

Neighbourhood Projects

Neighbourhood and community projects offer family support, welfare and health advice, advocacy, training courses and social activities

Contact GUiDE Information Service on 0845 6583888 or www.guide-information.org.uk for details of local projects

Rethink Advocacy

Advocacy services for people with mental health problems, plus information and advice for carers

Tel: 01452 891539

Rethink Gloucestershire Groups

Tel: 01453 832228

Rethink Gloucestershire Self Harm Helpline

Freephone 0808 801 0606

Monday 4pm-9pm; Friday 4pm-9pm;

Saturday 6pm-11pm; Sunday 6pm-11pm

Information for carers

Useful Contacts

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester GL1 1LY. You can email us at 2gether.comms@glos.nhs.uk or call us on 01452 891604.

2gether NHS Foundation Trust, Rikenel, Montpellier, Gloucester GL1 1LY
www.2gether.nhs.uk

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Review date: April 2013

2gether
Making life better

National organisations

Adfam

Confidential information and support for families and friends of drug and alcohol users

25 Corsham Street, London N1 6DR
Tel: 020 7553 7640
www.adfam.org.uk

Age Concern

Information Line Tel: 0800 00 99 66
www.ageconcern.org.uk

Alzheimer's Society

Tel: 0845 300 0336 9am-5pm Mon-Fri
www.alzheimers.org.uk

Carers Direct

Information, advice and support telephone service for carers
Freephone: 0808 8020202 8am-9pm Mon-Fri; 11am-4pm weekends and Bank Holidays
www.nhs.uk/carersdirect

Carers UK

Campaigns for carers' rights and provides information for carers
Tel: 0808 808 7777 Wed/Thurs 10-12noon and 2-4pm.
Email: info@ukcarers.org
www.carersonline.org.uk

Direct Gov

Government information about services, carers' rights, benefits advice and respite care
Visit www.direct.gov.uk

Mind

Information, advice and support for people with mental illness and their carers
Information Line: Tel: 0845 7660 163
email: contact@mind.org.uk
www.mind.org.uk

NHS Direct

Health advice 24 hours a day, 7 days a week
Tel: 0845 4647 www.nhsdirect.nhs.uk

OCD Action (formerly Obsessive Action)

Obsessive Compulsive Disorder support and information
Suite 506-509 Davina House,
137-149 Goswell Road, London, EC1V 7ET
Tel: 0845 390 6232 or 020 7253 2664 Mon-Fri 10-5
Email: info@ocdaction.org.uk
www.ocdaction.org.uk

Office Of The Public Guardian

Information and advice on how to support someone who needs help managing their financial affairs
Archway Tower, 2 Junction Road, London N19 5SZ
Tel: 0845 330 2900 9-5
www.publicguardian.gov.uk

Parentline

Free help and support for all parents and carers
Tel: 0808 8002222 or 01453 768160 (local contact)
www.parentlineplus.org.uk

Princess Royal Trust For Carers

Information and support for carers including a network of more than 140 carers' centres across the UK
Unit 14, Bourne Court, Southend Road, Woodford Green,
Essex IG8 8HD
Tel: 0844 800 4361
Email: info@carers.org
www.carers.org

Rethink

Charity campaigning for the rights of people with mental health problems and their carers
89 Albert Embankment, London SE1 7TP
Tel: 0845 4560455 Mon-Fri 9-5.30
Email: info@rethink.org or advice@rethink.org
www.rethink.org

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Email: info@rethink.org or advice@rethink.org
www.rethink.org

SANE

Information on all aspects of mental illness

1st Floor Cityside House, 40 Adler Street London E1 1EE

Tel: 020 7375 1002

SANEline: 08457 767 8000 6pm-11pm Mon-Sun

Email: sanemail@sane.org.uk

www.sane.org.uk

Young Minds

Information on mental health of children and young people, including young carers. Confidential support for anyone worried about the emotional problems or behaviour of a child or young person

Tel: 020 7336 8445

Parents Helpline: 0808 8025544

Email: ymenquiries@youngminds.org.uk

www.youngminds.org.uk

Local organisations

Together NHS Foundation Trust Community Involvement Team

Information, advice and support for carers plus information on how to get involved in developing services

