

The Gloucestershire Drop Ins

The Gloucestershire Drop Ins can support all adults who need help or advice about day-to-day life. There is no charge for this service.

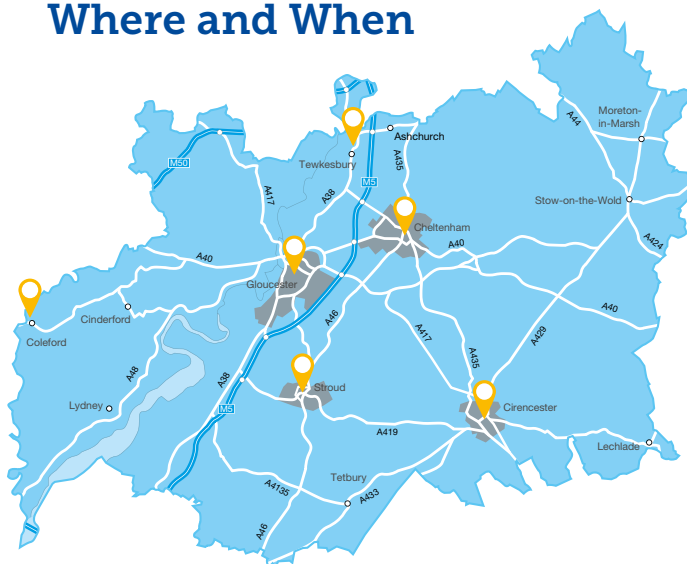
There are six Drop Ins throughout the county situated in Gloucester, Cheltenham, Tewkesbury, The Forest of Dean, Cirencester and Stroud.

The Drop Ins can support in a variety of ways:

- We can provide advice and guidance on managing finances, correspondence and housing related issues
- We can offer guidance to encourage healthy living and eating, how to menu plan and how to shop online for groceries
- We can check if you are receiving the correct benefits
- We can advise on how to remain safe in the home and in the community
- We can encourage people to form friendships and develop social networks by taking part in activities
- We can promote and encourage people to access community-based amenities to include leisure, neighbourhood projects and training opportunities
- We offer support groups for people with hoarding behaviours



Where and When



Cheltenham Drop In
2nd Floor Children's Library, Chester Walk, Cheltenham, GL50 3TJ
Tel: 01452 425427
Monday 1-4:30pm
Wednesday and Friday 9.30am-1pm

Cirencester Drop In
Cirencester Library, The Waterloo, Cirencester, GL7 2PZ
Tel: 01452 427934
Tuesday and Friday 9.30am-1pm

Forest of Dean Drop In
The Main Place Library, Railway Drive, Coleford, GL16 8RH
Tel: 01452 324019
Monday, Wednesday and Friday 9.30am-1pm (for appointments) Wednesday 12-3pm (open to all)

Gloucester Drop In
Gloucester Library, Brunswick Road, Gloucester, GL1 1HT
Tel: 01452 426500
Tuesday, Wednesday and Thursday 9.30am-1pm

Stroud Drop In
Stroud Library, Five Valleys shopping centre, King Street, Stroud, GL5 1RR
Tel: 01452 425453
Tuesday, Wednesday and Thursday 9.30am-1pm

Tewkesbury Drop In
Tewkesbury Library, Sun Street, Tewkesbury, GL20 5NX
Tel: 01452 425464
Monday 9.30am-1pm and Thursday 12:30pm-4:30pm



Gloucestershire Enablement Service

Empower • Enable • Achieve

Gloucestershire Enablement Service

The Enablement service is a county wide service. As a team we work with a broad range of adults in Gloucestershire to provide information, advice, guidance and training to individuals who need support to develop or strengthen, daily living, social, educational, leisure or other skills.

With our support individuals can also develop and maintain daily living skills at home and in the community to live as independently as possible.

We work closely with Social Workers, practitioners, managers and other professionals. Our work is within adult social care, acute and community hospitals, locality offices and specialist learning disabilities team as well as our Drop Ins.

Enablement can support to develop skills and advise on:

- How to maintain a safe, habitable home
- Fire safety advice and checks
- Good nutrition and healthy eating
- Cooking
- Laundry
- Cleaning
- Shopping, including online
- Accessing assisted technology
- Finances and budgeting
- Correspondence
- Independent living skills, which include cooking, cleaning and laundry
- Accessing community groups and activities to build confidence in the community
- Support for people with hoarding behaviours.

The team can also offer support away from the home:

- Making use of service and facilities in the community
- How to use a mobile phone, apps and GPS systems.

Travel training to:

- Access public transport independently
- Learn routes and develop skills to access leisure activities, Drop Ins, banks and GPs.

Gloucestershire Enablement Service

Our aim is to support vulnerable adults who may also have disabilities to be as independent as possible in their home and community. We are passionate about empowering and equipping people with the right skills to take control of their lives.



Household tasks



Problem solving skills



Social activities



Personal safety within the home



Road safety

The Enablement Service supports and advises with...



Travel training



Shopping



Simple cooking



Budgeting and finance



Promote healthy lifestyles