

## Covid-19 grants to support the community

Stroud Town Council has launched a special fund to support community groups responding to the Coronavirus pandemic.

A total of £10,000 is available for grants of typically up to £500, for community groups working in Stroud Town Parish.

So far, the Town Council has awarded two grants:

- Play Gloucestershire – £500 for 50 “bags of play” to be distributed to families most at need in Stroud town.
- Allsorts – £1,000 to help keep their essential services running for families in Stroud town.

The Town Council wants to recognise and help groups which are providing vital services and support. Our aim is to respond quickly and award the grants as soon as we can process them and ensure they meet the criteria.

We would welcome more applications. To apply, download the form on the Town Council website or email [council@stroudtown.gov.uk](mailto:council@stroudtown.gov.uk) for a form.

## Council meetings are now online

The Town Council will hold council and committee meetings on Zoom. The government has changed the laws relating to council meetings to enable them to happen remotely.

Members of the public will still be able to attend. We have put together some notes on how to join the meetings for anyone wanting to participate.

They can be found on our website at: [www.stroudtown.gov.uk/uploads/taking-part-in-an-stc-zoom-meeting-april-2020.pdf](http://www.stroudtown.gov.uk/uploads/taking-part-in-an-stc-zoom-meeting-april-2020.pdf)



# Building bonds that will last

Welcome to this Lockdown edition of the Stroud Town Newsletter.

Firstly, I would like to thank everyone who has stepped forward to volunteer to help the rest of the community. In fact it seems that there are more volunteers than people needing help!

Thanks also to the overwhelming majority of people who have stuck with the rules of lockdown, no matter what they think of it. Your self-discipline will have helped to reduce the impact of this horrible virus and saved lives.

I am writing this just as we are hearing that the Government guidelines may be about to change. When the current restrictions are relaxed it will probably happen in stages so it will be all the more important to follow the new

by Stroud Town Mayor, Kevin Cranston

guidelines and rely on accurate, reliable sources of information such as Stroud Town Council's website.

Stroud CV Community Response Facebook page, Gloucestershire County Council and the District Council are also very reliable verified sources of information. Details of websites and telephone numbers are printed in this newsletter.

I know that some people are finding lockdown very hard. Help is available and there is a list of who can give help and how to find them. If you know someone who is struggling to cope please encourage them to seek help.

This time last year we were gearing

up for our Annual Town Meeting and Awards Ceremony. Sadly this will not be happening any time soon. But it is important that all the wonderful acts of kindness and volunteering should not go unrecognised, so we are asking for nominations for Lockdown Heroes. Please nominate local people who have gone out of their way to support their neighbours and communities.

Unlike VE Day when the fighting in Europe stopped, there will be no clearly defined end to this crisis, rather a gradual return to some sort of normality. However, some things may never be quite the same again. We are already thinking about how best to support Stroud communities and town businesses through the recovery. The stronger bonds in neighbourhoods are definitely worth keeping.



Stroud Town Council offices are at Thanet House in London Road

Our offices are currently closed due to the pandemic.

Please contact us by phone on 01453 762817, from 9am-5pm Monday to Friday

email: [council@stroudtown.gov.uk](mailto:council@stroudtown.gov.uk) web: [www.stroudtown.gov.uk](http://www.stroudtown.gov.uk)

# How to stay safe and stay well

## Coping with the lockdown

Early intervention can help reduce the severity of mental ill health.

You may experience a heightened fear or become suspicious of others, feeling overly nervous. You may act out of character, you may change your behaviour. You may struggle to get up in the mornings, a lack of motivation or find it difficult to sleep.

Reading this list you may be able to tick all of the above, in these difficult times there is no "normal" but we do know what keeps us well, speaking to friends and family, finding something that you can focus on like starting an art project taking time to create something, make a pocket veg patch just a small space that you can plan, plant and pick.

A gentle walk in the fresh air, a chance to notice things that in our busy lives generally we do not see. If you are feeling low or feel your mental health is suffering talking to someone can really help, talk to a friend, family member, seek support from your doctor or see the Mental Health Signposting Sheet for support in your area.

