

Giving for Gedling Network

Good Neighbour Guide

Supporting you throughout the Coronavirus outbreak

Befriending and Signposting in your community

The festive season can be particularly difficult for people who are lonely, elderly, people who suffer with anxiety or depression or people who are vulnerable due to their health. If you are aware of people in your community feeling this way, there are lots of ways that you could help and offer support. You could call or text at least twice a week, asking three questions:

‘Are you well? Is everyone in your house OK?’

‘Do you need any help?’

‘Would you like to chat for a bit?’

Support available for residents, businesses and families

There are many services available to support you, your friends, families and neighbours at this difficult time. Some people do not have access to digital media – so you can access these yourself, and help others less able to do that themselves. Further details on the services below can be found on the Council’s Website – follow links to the Giving For Gedling Page:

www.gedling.gov.uk/resident/community/givingforgedling

If you have a concern about an adult or child that is an emergency or risk to life, call 999 or for non-emergency call

0300 500 80 80

Let’s talk wellbeing

Let’s Talk Wellbeing is a free NHS talking therapy service for people experiencing mental health difficulties such as depression, anxiety or stress. Let’s Talk Wellbeing provide a range of telephone and face to face support, as well as online therapist supported programmes, groups and self-help materials. Visit

www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing to find out more or call **0115 956 0888**

Sfice foundation - helping vulnerable adults

SFICE offer free confidential support for those struggling emotionally and mentally. There are support line workers on hand to offer support with members of the team speaking English, Arabic, Hindi, Urdu, Punjabi and Mirpuri.

07941 378 265, info@sfice.org
www.sfice.org

ABL Health ‘Your Health Your Way’ Health and Wellbeing support

Healthier, happier for longer - we make lives better

For Nottinghamshire Integrated Wellbeing Services, Your Health Your Way, please use this link to the website

www.yourhealthnotts.co.uk

Benefits advice

follow the link: www.gedling.gov.uk/coronavirus/supportforresidents/

Support for local businesses

To support businesses, including with the impact of Covid 19, information is included on the Council website and updated regularly www.gedling.gov.uk/support-business. In addition, two Business Advisors are available to SMEs in Gedling. Available free of charge, they can advise, signpost and assist with business queries. For more information or to book a 1 to 1 session please email ECDEV@gedling.gov.uk

South Notts Volunteer Befriending Service - Rushcliffe CVS

Anyone living in Gedling who feels lonely, isolated or in need of emotional support can register for a regular friendly chat with a local volunteer. All volunteers have been vetted and are caring, dedicated and really enjoy a good chat. **Tel: 0115 969 9060**

Volunteer

The telephone befriending service is always looking for new befrienders so if you are interested in volunteering please get in touch: volunteerrushcliffecvs.org.uk

Improve your digital skills

ClickSilver is a six-week computer course providing one-to-one support from a volunteer to help over 55s get to grips with the internet, emails and social media. The course costs £10.

Find out more online or call **07725 638 007**

(Monday to Friday 9am to 5pm).

Register for Free School Meals

Check your eligibility and register here: www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

If you are unable to apply online please ring **0300 500 80 80**

Affordable Warmth:

Help with heating costs during the winter months – check the links below:

The Warm Homes Hub:
www.warmhomeshub.com

Priority services register:

www.westernpower.co.uk/customers-and-community/priority-services

This includes a dedicated number to call if vulnerable people experience a power cut.

To register for the warm homes discount: www.gov.uk/the-warm-home-discount-scheme

if you don’t get the discount automatically

Donate to our local food banks:

You can drop off food donations at collection points in local supermarkets

Volunteering

You can register as a GBC Volunteer here: volunteer@gedling.gov.uk

“I would like to wish all of our residents and businesses a very Merry Christmas from everyone at Gedling Borough Council. I wish you all a safe and successful New Year and that we will see a return to some sort of normality and the end to this terrible pandemic. Please stay safe and look after each other.” Mayor of Gedling, Councillor Sandra Barnes

A Festive message of Hope from Rev. John Allister, Gedling Area Dean, The Anglican Church.

Light is a really powerful symbol. Many religions have light festivals at this time of year - Christmas, Diwali and Hannukah all use light as an important picture. And we need Christmas lights, especially this year which has been so dark with all the chaos and grief and anger, with the huge challenges for both physical and mental health.

The Qur'an says that "God is the Light of the heavens and earth." And John's gospel adds that the Light shines in the darkness, and the darkness has not overcome it. We need to hear that message - that in this year of so much darkness, there is still light that shines, and when there is light, the darkness retreats.

We get glimpses of light in the actions of so many in our communities who make sacrifices in caring for others, in doing their shopping for them, in giving up our freedoms and even losing our livelihoods to keep others safe.

The spirit of Christmas is when we reflect the light that has been given to us and so shine as lights in the darkness. And just as Christmas lights are many small lights, different lights, which shining together combine to create beauty where before there was just darkness, so may we let our little lights shine in the darkness this Christmas time, to make this whole area beautiful.

But the Bible goes further than that too. It says that the great light, the light of which all our lights are just a small reflection, came into this world as a man - Jesus Christ.

And the Christmas card version of the story isn't quite the same as the original one. The Bible doesn't mention a stable, only that Jesus was put in a manger - an animal feeding trough. And in those days, many people kept their animals in their front rooms at night for warmth.

Maybe Jesus wasn't born in a stable; maybe he was born in the home of strangers or distant relatives, with his parents sofa-surfing because they couldn't find a room to themselves. And so, as people helped out in the ways that they could, they welcomed the Light of the World into their home.

The first Christmas wasn't celebrated with packed services in great cathedrals or in big extravagant parties. It was with angels singing on a hillside, and small groups gathering in a home.

And as we return towards the simplicity of that first Christmas this year, we can shine light for others in this darkness by doing our little bit, by helping those in need where we can, by keeping on protecting those who are especially vulnerable at this time. We can also look out for opportunities to welcome the Light of the World into our homes.

Gedling Borough Council WORKING TOGETHER WITH:



www.gedling.gov.uk/givingforgedling