

FREQUENTLY ASKED QUESTIONS

HOW DO I GET SUPPORT?

Simply download an application form from our website: thedoor.org.uk and send it over to our friendly team. If you would prefer one by post, drop us a line and the team will send a form out to you. If you have any questions call: **01453 756745** or pop by the office and say hello.



WHAT HAPPENS NEXT?

Once we have received your form a member of The Door's friendly support team will get in touch using the contact details you provided on your form. They will invite you to meet up for an informal chat so we can get to know you a bit better. Then you will work together to choose the style of support that best suits what you need.

HOW SOON WILL SUPPORT START

Our aim is to have our first meeting with you within a couple of weeks. But, when demand is higher it may take a little longer for your support to begin. We will keep you up to date with progress throughout.



HOW MUCH DOES IT COST?

Support from The Door is free.
(Donations invited for resources)



WHAT SERVICE USERS SAY

"I FEEL SO MUCH MORE LIKE MYSELF AND I
COULDN'T BE MORE GRATEFUL"

"TALKING TO MY MENTOR HAS REALLY HELPED ME"

"IT WAS SO LOVELY TO JUST HAVE A RELAXED
CONVERSATION"

"THE DOOR IS SAFE, THE TEAM ARE SO CARING,
LOVING AND SUPPORTIVE OF ALL OF US"

"THE DOOR GAVE MY DAUGHTER HER VOICE BACK"

"GETTING SUPPORT FROM THE DOOR HAS BEEN THE
BEST THING I HAVE DONE FOR MYSELF EVER"



Charity: 1131919



45 HIGH STREET, STROUD, GL5 1AN

@THEDOORSTROUD

SUPPORT SERVICES

HERE FOR YOU

Everyone needs help once in a while, a listening ear, some practical assistance or just somewhere to be you. The Door offers a wide range of services and activities for young people aged 11-25 and their families.

If you aren't sure or have any questions give our friendly office team a call on **01453 756745** drop us a message at **thedor.org.uk** or **@TheDoorStroud**



1:1 MENTORING

For all young people aged 11-25 years and their parents/carers.

Meet with a friendly mentor, once a week to talk about the ups and downs of life.

Mentors are volunteers, here to listen and help you because they want to, not because they are paid too.

Together with your mentor you can work through difficult times and situations as well as doing practical things and fun stuff too.

You can meet at a time and place that suits you both - go for a coffee, a walk or play a game.

To apply download an application form from **thedor.org.uk**

Or collect one from our charity shop at the top of Stroud High Street.



TELEPHONE SUPPORT

For all young people aged 11-25 years.

Talk to a friendly mentor once a week about how things are going.

Mentors will call you for around 15 minutes each week, offering a non-judgemental listening ear.

Your mentor will help you understand your feelings and give you ways to move forwards in a positive way.



To apply download an application form from **thedor.org.uk** or collect one from our charity shop at the top of Stroud High Street.

Parents can request a free call on our website



THE DOOR LINE - 01453 705350

For all young people aged 11-25 years.

If you need someone to talk to and offload about your day, or if you need someone to listen to you and help work things out. Give our friendly team a call on The Door Line.

Open Mon-Fri 5-7pm during term time only.



WEB CHAT

For all young people aged 11-25 years.

We know picking up the phone can be scary. So if typing is easier, use our web chat to say hello. Simply visit **thedor.org.uk** and look for the logo.

Open Mon-Fri 5-7pm during term time only.



PARENT CONNECTIONS

For all parents and carers of 11-25 year olds.

A safe space for parents and carers to get together, take some time for yourselves and connect with others.

So join us as we pop the kettle on, relax and have some fun (as well as dealing with the more difficult stuff that comes with looking after a family)

To join a group give us a call on **01453 756745** or message at **thedor.org.uk** or **@TheDoorStroud**



PARENTING PROGRAMME

For all parents and carers of 11-25 year olds.

The Door is certified to deliver Triple P; a 9 week course that offers both practical help and strategies for parenting teenagers. Courses take place on zoom with small groups and 1:1 support as needed.

To apply download an application form from **thedor.org.uk** or collect one from our charity shop at the top of Stroud High Street.



FAMILY FACE TIME

For all families with 11-25 year olds.

A safe space for whole families to work together to resolve issues at home or with relationships.

To apply download an application form from **thedor.org.uk** or collect one from our charity shop at the top of Stroud High Street.

01453 756745

INFO@THEDOOR.ORG.UK

THEDOOR.ORG.UK/VOLUNTEER