



# Cotswold Community Wellbeing Service

07738 106384

Email at [cws.grcc@nhs.net](mailto:cws.grcc@nhs.net)

The Cotswolds Community Wellbeing Service is a free and confidential service for people aged 16 and above. Our aim is to 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 or registered with a Gloucestershire GP in the Cotswolds, can access the Community Wellbeing Service. 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.

The service offers one-to-one support for individuals and also signposting or referrals to activities and groups in their area.

## When can we help?

- 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
- If you don't know where to turn for support if you would like to volunteer in your community

To make a referral either contact your GP surgery or GRCC on 07738 106384 or by email at [cws.grcc@nhs.net](mailto:cws.grcc@nhs.net)