Tel: 01452 891214

Advocacy Trust Gloucestershire (ATGlos)

Independent volunteer advocates to help people with learning disabilities

Tel: 0845 0511203

Age Concern Gloucestershire

Tel: 01452 422660 Mon-Thurs 9am-4pm Fri-9am-3.30pm

www.ageconcernglos.org.uk

Alzheimer's Society

Cheltenham & District 01242 511111

Stroud and District 01453 791830

Gloucester & District 01452 525222

www.alzheimers.org.uk

Carers Gloucestershire

Information, support, advice, advocacy, support groups, Emergency Card scheme

2nd Floor Messenger House, 35 St Michael's Square,

Gloucester GL1 1HX

Tel: 01452 386283

www.gloscarers.org.uk

Careshare (supporting Carers in the Cotswolds)

Supporting people with a physical disability or dementia so that the carer can have a break

Tel: 01285 650168

Cheltenham Parent Support Group

Information, advice and support for anyone supporting someone who is misusing drugs or alcohol

Tel: 01242 222872

Citizens Advice

Free, independent and confidential advice on issues including consumer problems, debt, personal and family affairs, housing and welfare benefits

Cheltenham – Tel: 01242 522491

Gloucester – Tel: 01452 527202

Cirencester – Tel: 01285 658638

Stroud – Tel: 01453 762084

Forest of Dean – Tel: 01594 823937

Moreton-in-Marsh – Tel: 01608 650881

www.citizensadvice.org.uk

County Community Projects

Help, support and advice for young people (16-25) and their families

15 Royal Crescent, Cheltenham GL50 3DA

Tel: 01242 228999

www.ccprojects.org.uk

SANE

Information on all aspects of mental illness

1st Floor Cityside House, 40 Adler Street London E1 1EE

Tel: 020 7375 1002

SANEline: 08457 767 8000 6pm-11pm Mon-Sun

Email: sanemail@sane.org.uk

www.sane.org.uk

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Crossroads

Home based or outdoor activities for cared for person to provide a break and relieve stress for carers

Cheltenham & District: Tel: 01242 584844

Stroud & Gloucester: Tel: 01453 755999

Forest of Dean: Tel: 01594 823414

www.crossroads.org.uk

Dementia Care Trust (Brunel Care)

Services include day centres for people with dementia, respite relief and a luncheon club

Tel: 01452 550066 or 01452 550067

www.brunelcare.org.uk

Gloucestershire County Council Community & Adult Care Directorate Helpdesk

Information and help for adults and older people, their carers and relatives

Tel: 01452 426868

www.gloucestershire.gov.uk

Gloucestershire County Council Children & Young People's Directorate

Services for children and young people in Gloucestershire

Tel: 01452 425300

www.gloucestershire.gov.uk

Gloucestershire Children and Young People's Service Directory

Online guide to services, organisations and activities for children and young people, parents and carers

www.gloscypdirectory.org.uk

Gloucestershire Young Carers

Support for young people aged eight to 25 whose lives are affected by caring for a family member

Unit 7, Twigworth Court Business Centre,
Twigworth, Gloucester GL2 9PG

Tel: 01452 309399

Gloucestershire Lifestyles Buddy Scheme

Supports carers by providing volunteers to provide carers with respite break

Tel: 01452 312994

www.gloslifestyles.co.uk

GUIDE & PALS: GUIDE

Health, social care and disability information service for Gloucestershire

Tel: 0845 6583888

Email: enquiries@guide-information.org.uk

www.guideinformation.org.uk

GUIDE & PALS: PALS

Free and confidential advice, support and liaison for people using NHS services in Gloucestershire, including help in resolving individual concerns

Tel: 0800 0151548

Email: community.pals@glos.nhs.uk

www.palsglos.org.uk

GUIDE & PALS: The Key

Information service for any family in Gloucestershire with a disabled child

Tel: 08456 583857

Email: thekey@guide-information.org.uk

www.keywords.org.uk

Independence Trust

Support for individuals, families and communities with concerns about mental health, alcohol or drugs

Tel: 0845 8638323

MDF The Bipolar Organisation

Network of self-help groups throughout the UK to support people with bipolar, their families, carers and friends

Tel: 0845 6340540

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