



A - Z

# Prospectus

13 January – 9 April

# 2020



# Introduction

## ***Welcome to your A-Z Activity Programme***

Happy New Year to you all and welcome to the first A-Z of 2020. Where does the time go? It is hard to believe that we are entering another decade.

The A-Z has many varied activities and hopefully you will find something that inspires you. A number of activities are facilitated by peers and this is a fantastic way to build support networks to share experiences and interests. So, if you would like to think about using your skills and talents to help to support others, or you have ideas for new and exciting activities, then please do speak to Simon Price or your support worker.

If you would like to make contact, here are some details:

Emma Royer    0345 863 8323 x3810  
Sue Tomlinson 0345 863 8323 x3850  
Simon Price    0345 863 8323 x3813

Enjoy the activities and please do share your ideas with us. We cannot do this without you. Together we are stronger and can make things happen.

***Cynthia Kerr***  
***Senior Operations Manager***



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## Registration

- Registering for your choice of course/s is easy. Simply complete the enclosed registration form making sure you fill in all the information required.
- When you have completed the form, please give it to your Support Worker at your centre or post it to:  
*Independence Trust, Conway House, 31 Worcester Street, Gloucester, GL1 3AJ*  
We will then be in touch to confirm your place on the course/s as quickly as we can.
- You must commit to the full course and if the course is paid for in advance, refunds will not be available.
- Please see individual items for costs for each session.
- Information is correct at time of publication.





# Taster Sessions

For Taster Sessions, please check noticeboard or speak to your Support Worker.

These may lead to further 12 week programmes.

## Recovery

### Cheltenham

<b>Cognitive Behavioural Therapy</b> <i>George Green</i> Learn about how cognitive behavioural therapy can benefit your mental health	Gas Green Community Centre 6 Baker Street GL51 9HQ	7 February	12:45pm- 1:30pm
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## Volunteering

### Forest of Dean

<b>Many Varied Volunteering Opportunities</b> Forest Voluntary Action Forum (FVAF) is a support and development agency for voluntary activity across the Forest of Dean.	Rheola House Bellevue Centre Cinderford GL14 2AB	Call 01594 822073	Contact: FVAF on 01594 822073 Or email at <a href="mailto:contact@fvaf.org">contact@fvaf.org</a>
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### Gloucester

<b>Furniture Upcycling</b> -Turn old furniture into new. -Learn or develop DIY skills. -Use paints and fabrics- whatever you have in mind to give your furniture new life. -All materials provided.	The Furniture Recycling Project Warehouse 5 West Quay, The Docks Gloucester GL1 2EH	Call 01452 583800	Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>
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## Education and Lifelong learning

### Cheltenham

<b>Creative Writing Workshops</b> <b>A Quick &amp; Slippery Animal</b> <i>Oliver Smith</i> Develop your plot & story making skills. <b>-£5 to book place, payable in advance (10 spaces available).</b> (Money paid to book places is non-refundable)	Gas Green Community Centre 6 Baker Street GL51 9HQ	1 April 8 April	11am-1pm
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<b>Needle Felting Sculpture for the Soul</b> <i>Shelley Winnett</i> Come along and try your hand at 3D felting <b>-£5 to book place, payable in advance (10 spaces available).</b> (Money paid to book places is non-refundable)	Gas Green Community Centre 6 Baker Street GL51 9HQ	10 February	1:30pm-3:30pm
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## Stroud

<b>Impro</b> <i>Hugo Poyser</i> Develop acting skills through improvisation – Have fun creating your own original stories/plots ('Whose Line Is It Anyway?' etc.) – All abilities welcome	Stroud Mental Health & Wellbeing Centre, The Cross Parliament Street Stroud, GL52HL	14 Feb	1pm-3pm
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# Accessing support networks

## Cheltenham

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	Gas Green Community Centre 6 Baker Street GL51 9HQ	See page 19 for details
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## Gloucester

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	Various venues	See page 26 for details
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## Forest of Dean

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	Various venues	See page 25/26 for details
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## Stroud

