

# Support Agencies



Triple P suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways that: encourage behaviour you like; build relationships with your children; deal positively, consistently and decisively with problem behaviour.

Parents/carers can contact 01452 427362 to find out more or to book a course.



With effect from 1st February 2021, self-referrals are no longer accepted. If you and your family are in need of a food parcel, to request support from The Forest Foodbank, please contact one of the approved agencies, which include CCP, The Salvation Army, CAB and FODDC Housing. If you require help with your gas or electricity, please tell the agency so that they can let The Foodbank know.

To find out more, please visit [www.theforest.foodbank.org.uk/get-help](http://www.theforest.foodbank.org.uk/get-help)



TIC+ is a Gloucestershire based charity who provide advice, support counselling and care services, including advice over the phone. They can offer advice (or sign-post) on most issues relating to young people.

They also provide a free, confidential and anonymous parent advice support line - 0800 6525675.

To find out more, please visit [www.ticplus.org.uk](http://www.ticplus.org.uk)



CCP's community-based services will deliver short term support that builds on a person's existing strengths to improve the lives of children, young people and families with multiple and complex needs.

Services including housing support, family support, health and wellbeing, money management and developing links with other people and community networks.

Please visit [www.ccp.org.uk](http://www.ccp.org.uk) or telephone 0300 365 2002.



CAP aims to relieve poverty through debt counselling, advice and practical help. If your financial troubles are big enough to be a concern to you, CAP would like to help. They offer a budget service which eases payment of priority bills and enables clients to save for future needs, a debt repayment scheme. They provide support until clients are debt free.

To find out more, please visit [www.capuk.org](http://www.capuk.org) or telephone 0800 328 0006.



The Citizens Advice Bureau (CAB) offers confidential and impartial advice on law and rights; benefits; work, debt; relationships; housing; healthcare; education; discrimination; consumer; tax.

Please visit [www.gloscab.org.uk](http://www.gloscab.org.uk) or telephone 01452 527202.



PEGS (Parental Education Growth Support) provides support to both parents and professionals with the issues associated with child to parent abuse.

Their awareness and training sessions help people to learn new tools and techniques when dealing with abusive children, what policies are out there to assist families, and what other support networks exist in the UK.

To find out more, please visit [www.pegssupport.com](http://www.pegssupport.com)



A countywide charity supporting young people from ages 8 - 24 who help care for a family member as a result of chronic illness, disability, mental ill health or substance misuses. GYC provides direct services to young carers and their families, including supporting families to access services to minimise the impact of caring on young people; young carer groups for peer support and social opportunities; targeted one to one support and short breaks offering a range of activities.

Please visit [www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk) or telephone 01452 733060.



GDASS provide support to victims of domestic abuse and their children to remain safe within or following an abusive relationship. They aim to reduce the impact of domestic abuse on an individual or family and help them to move on safely and securely, free from abuse.

Their helpdesk is open Monday to Friday, 9am - 5pm: 01452 726570.

Further information can be found online at [www.gdass.org.uk](http://www.gdass.org.uk)



[www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)

The Family Information Service (FIS) offer a wide range of information, advice and signposting to support families, children and young people from 0-19 years of age (25 for young people with additional needs). This includes information on finding and choosing childcare such as nurseries, playgroups and out of school clubs. They can also provide information on family support; 2,3 and 4 year old funding towards childcare; referrals for parenting programmes.

Please visit the online directory or telephone 01452 427362 to speak to an Adviser.