



GUIDE & PALS Information Bus The GUIDE & PALS bus continues to extend its range of venues around the county and we have recently visited Sainsbury's in Dursley, Fairford Market, Morrison's in Tewkesbury and Apperley Luncheon Club. We have been pleased to welcome colleagues from the City Council Welfare Benefits Team and there has also been some very successful joint working with colleagues from the Three Counties Cancer Service at Forest Green Rovers and Lydney Rugby Club, focussing on men's health awareness. Details of venues are advertised locally and listed on the GUIDE web page at www.guide-pals.glos.nhs.uk Karen Collyer is the Bus Coordinator and is keen to hear about any suggestions for venues, and from colleagues who may wish to join us on the bus in order to promote key messages. Contact Karen or any member of the GUIDE & PALS team for further information on 0845 658 3888

Lonely or needing support at Christmas?

At this time of year, we get asked about charities and voluntary agencies that provide support in any way for people who are lonely and by themselves at Christmas. At GUIDE & PALS we have details of organisations that provide shelter, meals, toys and/or food parcels, over the festive period. For further information or to receive a list call GUIDE & PALS on 0845 658 3888

GUIDE & PALS has recently launched a new website – www.guide-pals.glos.nhs.uk
Please take a look - we welcome your feedback.

FRED?

Forest Read Easy Deal (FRED) is a new project which provides free one-to-one learning opportunities to people in the Forest who cannot read or who struggle with reading. Reading is a valuable skill that most of us take for granted but there are many adults in our community whose lives are restricted because they find reading difficult - this has implications for physical and mental health. Stigma surrounds adults who do not read and this, added to the fear of failure, is a major barrier to learning.

FRED aims to reduce these barriers by training volunteers to become Reading Coaches who then meet with learners for three short reading sessions, of no more than 20 minutes a week at an accessible local venue. If you know of anyone who may wish to volunteer as a Reading Coach or of anyone who may need to gain more confidence with their reading please contact Julie Carthy 01594 861712 juliecarthy@yahoo.com

Survivors of Bereavement by Suicide (SOBS)

SOBS support groups endeavour to break the isolation that so often follows suicide bereavement by being able to meet with others in a similar situation. The Gloucester group meets on the second Wednesday each month from 7:30 to 9:30pm at a city centre location, convenient to the bus and rail station with free parking. It covers the whole of Gloucestershire and beyond if people wish to attend. The group offers emotional and practical support and guidance and enables people to identify and recognise their own resources for coping. SOBS provides a safe and confidential environment in which bereaved people can share their feelings and experiences and gain support from each other. For further information contact SOBS national Helpline on 0844 561 6855 or see website <http://www.uk-sobs.org.uk> For Gloucester Group telephone 01452 371945.

Gloucestershire Care Directory

If you would like information on residential care and nursing homes in Gloucestershire, GUIDE & PALS have copies of the [Gloucestershire Care Directory 2009](#). You can also view and print pages from the directory at <http://www.gloucestershire.gov.uk/index.cfm?articleid=93731> (THINK before you print). For details of amendments and for further information about the individual care facilities please contact GUIDE & PALS Information Officers on 0845 658 3888



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