



Cotswold Community Wellbeing Service Social Prescribing

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Service Description

The Cotswolds Community Wellbeing Service is a free and confidential service for people aged 16 and above. The service offers one-to-one support for individuals and also will also connect you to local services, organisations and groups that can help improve your general wellbeing and meet your wider social needs.

Who can we help?

- Anyone over the age of 16
- Living in Gloucestershire or registered with a Gloucestershire GP in the Cotswolds.
- Referrals can be made by a health or social care professional, a Voluntary and Community Sector Group, members of the community, as well as self-referral.

When can we help?

- Times of change-redundancy, retirement, health diagnosis, COVID 19.
- Emotional hardship -after a bereavement or relationship breakdown
- Information and guidance on support
- Volunteering in the community
- Healthy lifestyle - weight management, exercise opportunities/local groups
- Carers support – local groups, support, advice, entitlements, referrals to other agencies
- Social isolation/loneliness – local interest and friendship groups, volunteering opportunities, befriending services
- Home – mobility equipment, fire safety, handyman services,
- Employment and training/ learning opportunities
- Building confidence and self-esteem
- Mental health support
- Welfare concerns – food banks, referrals to housing/money support services
- Accessibility – hospital transport, community transport, blue badge
- Housing options
- Support for people to maintain their independence
- Finance – debt issues or help with benefit applications