452 331 330 **Gloucestershire night stop**
01452 412 095 **Emmaus homelessness**
01452 687 735 **Gloucester City Mission**

Domestic Violence

08088 010 327 **Respect men's advice:**
01242 226 150 **Positive relationships Gloucestershire**
08009 995 428 **Galop LGBT+ domestic abuse**
01452 726 570 **Gloucestershire domestic abuse support service** (GDASS)
chat.womensaid.org.uk **Women's aid online chat**

Mental health services for children Gloucestershire

03000 200 102 **Artlift** (10-week programme)
01452 307 201 **The Cavern**
01594 372 777 **Teens in crisis (TiC+)** (9-21yrs)
08088 010 711 (youth line) **Beat** (eating disorders)
08088 010 811 (student line)
08088 025 544 **YoungMinds**
08001 690 398 **Crisis resolution and home treatment team** (24/7)
07507 333 351 **Chat health** (11-19yrs text service. Mon-Fri 9am-4:30pm)
www.kooth.com **Kooth** (free online counselling 11-18yrs)
helloalumina@youthscape.co.uk **Alumina self-harm** (course for 14-19yrs)

Mental health services for young adults Gloucestershire

0800 585 858 **Campaign against living miserably (CALM)**
03000 200 102 **Artlift**
07975 974 455 **Suicide crisis**
01452 307 201 **The Cavern**
01452 306 800 **GayGlos**
01594 372 777 **Teens in crisis (TiC+)** ages 9-21
08088 010 677 **Beat** (eating disorders)
08088 084 994 **The Mix** (under 25's)
01242 714 777 **Gloucestershire Nightline**
(for students at colleges/university. Wednesday/Friday 8pm-8am)



Eating Disorders

01242 634 242 **Eating disorder service**
08088 010 677 **Beat eating disorders**
03000 111 213 **Anorexia and bulimia care**
stem4.org.uk **Stem4**

Sexual Abuse

03004 218 400 **Hope House**
02033 221 860 **Survivors UK (male text service)**
01452 754 390 **Hope House sexual abuse referral centre (SARC)**
01452 526 779 **Gloucestershire rape and sexual abuse support (GRSAS)**

Addiction

01452 223 014 **Alcohol and drug recovery service**
08001 223 788 **Healthy lifestyles**
01452 418 515 **Alcoholics Anonymous**
03001 236 600 **Frank drugs advice (2pm-6pm)**

Sexual Health

03001 237 123 **National Sexual Health helpline**
08003 283 508 **Eddystone trust:**
03004 216 542 **County HIV service**
01453 885 633 **The Nelson Trust (sex worker outreach project):**

Employability

Works4Youth 01454 865009
www.works4youth.co.uk/help-in-getting-a-job
07947952416

Gloucestershire Supported Employment info@gloucestershiresupportedemployment.co.uk

Job Centres

Stroud Unicorn House, Cornhill Shopping Centre, Stroud, GL5 2JT
Gloucester Cedar House, Spa Road, Gloucester, GL1 1XL
Cheltenham Haywood House, 7 North Street, Cheltenham, Gloucestershire, GL50 4DJ
Forest of Dean Forest of Dean District Council Offices, High Street, Coleford, GL16 8BQ
Foundry Road, Cinderford, GL14 2JU
Tewkesbury Council Offices, Gloucester Road, Tewkesbury, GL20 5TT
Cirencester Forum House, Southway, Cirencester, GL7 1LJ

Community Support Groups

The Cavern 56 Westgate Street, Gloucester, GL1 2NF, 01452 307 201
The Ewe Space 81, Matson Avenue, Gloucester, GL4 6LL
01452 505 001 www.glcommunities.org.uk
The Door Line 01453 705 350 5-7pm, Mon – Fri, 11-25 year olds
Your Circle www.yourcircle.co.uk

Mentoring

Gloucestershire Mentoring Programme www.gloucestershirementoringprogramme.co.uk
Yes Mentoring 47 Longsmith Street, Gloucester, GL1 2HT
www.yesmentoring.co.uk
07974 435 624 or 07979 670 657



Food Bank

Gloucester

1. George Whitefield Centre (Warehouse & Admin). 107 Great Western Road, GL1 3NF, 01452 309683
info@gloucester.foodbank.org.uk
2. Elim Church Gloucester (Collection of Parcels only). 01452 309 683, Park End Road, GL1 5AN
3. Hucclecote Centre (Collection of Parcels only). 01452 309 683, St Philip & St James Church, Larkhay Road, GL3 3NR

Cheltenham

1. Food Bank Main Centre, Cheltenham Elim Church, 115- 117 St George's Road, Cheltenham, GL50 3ED, 01242 570080 or foodbank@cheltenhamelim.org
2. St Paul's Distribution Centre, St Paul's Church, St Paul's Road, Cheltenham, GL50 4EZ
3. C3 Distribution Centre, The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN
4. Salvation Army, 39 Bath Road, Cheltenham, GL53 7HG

More Information

www.gloucestershire.gov.uk/education-and-learning/holiday-activities-and-food-programme/other-support-and-resources-for-haf/free-and-low-cost-food/

Community Food Support

The Redwell Centre

Redwell Road, Matson, Gloucester, GL4 6JG
Free fresh and non-perishable food
Wednesdays 8.30am- 1pm.
Homemade freezer meals
Monday – Friday 10am – 3pm.
Redwell Dinners Friday evenings £2 for an adult and £1 per child, for booking and menus:
office@redwellcentre.co.uk

Poets Pantry

07545 966 362 les.jevins@podsmeadbiglocal.org.uk
86-89 Masefield Avenue, Podsmead, Gloucester, GL2 5BA
Food distribution members club £3 to join and then £1 per week.
Thursday 9am-10am (free food distribution) & 12pm-3pm (food distribution club only)
Friday 9am-10am (free food distribution)
Emergency food packages on request.

Community Cupboards

01452 505 544 info@glcommunities.org.uk
Free fresh and ambient foods from 9.30am at:

Monday – The Ewe Space, Matson

Tuesday – Matson Baptist Church

Wednesday – The Venture, White City

Thursday – St Oswalds Church, Coney Hill

Thursday – Big Local Hub, Podsmead

Friday – GL Communities, Trinity Centre Sat Matson Baptist Church

Community Café

15a Scott Avenue, Gloucester, GL2 5BD
9.30am-12pm Mon-Weds, reduced rates for residents.
Community coffee mornings 10am-12pm.

Tuffley Court Community Association

St Michael's Hall, Tuffley, free food available along with the option to buy £3 food parcels. Fridays 10am-1pm.
charitytcca@outlook.com

Gloucester Feed the Hungry

hashgloucesterfeedthehungry@outlook.com
Hot meals, free haircuts, clothing and emergency food parcels.

Cheltenham Open door

www.cheltenhamopendoor.org.uk/services/
Unit 3, St George's Business Park, Alstone Lane, Cheltenham GL51 8HF
10am-3pm on Mon -Thurs
Breakfast and lunch servings

Food Cycle Gloucester

The Redwell Centre, Red Well Rd, Matson, Gloucester GL4 6JG
gloucester@foodcycle.org.uk
Free hot meal every Wednesday at 6:30pm.