From the Independence Trust



## Mental Health resources

### Danger to life

If there is a danger to life: Dial 999

### In distress

#### Adults

For people with a high level of emotional distress or in a crisis:

#### Local

**Gloucestershire Crisis Resolution & Home Treatment Team**  
0800 169 0398 Option 1  
24/7 for 11-year-olds and up.

#### National

##### The Samaritans

116 123 or  
jo@samaritans.org  
24/7 listening support via phone and email.

**Campaign Against Living Miserably (CALM)** helpline and web chat  
0800 58 58 58  
www.thecalzone.net

##### Stay Alive App

www.prevent-suicide.org.uk/  
find-help-now/stay-alive-app/

**Young Minds Crisis Messenger**  
text YM to 85258  
24/7 for young people in a crisis

### Anxiety

Local help for adults with anxiety, low mood or depression (NOT in immediate crisis):

#### Let's Talk

0800 073 2200 or  
www.letstalkglos.nhs.uk  
Support for mental health conditions.

#### Community Advice, Links, Mental Health Support (CALMHS)

0345 8638323 / 01452 317460  
Text: 07812 067087  
www.independencetrust.co.uk/  
CALMHS/about

#### Community Wellbeing Service Stroud and Berkeley Vale

0345 863 8323  
Wellbeing support and signposting.

#### Mental Health Matters

0300 323 0160  
www.mhm.org.uk 24/7

Helpline and web chat for emotional support and signposting.

### Children and young people

Help for children & young people with anxiety, low mood or depression (NOT in immediate crisis):

#### Local

**ChatHealth School Nurse text service**  
07507 333351 Monday to Friday  
9am to 4.30pm for 11- 19 year olds who may want to discuss a health issue.

#### Young Gloucestershire

01452 501008  
www.youngglos.org.uk/young-people/mental-health  
Counselling for 11 to 25 year olds via telephone and online chat.

#### TIC+ (Teens in Crisis)

01594 372777 or  
text 07520 634063  
www.ticplus.org.uk

Counselling for 9 to 21 year olds via phone, online text chat or video chat.

#### The Door Youth Project

01453 705350  
www.thedor.org.uk/request-a-call-form/  
Support during lockdown for young people 11 to 25 via phone and video chat.

#### National

##### Childline

0800 1111  
www.childline.org.uk  
9am to 12am

##### Mix

0808 808 4994  
www.themix.org.uk  
Mental health and other support for under 25s.

##### Young Minds

0808 802 5544 – parents' helpline  
www.youngminds.org.uk

### Other help and support

**Gloucestershire's Rethink Self Harm Helpline**  
0808 801 0606 or  
glossself-harm@rethink.org

**Online directory for issues facing young people**  
www.onyourmindglos.nhs.uk

**Information and advice for parents**  
www.ghc.nhs.uk/our-teams-and-services/school-nursing/useful-information-parents/

#### Wellbeing information

www.gloucestershire.gov.uk/look-after-your-wellbeing

#### Mental health advice

www.nhs.uk/oneyou/every-mind-matters/



## The 5 ways to wellbeing

Now more than ever it's important that we think about how we look after ourselves both physically and mentally. The 5 ways to wellbeing are useful things that we can do every day to help us feel good.



**Connect** – although we are keeping at a safe distance from other people, it's still good to connect with other people. Thanks to modern technology there are lots of ways to keep in touch with our friends and families, but if you need more specialist advice and support there are lots of other options available. Our volunteers can also be a listening ear if you just need someone to chat to.



**Learn** – if you have some spare time at the moment why not use this opportunity to learn something new, develop a skill or get back into an old hobby that



**Active** – if you are not following your normal routine it's easy to spend more time than normal sitting down. If you can, try to get a walk or a bike ride every day. If you can't get out there are lots of online exercise programmes available. DIY and gardening are good ways to get moving too, or just dancing round your living room to your favourite music is great fun too.