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	Stroud Mental Health & Wellbeing Centre, The Cross Parliament Street Stroud, GL52HL	See page 48 for details
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## Dursley

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	Tyndale Centre Dursley GL11 4JX	See page 48 for details
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## Cirencester

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	The Bothy Cirencester	See page 48 for details
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## Lechlade

<b>Open session</b> Drop in for a cuppa there is always someone to have a chat with.	St Birinus Court Lechlade GL7 3FA	See page 48 for details
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# Personal Health - Physical & Mental

## Gloucester

<b>Walking for Health</b> Gloucestershire Health Walks is your local walking for health scheme. -Our walks are <b>no charge, fun and friendly</b> – perfect to help you get active and meet new people. -If you would like to take part, come along a few minutes early to the start point of one of our walks so that one of our trained walk leaders can take your details. Then you're <b>no charge</b> to take part in as many walks as you like, as often as you would like.	<a href="http://www.walkingforhealth.org.uk">www.walkingforhealth.org.uk</a>	<a href="http://www.walkingforhealth.org.uk/walkfinder">www.walkingforhealth.org.uk/walkfinder</a>	<a href="http://www.walkingforhealth.org.uk/walkfinder">www.walkingforhealth.org.uk/walkfinder</a>
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# Topics

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**Family, Friends and other Supporters / Carers**

**Understanding Mental Health issues**

**Developing Knowledge and Practical Skills**

**Living Well and Enjoying Life**

**Getting Involved**

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# A-Z



## Central District

Cheltenham, Tewkesbury, Moreton-in-Marsh

### 1 to 1 Gardening

- Want to build a bit more confidence and learn a new skill? Practice your social skills? If the answer is yes, then come and spend some time with our resident on the spectrum gardener in Cheltenham. We can pot some plants, sow some seeds and talk about what's going on for you right now. One to one sessions are now available when pre-booked with James.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	12:30pm-14:30pm	James Walford 07813 015760 <a href="mailto:james.walford@connexus-group.co.uk">james.walford@connexus-group.co.uk</a>	1 at a time	Just materials if needed

### Art for All

- To learn new or develop existing drawing and painting skills.
- Visit exhibitions and exhibit work.
- Be part of a group where you can socialise and relax in a creative environment with like-minded people.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Thursday	10am-12pm & 12:30pm-2:30pm	Shelley Winnett	8	£30 for 5 sessions
		Friday	10am-12pm			

## Artlift

- By referral.
- Each referral is for 1 or 2 “terms” of 8 weeks in a small group with an artist.
- Please remember, you will need to have a referral form ***signed by your medical professional***.
- Send completed forms to: **Artlift Referrals, PO Box 3255, Gloucester, GL1 9FZ**

If you need a referral form please e-mail your postal address to [referrals@artlift.org](mailto:referrals@artlift.org) or telephone

**03000 200 102.** (If the phone is not answered immediately, please leave a message and someone will get back to you within 2 days).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Wilson Gallery Clarence St GL50 3JT	Monday (Painting & Drawing)	2pm-4pm	External Tutor	10 (waiting list)	No charge on referral by GP
	Cheltenham West End Partnership Community Resource Centre Grove St GL50 3LZ	Wednesday (Visual Art)	2pm-4pm	External Tutor	10	No charge on referral by GP
Tewkesbury	Wheatpieces Community Centre Columbine Road, Walton Cardiff Tewkesbury GL20 7SP	Thursday (Arts & Crafts)	10:30am-12:30pm	External Tutor	10	No charge on referral by GP

## Badminton Group

- Aims to build confidence, self-esteem and social skills.
- Provides an opportunity for clients to relax and take part in social activities that provide enjoyment.
- Improves fitness.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Gym Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	2pm-3pm	Group Led	6 If a group are interested please contact Wilma on 07879 230834 before attending	No charge

## BANNED - Music Appreciation Group

- Social inclusion.
- Listen to your favourite songs & tracks and discuss what you like about them.
- Karaoke sessions on demand – once a month.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	2:30pm–4pm	Peer Led Jamie Eden 07727 238063	10	No charge

