

Cheltenham & District Branch – Outreach Aim, Resources & Contacts

Aim

The Outreach team would like to raise Good AWARENESS of Samaritans within the local community and an understanding that we are here to provide emotional support for all.

We want to DEVELOP RELATIONSHIPS with community groups and organisations so that Cheltenham Samaritans are able to provide EMOTIONAL SUPPORT to those most in need. Our aim is to help reduce SUICIDES in local area.

District

Our branch is called Cheltenham & District which highlights that we support a wider community than just Cheltenham. The areas that we cover are as follows; Cheltenham, Cirencester, Cotswolds and Tewkesbury.

So that we are best placed to support those in our community in these incidents we work alongside Gloucester & District Branch for those organisations that offer support to our County of Gloucestershire.

Resources

We have a range of available resources which are listed and detailed below. We offer any or all of these to those in our District, and would be keen to discuss whether there are any other means by which we could provide support.

Resources available:

- Leaflets, Cards and Images with local Branch details:
We can provide organisations with hardcopy or PDF leaflets, that include details of Cheltenham branch.
- [Our Frontline](#):
Offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.
- [Self-help and awareness videos](#):
Samaritans has developed a number of short videos that can be used as part of a digital communication or presentation. These can also be provided as [QR codes](#).
- [Samaritans self-help app](#):
Created to help individuals keep track of how they are feeling and provides recommendations of things they can do to help themselves cope, feel better and stay safe in a crisis. [QR code](#).
- [Wellbeing in the Workplace](#):
An online learning programme which teaches employees the skills to look after their emotional health and look out for others, before they reach crisis point.
- Talks:
With the aim to provide the audience with information about who we are and what we do – and give them a feel for what Samaritans can offer them as both a helpline and as a volunteering service.
- [Pull up banner & display items](#):
We can loan organisations our pull-up banner along with other items to be displayed in areas with high traffic.

Contacts

Anthony 407 is the Deputy Director for Outreach and he can be reached at:

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Jane is the Deputy Director for Gloucester & District Branch Outreach team and they can be reached at:

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