



Stroud Lead Practitioner Newsletter

Extra Issue 8 - 18.05.2020

Welcome to Issue 8 of the Stroud Lead Practitioner newsletter. We hope that you were able to enjoy the long bank holiday weekend although it does seem a bit of a distant memory now! As you know, these newsletters will now be sent out fortnightly in order to adapt to the changing needs of the community.

You will have seen last week's announcement regarding the phased return of primary school children as well as employees now being encouraged to go back to work if they can. This will bring a whole new set of challenges for schools to ensure that children, young people and families are being well supported in these times of difficulty and change. We continue to support practitioners in the community to ensure up to date information on services and resources are still available for you to access with ease. Thank you all for your continued hard work.

Best wishes and stay safe.

Claire, Jose and Anita

Boots Pharmacies—Safe Spaces

As part of an initiative by UK Domestic Abuse charity, Hestia, Boots have announced their pharmacy consultation rooms as Safe Spaces for victims of domestic abuse.

Pharmacists will encourage and enable victims to contact national DA helplines and signpost them to the free, downloadable mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know. GDASS are also in touch with all local pharmacies encouraging them to be aware of domestic abuse and to be a point of contact for victims of domestic abuse.

P3 Charity and Caring for Communities and People (CCP) have embarked on an innovative partnership to deliver community-based support across Gloucestershire. CCP will be the lead provider for the Gloucester, Tewksbury and Forest of Dean districts while P3 will continue to deliver the service in Cheltenham, Stroud and The Cotswolds.

A preventative service, it works alongside vulnerable people to ensure they can maintain their housing and independence, with access to personalised support to help resolve their needs before they reach crisis point.

By simplifying the referral process and offering a single access point P3 and CCP can ensure they are able to focus on their primary objective, to assist people in their search to find a safe, sustainable, long-term home and addressing wider issues such as securing and maintaining employment, offending behaviour, improve health and wellbeing and caring for others in both their own homes and the community.

The service is short-term and designed to be both flexible and responsive, meeting people at their point of need in their own home, over the telephone, in community-based group sessions and digitally via apps like Skype.



Winston's Wish

The bereavement service has suspended all groups, drop-ins and training events and has moved all services to remote or digital delivery. Further information available at <https://www.winstonswish.org/coronavirus/>. Following support still available:

National Freephone Helpline*: 08088 020 021 (open 9am – 5pm, Monday – Friday)

ASK email support: ask@winstonswish.org **Crisis Messenger**: Text WW to 85258 (available 24/7)

Online chat: <https://www.winstonswish.org/online-chat/> (available 12-4pm, Wednesdays and Fridays)

*In order to protect our staff, our Helpline is currently operating a remote service. Please leave a message on our voicemail with your first name and a contact number (with area code) and a Helpline Practitioner will call you back from a withheld number as soon as possible.



Qwell is an easily accessible online well-being service for adults in need of mental health support. Qwell supports adults who are struggling with their mental health. Some people may be struggling with social determinants such as smoking, bad housing or unemployment. Some are carers and some are living with entrenched problems or long-term conditions; others are coping with anxiety or depression.

Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. They can join online peer support communities or access self-help materials once registered. This service is available county wide.

Please click on the following link to register and for further information: <https://www.qwell.io/>

Domestic Abuse & Covid 19– Support for professionals

Please click the link for further information and watch the video : <https://www.gdass.org.uk/support-for-professionals/>

Local pharmacies as safe spaces - We have had confirmation of two local pharmacies following in Boots footsteps. The chemists in Painswick and also Lloyds in Rowcroft will have a safe space for people affected by domestic abuse.



The Door have started a new Young person's phone line starting on the 18th May. For young people aged 11-25 who would like to talk to someone about how they are feeling and how lockdown is going for them. This is not a crisis line, but they will be able to signpost young people to the most appropriate support.

01453 705350, Monday –Friday, 5-7pm.

www.thedor.org.uk



Music with mummy, Wotton / Kingswood / Charfield

Due to the possible challenges of having a newborn (birth to 3 months) during lockdown, Jolly Babies sessions have moved online. **FREE!**

- Weekly online classes suitable form birth
- Enjoy 1 on 1 bonding time with your baby
- Learn new ways to interact
- Join a community of local mums, dads, nans and make friends in the same boat

Email musicwithmummykatie@hotmail.com

Or search Facebook, music with mummy - Wotton

While Away the Hours...



MRS BUN THE BAKER

FRIDAY 2pm FREE LIVE Bake-alongs, TUESDAY Recipe Day, WEDNESDAY Zoom Online classes, SUNDAY Bun chats, THURS, FRI, SAT termly online cooking classes

Check Mrs buns videos every week– suitable for children of all ages to have some baking fun!

The live bake along happens on Facebook LIVE.

Visit website: <http://mrsbunthebaker.net/>



Flamingo Chicks



Flamingo Chicks is an inclusive community giving all children, including disabled children and those with illnesses such as cancer, the opportunity to enjoy dance and explore movement alongside friends. We also provide a vital peer support network for parents and carers, intergenerational volunteering, global outreach and advocacy!

<http://flamingochicks.org/athome/> - all videos are on Youtube and have various themes such as space, animals etc.