## Community Autism Support & Advice Information Drop In

- An opportunity for you to ask about our Community Autism Support & Advice Service

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street GL51 9HQ	Wednesday	3:30pm–4:30pm	James Walford 07813 015760 <a href="mailto:James.walford@connexus-group.co.uk">James.walford@connexus-group.co.uk</a>	Unlimited	No charge

## Community Café

- Join with others for good company, conversation and warm grub.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support around a meal.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	10am–3pm (School Holidays: 12pm–4pm)	Sue and Cliff	15	£4 for two course meal.  50p a drink.

## Community Drop-In

- Promotes independence.
- Improves self-confidence.
- Improves social networks.
- Peer support.
- Raises self-awareness.
- Supports personal recovery.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Frog & Fiddle 313 - 315 High Street GL50 3HW	Thursday	2:45pm onward	Peer Led	10	Cost of refreshments

## Computer Basics Part 1

- Adults 19 years+ with little or no understanding of computing.
- Those wanting to gain a practical understanding of computer use.
- Those looking to boost confidence and practical skills.
- Learn the basics of Windows.
- Practical applications.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tewkesbury	Tewkesbury Library Sun St Tewkesbury GL20 5NX	26 February 4 March 11 March 18 March 25 March 1 April	1pm-3pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	10	**

\*\* No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working.

## Computer Confidence for Work Part 1

- Brush up your computer skills to be confident in the workplace.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU	14 January 21 January 28 January 4 February 11 February	10am- 12pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	10	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## Computer Confidence for Work Part 2

- Based on the assumption you have completed Part 1.
- Develop your IT skills to a more advanced level, ready for the workplace.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU	3 March 10 March 17 March 24 March 31 March	10am- 12pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	10	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## Cotswold Aspies Group

- Friendly and Informative.
- Board Games (only if you want to).
- For Adults on the Autistic Spectrum.
- Parents and Carers welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Brown Jug 242 Bath Road GL53 7NB	3rd Tuesday of each month	7pm	For information please contact <a href="mailto:david.grocott@aol.com">david.grocott@aol.com</a>	Unlimited	Cost of your own drinks

## Craft Group

- This group covers a varied range of craft activities, including papercraft, gift tags, card making, sewing and much more.
- New craft ideas welcome.
- This promotes the ability to learn new crafts, gain confidence and trust and to have a good time.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	10am-12pm	<b>Peer Led</b> Claire Bradshaw (Mobile: 07507760407) Lara Elliot	10	Currently no charge. <b>Cost to be decided in the New Year</b>

## Creative Expression

- To engage clients in prose and poetry in order to enable them to develop their writing skills.
- To raise self-esteem and confidence.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Smokey Joe's 15-17 Bennington Street GL50 4ED	Wednesday	11am-1pm	<b>Peer Led</b> Guy Mortenson	7	Clients are asked to buy one drink in the café

## Focus on Art

- To learn new skills and build on existing skills.
- To explore different styles of art and artists' work.
- To gain self-esteem and improve confidence alongside developing new skills.
- To gain confidence and self-esteem through self-expression.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday	1pm-3pm	<b>Peer Led</b> Carolyn Ward Jamie Eden 07727238063	2 places currently available	£2

## Forwards Employment Outreach Service

- Do you need advice or support with employment related activities?
- Creating or updating your CV?
- Job searching, completing application forms?
- Interview and general employment advice?

