

If you think the Forest of Dean Community Wellbeing Service might be able to help you, please contact us on:

Tel: **01594 812447** or **01594 812399** or
switchboard number: **01594 810000**
community.wellbeing@fdean.gcsx.gov.uk

It would be helpful for you to consider your own health and wellbeing before talking to us by completing the short questionnaire below.

Please record your response to the following questions on a scale of 0 to 10 where '0' is 'Not at all' and '10' is 'completely'.

Overall, how satisfied are you with your life nowadays?

0 1 2 3 4 5 6 7 8 9 10

Overall, to what extent do you feel the things you do in your life are worthwhile?

0 1 2 3 4 5 6 7 8 9 10

Overall, how happy did you feel yesterday?

0 1 2 3 4 5 6 7 8 9 10

Overall, how anxious did you feel yesterday?

0 1 2 3 4 5 6 7 8 9 10

Community Wellbeing Service

Forest of Dean



Gloucestershire Community Wellbeing Service is commissioned by NHS Gloucestershire Clinical Commissioning Group and Gloucestershire County Council.



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 Forest of Dean 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.

If you would like to talk to someone in confidence please contact the Community Wellbeing service at Forest of Dean District Council on 01594 812447 or 01594 812399.

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 it 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

Forest of Dean Community Wellbeing service



We have a dedicated team, each covering a specific geographical area of the Forest of Dean district.

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

The Community Wellbeing service is part of our Community Engagement Team and benefits from its wealth of community-based connections throughout the Forest of Dean district and beyond.

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.

