The Gloucestershire Community Wellbeing Service

Many things affect our health and wellbeing, such as where we live, how we spend our time, our financial situation and our relationships with friends and family.

Sometimes, we need some extra support, for example, when coping with a short or long term health situation, or when life throws other challenges our way.

The Cotswolds Community Wellbeing Team is part of a countywide service and may be able to offer support and advice to guide you during these times. The service is available to anyone over the age of 16 years. It is simple to get in touch with your local team either via your GP practice or directly through GRCC on 01452 528491.

First of all, a named member of the team will have a conversation with you about what matters to you, where your interests lie, what your strengths are and what would help meet the challenges you face. This may lead to some one-to-one support, connection with others in your community or an introduction to a group or organisation.

Who can we help?

It can be helpful:
- 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

Cotswolds Community Wellbeing Service

We have a dedicated team of staff and volunteers, each covering a specific geographical area of the Cotswolds.

They have a good local knowledge and understanding of community and voluntary sector support.

The Community Wellbeing service benefits from its wealth of community-based connections throughout the Cotswolds.

How can people access the service?

We can take direct referrals from health professionals, including GP surgeries and the Integrated Community Teams.

We are able to offer one to one appointments at our GP surgeries in the district as well as community venues.

You can also contact us directly if you prefer. Please see our contact details on the back page.
Who we are

GRCC is an independent, Charitable Company, limited by guarantee. We are committed to strengthening and working with Gloucestershire’s communities, providing them with professional advice and support and representing them at local and national level to make sure they are heard. We work throughout urban and rural Gloucestershire and are also a rural champion, part of a network of 38 Rural Community Councils across England, working under the umbrella of ACRE (Action with Rural Communities in England) and reporting directly to DEFRA.

Contact Us

To make a referral please contact us using the following contact number

Phone: 01452 528491
email: cws.grcc@nhs.net