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hester's Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU	Every Thursday morning	10am- 12pm	Forwards Employment Contact: Kingsley (01242) 244950	Unlimited	No charge

## Gaming Group: ITG (Independence Trust Gaming)

- To be available for gamers in Gloucester and Cheltenham.
- To play games and chat regularly via Discord App.
- Build on a social network.
- To discuss the Gaming industry and various games available.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday <b>online</b> via Discord App. <i>The group will also meet quarterly on Wednesdays at Gas Green by arrangement.</i>	10am- 12pm	<b>Peer Led</b> Luke Price Allan Davies	10	No charge

## Gardening

- The main focus of the group is about Keeping Fit and Peer Support.
- Activities can be taken at your own pace, but the main concept is to keep heart and muscles active.
- You do not need to have any experience as regards gardening skills or equipment, however, you will need to wear old, loose, protective clothes for outdoor work.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Moreton-in-Marsh	Community Allotment White House Resources Centre Stow Road Moreton-in-Marsh GL56 0DW	Wednesday	10am- 12:30pm	Mike Brooks	8	No charge

## Gardening Group

- Want to build a bit more confidence and learn a new skill? Practice your social skills?
- If the answer is yes, then try out the gardening group. We are a small quiet group that manages a garden on an NHS property. We grow vegetables, flowers, even chillies! There is absolutely no pressure on anyone in the group - you can do as much or as little as you like. Everyone is welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Brownhill Unit St. Pauls Medical Centre Cheltenham GL51 9EZ	Wednesday	10am-12pm	Cathy Day and James Walford 07813 015760 <a href="mailto:james.walford@connexus-group.co.uk">james.walford@connexus-group.co.uk</a>	5	Just materials as needed

## Hearing Voices Support Group

- A support group that enables participants to talk about their experience of hearing voices.
- Sharing coping strategies for managing voices.
- Includes guest speakers.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	10am-11am	Peer Led Ben Watkinson and Alastair Mackay	8	No charge

## Impro

- To engage clients in developing acting skills through improvisation.
- To develop original material for multi-media performances.
- To raise self-esteem and confidence as a self-empowering activity.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Thursday	12:30pm-3:30pm	Hugo Poyser	6	£2 per session

## Jobcentre Plus Drop in

- Find out about what the Independence Trust has to offer with a referral from your work coach.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Jobcentre Plus 7 North St GL50 4DJ	Every 3 weeks starting 29 January	2pm-4pm	Independence Trust staff	4 appointment slots per session (as arranged with Job Centre)	No charge	

## Let's Get Digital Course

- Improve your digital skills.
- Be savvy about using computers and other digital technology.
- Please be aware this course starts early in the New Year.**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Hester's Way Library Goldsmith Rd GL51 7RT	15 January 22 January 29 January 5 February 12 February 4 March 11 March 18 March 25 March	1pm-3pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	8	**	

Tewkesbury	Tewkesbury Library Sun St Tewkesbury GL20 5NX	8 January 15 January 22 January 29 January	1pm-3pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	8	**	
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\*\* No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working.

## Literacy & Numeracy

- The aim of the course is to build life skills; to increase confidence and social inclusion; to access education and training; to increase mental wellbeing and to enjoy peer support.
- These skills can also help lead to increased employment opportunities.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Moreton-in-Marsh	The Area Centre GL56 0DR	Tuesday	10:30am-12pm	Sally Riches	6	£2	

## Mosaics

- Discover the craft of mosaics.
- Gain confidence through learning and developing new skills.
- Create and design own and group mosaics.
- Build on existing skills, gaining self-esteem through self-expression.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1:30pm-3:30pm	Vicky	10	£35 for five sessions or £10 per session; £5 for a taster session (cards accepted)	

## Music Production Software Lessons

- Group lessons to learn how to use music midi sequencing software, Logic Pro.
- Using Logic Pro to create original music.
- Beat making, creating chord progressions etc.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Studio 340 340 Lower High Street GL50 3JF	Monday (Fortnightly by arrangement)  (Please contact Hugo Poyser 07527602786)	12:00pm-1:30pm	External Tutor Shivan	6	£10 per 1 hour session (Cost divided between attendees – if one person attends, cost £5 for ½ hour session)	

