

USEFUL NUMBERS

CITIZENS ADVICE

North & West Gloucestershire:
01452 527202
Stroud & Cirencester:
0808 800 0510

POLICE 999 (emergency)
or non emergency 101

FIRE 999 (emergency) or Home
Safety checks 0800 180 4140

NHS 999 (emergency)
or non emergency 111

SILVER LINE: FREE national helpline for older people

Open 24 hours a day, 7 days a
week, 365 days a year. Call
anytime on 0800 470 8090.

VICTIM SUPPORT 0808 281 0112

GLOUCESTERSHIRE COUNTY COUNCIL 01452 426868

LOCAL COUNCIL OFFICES

Cheltenham: 01242 262626
Cotswold: 01285 623000
Forest of Dean: 01594 810000
Gloucester City: 014532 396396
Tewkesbury: 01684 295010

Stroud: 01453 766321
Stroud Independent Living
Hubs: 07792 420069

GOPA is a **FREE** membership
organisation. If you would like to join
please contact us on
gopa4672@hotmail.co.uk

You will receive an application
form and regular updates on
older peoples issues.

Charity No. 1124977
0739 250 1047

Follow us on Facebook **f**
www.gopa.org.uk

Supported by



We are an independent local
charity whose ambition is to make
Gloucestershire the best county in
which to grow older.

Get your free copy of '**Your Guide
to Later Life in Gloucestershire**'
offering information and advice to
help you navigate later life, stay
independent at home and connect
socially.

01452 422660
helpteam@ageukgloucestershire.org.uk



u3A is a UK wide, cooperative
movement for people who are
no longer in full time work who
come together to continue their
educational, social and creative
interests in a friendly and informal
environment. u3a is run by
members for members who help
each other in their learning groups
on a wide range of subjects.

Have a look at the map on the
other side to see where your local
group is.

Fair Shares community time banks

Fair Shares is a Gloucestershire
charity that runs community
timebanks which are a way for
people to get involved with others
in the community by sharing their
time and helping each other out.
It's a form of two way volunteering
– give some time to help someone
with something you are good at. In
return someone else can help you
with something you may need.

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other side to see where your local
group is.



Our Community Hub provides adults
with a learning disability, autism or
Asperger's to make friends, develop
skills, be creative, gain confidence
and feel connected to their local
community. If you are a carer looking
after or supporting anyone who is
disabled, frail, is living with dementia
or any long term health condition,
then we offer Connect Groups and a
Befriending service in the home.

01452 529697
info@guideposts.org.uk

CONNECT ... With family and
friends. Join a group.
BE ACTIVE ... Regular exercise
makes you feel good. 30 minutes
of exercise 5 times a week is
recommended.
TAKE NOTICE ... Be curious,
catch sight of the beautiful,
remark on the unusual.
KEEP LEARNING ... Try
something new. Rediscover an
old interest. Set up a challenge
you will enjoy achieving.
GIVE ... Do something for
a friend. Thank someone.
Volunteer your time.



GRCC is a countywide independent
charity. Our work includes
community development, rural
affordable housing, digital support
and health and wellbeing through
our Autism support service, annual
health checks for serious mental
illness, social prescribing link
workers and activities in the North
Cotswolds.

01452 528491
www.grcc.org.uk



An award-winning charity using music
and Music Therapy to improve the
wellbeing of people with dementia,
and those that care for them. Also
groups for people with chronic lung
conditions and Long Covid, teaching
better breathing techniques through
singing. Find a safe, welcoming group
near you, where you can sing, make
new friends, get advice and enjoy a
cuppa.

01684 273656 / 07989 936270
admin@mindsong.org.uk



Men's Sheds are community spaces
for men to connect, converse
and create. The activities are
often similar to those of garden
sheds, but for groups of men to
enjoy together. They help reduce
loneliness and isolation, but most
importantly, they're fun.

Have a look at the map on the
other side to see where your local
group is.

COMMUNITY PROJECTS AND HUBS

Cheltenham – Hesters Way
Stonehouse – All Pull Together
Tewkesbury – Priors Park
Matson – Together in Matson
Wotton – Keepers Community Hub
Dursley – GL11
Uplands Stroud – EngageD Now

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other side to see where your local
group is.



The Older Drivers Forum provides
practical advice on how to keep
older drivers driving safely for
longer. But when it comes time to
retire from driving, how to develop
an alternative mobility plan to
maintain independence. We also
support families who may be
concerned about an older driver.

**www.olderdriversforum.com/
gloucestershire**
07785 360414
odfglos@gmail.com

GLOUCESTERSHIRE CARE AND SUPPORT GUIDE 2025

The essential guide to staying
independent, choosing and
paying for care and support.

To obtain a copy free of
charge contact Adult Care
Helpdesk, Gloucestershire
County Council on
01452 426868
or email
**socialcare.enq@
gloucestershire.gov.uk**



Many people don't recognise
themselves as a Carer. You could
be supporting someone who is a
family member, friend, neighbour
or child with additional needs. This
support can be offered because
of frailty, health condition or to
provide emotional support. Whatever
support you provide to someone else,
there is support available for you.

