

## Support for our families – May 2025

Please find below information sent to schools from the Early Help team at GCC. They include some different support options that may benefit some of our parental community. The first few are for adults with medical conditions, the others are more general. On the following page is information about local organisation 'Family Action' and what services they provide. We hope that you find this information useful.

- **Adult Social Prescribers:** Adults with an existing medical condition, who is struggling to access groups, struggling with their mental health or need some coaching and help with their mental health and wellbeing moving forward. Self-referral through GP Surgery to see the link worker. GP sends referral form to a triage team, who see if it meets their threshold
- **Artlift-** Artlift offers creative space for adults living with mental and/or physical health challenges. We run courses and creative projects for anyone registered with a doctor in Gloucestershire. Our Creative Health specialist artists offer a personalised approach in a relaxed atmosphere through which participants can move forward. [office@artlift.org](mailto:office@artlift.org) 01452 222726 [www.artlift.org](http://www.artlift.org)
- **Counselling Directory:** [Find the right Counsellor or Therapist for you - Counselling Directory \(counselling-directory.org.uk\)](https://www.counselling-directory.org.uk) You can put in what you want support with, your location and find the right counsellor for you. This is paid counselling
- **Listening Post:** [The Listening Post - Counselling in Gloucestershire](https://www.listeningpost.org.uk) which offers 1:1 Counselling face-to-face for up to 9 months. *(£15 for the first session, then only what you can afford- even if it's only £5. If you pay £30 then the waiting list is reduced to 2-8 weeks)*
- **Cotswold Counselling:** [ONE-TO-ONE COUNSELLING | cotswoldcounselling \(cotswold-counselling.org.uk\)](https://www.cotswoldcounselling.org.uk) Confidential, one-to-one counselling in Cirencester, Gloucestershire. Counselling is available at various times from 9am - 9pm between Monday and Friday. Clients meet regularly with their counsellor for an agreed number of sessions in a private and confidential setting within the Centres. There is the opportunity for long- or short-term counselling.
- **Marriage/Relationship Counselling:** [Relationship counselling | Couples counselling | Marriage guidance \(marriagecare.org.uk\)](https://www.marriagecare.org.uk) £25 non-refundable registration payment by credit or debit card. If you are in financial difficulties and unable to afford the £25, please call our appointments team on 0800 389 3801.
- **CandO-** It is open to any adult (aged 18+) in Gloucestershire who is experiencing issues with their emotional wellbeing, such as low mood, anxiety, stress and loneliness. This includes support and advice for individuals seeking help with self-harm, allowing them to receive the support they need, alongside wider support for overall emotional wellbeing.
- **The Missing Peace- Missing Peace Wellbeing + Support-** A Community Organisation passionate about peer support & wellbeing. We aim to provide a range of structured & activity-based support groups within our local communities & beyond. In a relaxed, non-judgmental & friendly environment, we will strive to make you feel more confident. Free 1-hour session (phone, online or face to face) [www.themissingpeacecotswolds.com](http://www.themissingpeacecotswolds.com)
- **StrongMen-** Bereavement support for Men. [UK Mens Bereavement Charity - StrongMen](https://www.ukmensbereavementcharity.org.uk) Telephone Based peer support service (speaking to trained StrongMen volunteers with first-hand experience of losing a loved one), 12 sessions of online counselling, Weekend retreats and talks.



## What's on: Your local Children and Family Centre

Join us, have fun, make memories and meet others in your area!

### You & Me Mum

#### Domestic Abuse programme

A 10 week programme for mothers who have experienced Domestic Abuse. This will empower, support and develop you as a parent in addressing the needs of children and young people who have lived with domestic violence.

### Stay, Play and Learn

#### For children 0 - 5 years

Spend quality time playing, creating and exploring with your child in a nurturing and child friendly environment.

Healthy snack provided.

### Family Support Advice

#### Bookable sessions

Come along and have an informal chat with one of our friendly, experienced Family Support Workers for advice about parenting, such as, routines, behaviour and child development.

### This is Me! (TIM)

#### Virtual programme

6 session programme to support parents with children who have an autism/ ADHD diagnosis or on a diagnostic pathway, designed to support, explore and understand behaviours.

### SEND Parents

#### Support group

Bringing together parents/carers of children with Special Educational Needs & Disabilities.

Meet other parents, share information and get support and advice from a range of professionals.

### SENDIASS

#### Advisers

Our SENDIASS Adviser will be attending the SEND Support Groups to answer your questions, including advice on Education Health and Care Plans (EHCP), mediation and appeals.

### Understanding your Child

#### Parenting course

An 8 week course that helps parents to understand their child's behaviours and support their relationship. Follows the Solihull Parenting Approach.

### HENRY Programme

#### Healthy eating

Providing an approach to help parents gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle, giving their children a great start in life.

### Gympanzees Lending Library

A borrowing system for families, schools and organisations to borrow specialist exercise and sensory equipment.

### About your Children and Family Centre

We work with families to offer parenting support on routines, boundaries, behaviour management and emotional regulation using parenting strategies such as The Solihull Approach and You and Me Mum.

### About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and adults and offer direct, practical help to individuals and families. When we have the support we need, we can shape, or reshape our futures for ourselves!

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

[family-action.org.uk](http://family-action.org.uk)



## What's on: Cotswolds Children and Family Centre

Join us, have fun, make memories and meet others in your area!

### Monday

#### Family Support Advice

- Bookable advice sessions.
- 2nd Monday of each month
- 1.00pm - 2.30pm

### Tuesday

#### Life Skills sessions

- Starting soon!
- Term-time only, bookable sessions.
- 2 hourly for 6 weeks

#### Family Support

- Invite only support sessions.

### Wednesday

#### SEND Parents

- Bookable sessions - contact 01285 659117, or email [cog@opportunity-group.co.uk](mailto:cog@opportunity-group.co.uk)
- Held at Cirencester Opportunity Group, Beeches Road, GL7 1BW.
- Last Wednesday of each month
- 12.00pm - 1.15pm

Watch this space for more SEND Parent groups, coming soon!

### Thursday

#### This is Me! (TIM)

- Invite only, virtual sessions. Email: [linsey.filby@family-action.org.uk](mailto:linsey.filby@family-action.org.uk)
- Starting 8th May, for 6 weeks.
- 10.00am - 11.30am

### Friday

#### You & Me Mum

- Bookable sessions.
- Starting 24th January for 10 weeks (excluding half term)
- 10.00am - 12.00pm

All sessions are free!

Please contact us for more details or to book your place.

### Contact us:

### Family Action Children and Family Centres, Stroud and the Cotswolds

**Cotswolds** Lewis Lane, Cirencester

E: [cotswoldschilrenandfamilycentre@family-action.org.uk](mailto:cotswoldschilrenandfamilycentre@family-action.org.uk)

**Stroud**

Treetops, Dursley  
The Red Lodge, Stonehouse

T: 01453 545904 E: [stroudchildrenandfamilycentre@family-action.org.uk](mailto:stroudchildrenandfamilycentre@family-action.org.uk)  
T: 01453 821012

[family-action.org.uk](http://family-action.org.uk)