## New Friends Network

- Community social group.
- Building self-confidence.
- Opportunities to link with local community.
- Activities e.g. crafts, quizzes, trips, bingo.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Tewkesbury	Priors Park Community Church Queens Road Priors Park Tewkesbury GL20 5EY	1 <sup>st</sup> Tuesday of the month	12:30pm-2:30pm	Sam Dainty Contact: 07900719108	10	No charge. Refreshments provided	
Cheltenham	St. Michael's Church Hall School Road Bishops Cleeve GL52 8BA	Every 3rd Wednesday of the month (not in school holidays)	11am-12:45pm	Sam Dainty Contact: 07900719108	10	No charge Refreshments provided	

## Open Sessions (Drop-In)

- The open sessions work towards increasing confidence and social participation.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support.
- Community Café on Fridays. Join with others for some warm grub and good company. £4 for a hot meal and a desert.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday	10:30am–3pm (School Holidays: 12pm-4pm)	None	15	50p per cup of tea & coffee
		Friday	10:30am–3pm			

## Philosophy and Mental Health

- Discuss the role of philosophy as therapy.
- Debate on the physical and spiritual.
- Explore delusions and illusions.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Sober Parrot 7 St James Square GL50 3PR	Thursday	2:30pm - 4pm	Peer Led Ed Boait	8	Price of a beverage

## Pool Group

- Develop your pool playing skills.
- Socialise with others.
- Pool Contests.
- Monthly trip to Snooker/Pool Club in Gloucester by arrangement.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hollywood Bowl The Brewery Henrietta St GL50 4FA (During school holidays: Frog & Fiddle 313- 315 High Street GL50 3HW)	Wednesday (Last Wednesday of month – Trip to snooker/ pool club in Gloucester)	1:30pm–3:30pm	Peer Led Jamie Eden, Dave Peachey	8	£1 per game

## Pottery

- Design and create your own pottery pieces.
- Develop and explore different hand building clay techniques.
- Gain knowledge of the history of pottery.
- Encourage creativity.
- Build confidence and social skills.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	10am-12pm	Vicky Hendzel	10	£35 for 5 sessions or £10 per session; £5 for a taster session (cards accepted)	
		Friday	1:30pm-3:30pm		20 (pm session)		

## Printmaking

- An introduction to printmaking including calligraphy, drypoint, lino and monoprint.
- Learn new or develop existing printmaking skills.
- Be part of a group where you can socialise and relax in a creative environment with like-minded people.
- Visit exhibitions and exhibit work.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	12:30pm – 2:30pm	Shelley Winnett	8	£35 for five sessions (includes £5 for materials)	

## Relaxation & Meditation

- Establish relaxing techniques to reduce anxiety and stress.
- To create a safe and tranquil environment.
- Encourage participants to use the power of imagination as a coping strategy.
- To develop skills in order to practice relaxation at home.
- Explore a range of techniques, including: mindful meditation, positive affirmations, use of colour & music to promote wellbeing, creating and working with mandalas.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Thursday (Starts 16 January)	10am-12pm	Ad Ed: Amanda Zayan (Contact Hugo for more details 07527602786)	10	No charge

## Retro Gaming Group (Autism Supportive)

- Do you love retro video games? Do you want to socialise with others who like to meet and play retro arcade games and pinball? If the answer is yes, then join our autism friendly group each month. You don't have to be on the autism spectrum, just happy to include those who are. Everyone is welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Smokey Joe's 15-17 Bennington Street GL50 4ED	1 <sup>st</sup> Wednesday of every month	2pm-4pm	<b>Peer Led</b> James Walford 07813 015760 James.walford@connexus-group.co.uk	5	Café prices for food & drinks and bring change to play the arcade machines

## Screenwriting

- To engage clients in developing scripts and writing skills – includes joint scripts and individual ones
- To encourage creativity and meet new people.
- To raise self-esteem and confidence.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Smokey Joe's 15-17 Bennington Street GL50 4ED	Tuesday	2pm-4pm	Peer Led - Guy Mortenson	8	Cost of a beverage

