

Please Get in Touch

If we can help you, or someone you know, please do get in touch.

Independence Support Service:

Tel: 01608 692187, Email: independence@cotswoldfriends.org

Hospital Support Service:

Tel: 01608 692187, Email: hospital@cotswoldfriends.org

Community Activities:

Tel: 01608 692811, Email: activities@cotswoldfriends.org

Community Transport:

Tel: 01608 651115, Email: transport@cotswoldfriends.org

Volunteering:

Tel: 01608 697007, Email: volunteering@cotswoldfriends.org

Website: www.cotswoldfriends.org



Please Volunteer to Help Others

A volunteer for our Independence Support Service told us, "People like to have their independence. I think for mental health reasons, the whole point is getting out of the house. I think there is self-satisfaction that you have actually helped somebody and people from all walks of life. I helped a couple and they have become friends - you do build up relationships. It can be a benefit for both. I'm a widow and I don't see that many people, so it's one way of getting to know people."



"Volunteering can be so rewarding. Helping someone through a difficult time can change their life for the better and our volunteers make new friends too. Please do call for an informal chat if you could spend a little time each week helping with the Independence or Hospital Service."

George Halling: Volunteer Manager



New Independence & Hospital Support Services. Can we help?



Cotswold Friends has launched two new services aimed at supporting local people to remain independent and live safely in their own homes.

Our **Independence Support Service** helps people in need of a little extra support to get out and about by themselves for shopping, medication and more. Our **Hospital Support Service** aims to reduce the stress of a hospital stay by providing practical help and friendly support before, during and after the stay.

Why not find out more about these new free services and see how we can help?



Independence Support Service

Our Independence Support Service helps people who may have lost confidence to regain their independence and get out and about again. Cotswold Friends volunteers support people to do their own shopping and pick up prescriptions, attend medical appointments, go for walks, join local groups and learn useful new IT skills. We can also put you in touch with providers of other local services that may help you.

Helping people regain their independence.

"Since the lockdown my needs have been even greater, especially since a friend who did my weekly shopping became seriously ill and I became less mobile."

If you or someone you know could benefit from this support service, please do get in touch. We will arrange an initial meeting where you can discuss and agree the goals that you would like to achieve - such as doing your own essential shopping, visiting a social club or using IT to book appointments. We will match you with a volunteer to support you as you begin to get out and about.



"We can enable people to live a more independent life from the safety of their own home, improving quality of life and general wellbeing. Please get in touch for some extra support."
Jess O'Hara: Independence Support Service Manager



Getting involved with our Community Activities

Getting involved with local clubs and activities is also a great way to re-connect with your community and meet people. We can support you to find an activity to enjoy and our transport service can help you get there if needed. Cotswold Friends offers popular Lunch Clubs, Singing and Craft Groups, Walking Sports and Men in Sheds, so please do get in touch.



Hospital Support Service

Going into hospital can be a stressful and worrying time, especially if you live alone or have little support available to you. Cotswold Friends volunteers can help you get ready for your stay, pack a bag, pop in regularly to visit you and prepare your home for your return with shopping, laundry and more. Our Community Transport Service can also take you to the hospital and bring you home when you are discharged.

Taking the stress out of a stay in hospital.

A recent client told us she was very grateful for the service she received. Having her bag delivered to Gloucester Hospital made her feel more settled, knowing she could change into clean clothes and have some personal belongings with her. She told us "I would be up the creek without the support of Cotswold Friends"

If you are due to go into hospital for an in-patient stay and would like some support and assistance, please do get in touch. We can organise a volunteer to help with arrangements before, during and after your time in hospital. Our volunteers can also call in and see you for a chat.



Help with transport to and from the hospital

Our Community Transport Service helps people get out and about to medical, practical and social appointments. Our friendly volunteer drivers can help you get to and from the hospital. We also have a Wheelchair Accessible Vehicle which allows a wheelchair user to travel without the need to transfer.



"We can offer you company during your hospital stay and support you with pre-admission and discharge home. We can help to reduce the amount of stress involved with your hospital experience. Please get in touch for some extra support."
Jess O'Hara: Independence Support Service Manager