0300 111 9000
carers@peopleplus.co.uk
Mon, Wed & Fri: 9 AM - 5 PM
Tue & Thu: 8 AM - 8 PM



OUT & ABOUT - making connections YOUR GUIDE



www.yourcircle.org.uk
An online directory to
help you find your way
around care and support
and connect with people,
places and activities in
Gloucestershire.

USEFUL NUMBERS

(There may be a cost involved)

CREDIT UNIONS

Gloucestershire: 01452 422712
Stroud: 01453 298785

CHURCHES TOGETHER IN GLOUCESTERSHIRE

01452 835563
www.gloucestershirechurches
together.org.uk

ADULT EDUCATION IN GLOUCESTERSHIRE

0800 5421655
learn@gloucestershire.gov.uk

COMMUNITY CONNECTIONS TRANSPORT

0345 6805029
info@communityconnexions.org.uk

GLOUCESTERSHIRE BEFRIENDING SERVICES

01452 447024
info@glosbefriending.co.uk

Cheltenham	Phone	Email
Hesters Way Community Partnership	01242 521319	contact@hwnp.org
u3a Group - Cheltenham	07804 044088	chair@cheltenhamu3a.org.uk
Besocial@the centre, Winchcombe	01242 603207	enquiries@winchcombedaycentre.co.uk
Men in Sheds Cheltenham and Gloucester	07802 458334	mackay2007@btinternet.com
Cheltenham Mens Group	01242 539088	contact@hwnp.org
Secret Day Care	01242 506121	mark.norris@lilianfaithfull.co.uk

Cotswold District	Phone	Email
Cotswold Friends	01608 652019	info@cotswoldfriends.org
Cotswolds Friends Community Transport	Cots: 01608 651115 Cirencester: 01608 697010	transport@cotswoldfriends.org
The Churn Project	01285 380038	info@thechurn.org.uk
The Cotswold Prostate Cancer Support Group	07703 477391	contactcpcsg@gmail.com
u3a Group - Cirencester	01285 641850	cirenu3a@gmail.com
People for You - Befriending Service	07810 630167	peopleforyoucotswolds@gmail.com
Men in Sheds - Moreton in Marsh	01608 698557	sheds@cotswoldfriends.org
Men in Sheds - Bourton on the Water	01608 698557	sheds@cotswoldfriends.org

Forest of Dean District	Phone	Email
Crossroads Befriending Service	01594 823414	admin@crossroadsglos.org.uk
Newent Association for the Disabled	01531 821227	nadservices@newentbb.co.uk
Men's Sheds	01594 780170	mensshedwhitecroft@gmail.com
u3a Group - Forest of Dean	07455 055553	ken.syme1957@icloud.com
Newent Initiative Trust	01531 820245	newentcc@gmail.com
Victoria Centre, Lydney	01594 843418	vclydney@gmail.com
CCP Community Involvement	07593 446891	james.aldridge@ccp.org.uk

Gloucester City	Phone	Email
Together in Matson	01452 381070	office@redwellcentre.co.uk
u3a Group - Gloucester	07484 661041	chairman@u3agloucester.co.uk
Fair Shares (Timebanks)	01452 415900	gloucester@fairshares.org.uk
Men's Sheds	07802 458334	rob_macpherson@hotmail.com
CCP Community Involvement	07593 446943	samantha.dainty@ccp.org.uk

Stroud District	Phone	Email
Fair Shares	07902 100968 / 07810 732379	stroud@fairshares.org.uk
GL 11 Community Hub	01453 548530	office@gl11.org.uk
Paganhill Community CIC	07828 168857	hello@paganhill.org.uk
u3a Group - Cam & Dursley	01453 548530	adamallingtonjones@gl11.org.uk
Stroud Valleys Project	01453 753358	info@stroudvalleysproject.org
u3a Group - Stroud	07484 896850	membership@stroudu3a.org.uk
EngageD Now	07977 455119	engagednowinstroud@gmail.com
Men's Sheds	07813 015760	communitywellbeing.stroud@NHS.net
All Pulling Together - Stonehouse	01453 822705	aptcentral@btconnect.com
Keepers Community Hub Wotton	07585 466418	thekeeperscommunityhub@gmail.com
Independent Living Hubs	07792 420069	katherine.allen@stroud.gov.uk

Tewkesbury District	Phone	Email
u3a Group - Tewkesbury	01684 325013	barberikrr@tiscali.co.uk
Priors Park Community Project	01684 290069	info@ppnp.co.uk
Tewkesbury Men's Group	07593 446894	james.baker@ccp.org.uk
CCP Community Involvement	07593 446894	james.baker@ccp.org.uk



**GLOUCESTERSHIRE
 OLDER PERSONS'
 ASSOCIATION**

Promoting Wellbeing,
Health, Care, Dignity and
Independent Living

- GOPA is committed to:
- Providing an independent voice for residents aged over 50 living in Gloucestershire
 - Working in and seeking partnerships across the statutory, private and voluntary sectors
 - Improving the quality of life for older people

Make your voice heard
through GOPA by joining us and
making a difference.

www.gopa.org.uk