## Women's Group

- Group aimed at developing & maintaining social skills, building life skills, confidence and self-esteem.
- Participants choose what to discuss and topics range from general to specific.
- This is a place to feel listened to as well as being supported by others.
- Commitment to attend is vital in order to obtain maximum benefit.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Starbucks The Promenade Unit 1 GL50 1LN	Wednesday	12:45pm- 1:45pm	Peer Led	12	Cost of drinks at venue



# A-Z



## West District

Gloucester, Forest of Dean

### Archery (Men's)

- Practice the traditional 'thumb ring pull' archery techniques as used for centuries by eastern cultures.
- The tutor is able to instruct students on different techniques that can be practised safely on the ground for those who decide to pursue the highly skilled art of shooting whilst on horseback.
- Equipment provided.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chequers Bridge Painswick Road GL4 6PR	Thursday	7pm-9pm	External Tutor  Chequers Bridge: 01452 415900	10	No charge

### Archery (Women's)

- A Women only Archery Group, from complete beginners to improvers.
- Upper body strength.
- Balance, Co-ordination and Mental Focus.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chequers Bridge Painswick Road GL4 6PR	Wednesday	10:15am- 1:45pm	External Tutor  Chequers Bridge: 01452 415900	10	No charge

## Art Group

- Supportive art group in a café environment.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Clean Plate 59 Southgate Street Gloucester GL11TX	Saturday	2pm-4pm	<b>Peer Led</b> (Supported by The Nelson Trust. If interested speak to Dan at The Clean Plate - daniel.doran@nel sontrust.com)	5	Café prices for drinks

## Artlift

- By referral.
- Each referral is for 1 or 2 "terms" of 8 weeks in a small group with an artist.
- Please remember, you will need to have a referral form *signed by your medical professional*. Send completed forms to: **Artlift Referrals, PO Box 3255, Gloucester, GL1 9FZ**

If you need a referral form please e-mail your postal address to [referrals@artlift.org](mailto:referrals@artlift.org) or telephone

**03000 200 102.** (If the phone is not answered immediately, please leave a message and someone will get back to you within 2 days).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Artspace The New Mercury 3 Woodside St Cinderford GL14 2NL	Monday (Printmaking)	10am- 12pm	External Tutor	10	No charge on referral by GP

Gloucester	Gloucester Community Church Hall St Luke's Stroud Road GL1 5JR	Monday (Drawing & Illustration)	10am- 12pm	External Tutor	10	No charge on referral by GP
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Gloucester	Brockworth Free Church URC 103 Moorfield Road Brockworth GL3 4JQ	Thursday (Painting & Drawing)	1:30pm- 3:30pm	External Tutor	10	No charge on referral by GP
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Gloucester	Abbeydale Community Centre Glevum Way Abbeydale GL4 4BL	Monday (Arts & Crafts)	11:30am- 1:30pm	External Tutor	10	No charge on referral by GP
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## Artists in Recovery (AIR)

- Bring any art supplies that you would like to use and enjoy a time of being creative while having a chat over tea / coffee.
- Some art materials will be available.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Gloucester	St Mary Decrypt Church Southgate Street GL1 1TP	Thursday	10am-12:30pm	Jo Smith 07950 665095	6	No charge	

## Cinema

- Don't like or can't go to the Cinema on your own?
- Why not join one of our Team / Peer Leads and go together?
- Enjoy the widescreen, good company and a bag of popcorn.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Forest of Dean	The Palace Bellevue Road Cinderford GL14 2AA	Monday Wednesday Thursday Friday	Usually 2:30pm performance	Robert Hatch 07870 808710	Unlimited	£3.50	

## Coffee/Tea, Info & Advice Drop-In

- Opportunity to find out how **Independence Trust** can support you to access services and activities in your local community.
- The open sessions work towards increasing confidence and social participation.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Forest of Dean	61 Newerne Street Kaplan's Restaurant Lydney GL15 5RA	Monday	1:45pm-3:15pm	Robert Hatch 07870 808710	Contact: Robert	Cost of your own refreshments	
Forest of Dean	16 Café Coleford GL16 8BA	Tuesdays	1pm-3pm	Simon Price 07718 051368 <a href="mailto:simon.price@connexus-group.co.uk">simon.price@connexus-group.co.uk</a>	Contact: Simon	Cost of your own refreshments	