**Notice** – if you find you are spending too much time worrying about



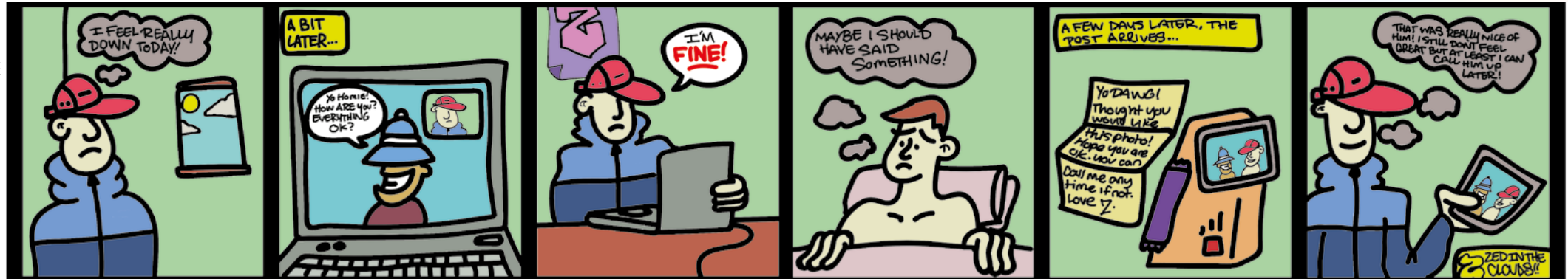
## The Door is there for you

If you are aged between 11 and 25 The Door Youth Project is here for you, providing much needed emotional and well being support during these challenging times.

Whether you're struggling with lockdown and need someone to talk to about how you feel or you're just plain bored you can find full details of support and fun activities at thedoor.org.uk or by following @TheDoorStroud on social media.

From Monday 18th May young people will be able to call a new evening phone line, to have an informal chat about your concerns, with a member of The Door team on 01453 705350. Check out their website thedoor.org.uk for more details.

There's support and guidance available for parents too, all at thedoor.org.uk including helpful hints and tips for family life in lockdown and details of how parents can get in touch with our parent support team. For general enquiries please call 01453 756745.



## Share your STC memories

While 30th anniversary celebrations for the Town Council have been put on hold for the time being, we still want to hear from people.

Are you a former town councillor? Were you involved in projects connected with the Town Council through the decades.

If so, please share your memories by contacting Sheral Gardner. Email: [sheral.gardner@stroudtown.gov.uk](mailto:sheral.gardner@stroudtown.gov.uk) or phone 01453 762817

## Parks are for all to enjoy

The Green Spaces teams have been ensuring the town's open spaces are kept tidy and in good condition. People are encouraged to get exercise and fresh air while enjoying these green spaces in our town.

Please ensure that you keep these amenities safe for everyone and observe the 2-metre social distancing guidelines. Sadly, children's play areas must remain closed until the Government lifts the restrictions.

# We're looking for Lockdown Heroes

At this time of year the Town Council would normally be hosting our Annual Town Meeting, where we present our awards to people and organisations who have excelled in supporting our community.

Our meeting has had to be postponed, but we would still like to celebrate the amazing work going on in our town.

So this year we are asking you to nominate people or groups for our Lockdown Heroes Awards.



### How to nominate

Please complete a short form at: <https://www.surveymonkey.co.uk/r/StroudHeroes> to tell us who you think should be celebrated for the work they have been doing to help us get through these difficult times. If you are not able to get online please give

us a call during working hours on 01453 762817.

All winners will be presented with a certificate and, with their permission, their names will be added to a roll of honour on our website and celebrated across our social media channels.

## Useful numbers

Some services may currently be suspended - check websites for latest information

### Stroud District Council

[www.stroud.gov.uk](http://www.stroud.gov.uk) T: 01453 766321  
Bins, rubbish and recycling • Bulky waste collection • Fly tipping • Street cleaning • Abandoned vehicles  
Council tax • Housing • Benefits  
Dog warden • Pest control • Planning and building control • Car parks  
Licensing

### Gloucestershire County Council

[www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk)  
T: 01452 425000  
Libraries and archives • Schools  
Births, marriages and deaths  
Health and social care

### Gloucestershire County Council

Highways  
[www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk)  
T: 08000 514514  
Public rights of way (PROW) • Roads and pavements • Overgrown vegetation  
Street lighting • Flooding



### Keep in touch!

Find out the latest news and videos from Stroud Town Council on our Facebook page @StroudTownCouncil  
On Twitter: @TownStroud  
[www.stroudtown.gov.uk](http://www.stroudtown.gov.uk)

## Central Ward



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**Alice Campbell**  
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## Farmhill & Paganhill Ward



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## Slade Ward



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## Trinity Ward



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## Uplands Ward



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## Valley Ward



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Seat vacant