<b>Forest of Dean</b>	Café 31 Market Street GL14 2RT	Wednesdays	1pm-2pm	Robert Hatch 07870 808710	Contact: Rob	Cost of your own refreshments	
<b>Gloucester</b>	The Cavern 56 Westgate St Gloucester GL1 2NE	Monday  Fridays	1pm-4pm  2pm-4pm	Staff, Peer Support and Volunteers	Unlimited	Donations requested to help cover the cost of the use of the space. Beverages available. (Café prices)	

## Community Outdoor Project

- Working on the farm.
- Social Inclusion.
- Helping with tasks e.g. painting, repairing animal enclosures, tidying up and working with animals.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Gloucester</b>	St. James City Farm 23 Albany Street GL1 4NG	Second Thursday of the month	10am-4pm	Contact: James Aldridge: 07900 719093	10	No charge. Lunch provided	

## Computer Basics Part 1

- Achieve a basic grounding in the use of the computer keyboard, mouse, Windows and file management.
- Beginners Level.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Gloucester</b>	Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA	7 January 14 January 21 January 28 January 4 February 11 February	10am-12pm	Adult Ed 01452 583800 <b>Be aware this course starts early in the New Year</b>	10	<b>**</b>	

**\*\***No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working.

## Computer Basics Part 2

- Assumes you have completed the **Part 1 course** or have a basic grounding in the use of the computer keyboard, mouse, Windows and file management.
- Using E-mail.
- Working with programmes and file management.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA	25 February 3 March 10 March 17 March 24 March 31 March	10am-12pm	Adult Ed 01452 583800	10	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working.

## Computer Confidence for Work Part 1

- Brush up your computer skills to be confident in the workplace

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA	17 January 24 January 31 January 7 February 14 February	10am-12pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	10	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## Computer Confidence for Work Part 2

- Develop your IT skills to a more advanced level, ready for the workplace.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA	6 March 13 March 20 March 27 March 3 April	10am-12pm	Adult Education Contact: 08005421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a>	10	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## Crafty Creations Art Group

- Learn new crafts.
- Build on existing skills.
- Social Inclusion.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	10-12 Northgate Hall St. John's Lane GL3 2DB	Third Tuesday of every month	10am-12pm	Green Square Community Team 01452 726951	10	No charge

## Five-A-Side Indoor Football

- All abilities welcome.
- Strong emphasis on having fun.
- Non-competitive football.
- Social Inclusion.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Gloucester Leisure Centre Bruton Way GL1 1DT	Tuesday	12pm-1pm	James Aldridge 07900 719093	<b>Fully booked at present</b>	No charge

## Flow Yoga (Roots Café)

- Suitable for all levels.
- Gain energy, strength and balance and improve posture and flexibility.
- Relaxation and stress relief - connect mind and body.

Locality	Venue	Day	Time	Facilitator	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Monday	7:30pm-8:30pm	Contact: Lisa 07843057629 <a href="mailto:lisaflexgale@yahoo.co.uk">lisaflexgale@yahoo.co.uk</a>	£6 per session / £25 for 5 sessions
	Hucclecote Community Centre Hucclecote Road GL3 3RT	Tuesday	6:15pm-7:00pm		
	Longlevens Village Hall Church Road GL2 0AJ	Wednesday	9:30am-10:30am		
	Gloucester Guildhall 23 Eastgate Street GL1 1NS	Thursday	7:30pm-8:30pm		

## Forwards Employment Outreach Service

- Do you need advice or support with employment related activities?
- Creating or updating your CV?
- Job searching, completing application forms?
- Interview and general employment advice?

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Gloucester	The Friendship Café Chequers Bridge Centre Painswick Road GL4 6PR	Every Wednesday morning	10am- 12:30pm	Forwards Employment Ben Waters 07760164735	Unlimited	No charge	
Forest of Dean	Sixteen Community Café 16 Bank Street Coleford GL16 8BA	Every Thursday morning ( <i>apart from last Thursday of each month</i> )	10am-12pm	Forwards Employment Neil Hampton 07586548610	Unlimited	No charge	

## FRED (Forest Read Easy Deal) [www.forestreadeasydeal.org.uk](http://www.forestreadeasydeal.org.uk)

- **FRED** provides **NO CHARGE**, confidential, one-to-one reading coaching to adults. Trained reading coaches are matched with learners and because the training is one-to-one, learners can progress easily at their own pace. **FRED** is flexible too, using various resources to suit the learner's needs. Typically, learners and coaches meet for 2 thirty minute sessions each week at a place that suits them both.
- This is what some of our learners said about **FRED**:
  - "I had tried learning to read before but having one-to-one help really made a difference." **FRED** learner aged 56.
  - "I was very nervous when I went to my first session but I soon felt comfortable and liked the venue where we met. I was able to borrow books from the library and could take worksheets home to do which gave me practice in between sessions." **FRED** learner aged 21.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Forest of Dean	<a href="mailto:info@forestreadeasydeal.org.uk">info@forestreadeasy deal.org.uk</a> or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge	

## HHPDA Group Equine Assisted Psychotherapy

- This Psychological Therapy is ground based, in other words **NO riding is involved**.
- A lot can happen in a session, so it is very important to manage the emotional and physical wellbeing of clients and horses during sessions.
- We have 2 facilitators during sessions, an experienced **Equine Specialist** and a **Mental Health Professional**.
- We are the **ONLY** Equine Therapy organisation who specialises in Anxiety and Depression

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Poplars Farm Lime Street GL19 4NX	Friday's (weather permitting)	9:30am-11am	Zeb Nawaz 07923934457	6	£30 refundable deposit

## Karaoke Night

- Come along and show off your vocal talent.
- Research shows that singing is very beneficial for mental health.
- All abilities welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street Gloucester GL1 2NE	Sunday	7pm-9pm	Cavern Staff	Unlimited	No charge

## Kingsholm Mindfulness Group (Roots Café)

- Mindfulness is paying attention to all our experience moment by moment.
- With practice you can improve your relationships with yourself and with those around you.
- A friendly, inclusive group where you will be made very welcome.
- Some meditation cushions available. If you have your own cushion and / or mat, please bring them along.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Every second Tuesday	6pm-7pm	For more information contact Marianna on 077759829095 Or email: <a href="mailto:kmglooucester@yahoo.co.uk">kmglooucester@yahoo.co.uk</a>		£3 donation towards room hire or what you can afford.

## Knit & Natter (Roots Café)

- Join the Knit and Natter table with the team from Roots Café.
- Knit, natter, learn to knit or bring your crafts.
- Spare wool and needles available.
- Knit for a good cause or for yourself.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Monday	10am-12pm	Roots Café 01452 524674 <a href="https://www.glos.info/whats-on-community-and-charity-in-gloucester/roots-knit-and-natter-192913/">https://www.glos.info/whats-on-community-and-charity-in-gloucester/roots-knit-and-natter-192913/</a>		

## Knit & Natter

- All ages and abilities welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Salvation Army 43 North Road Broadwell GL16 7BX	Monday	10am-2pm	External Emma Cornish (07804506395)	Unlimited	Cost of own refreshments

## Let's Get Digital Course

- Improve your digital skills.
- Be savvy about using computers and other digital technology.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA	22 January 29 January 5 February 12 February 11 March 18 March 25 March 1 April	1:30pm-3:30pm	Adult Education Contact: 08005 421655 01452 583800 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a> (Please be aware this course starts early in the New Year)	8	**

\*\*No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## Make & Take Craft Activity

- Take part in various craft activities
- All abilities welcome
- Social inclusion

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Treasure Seekers Hub 52 Westgate Street Gloucester GL1 2NE	Monday to Saturday	10am-4pm	Treasure Seekers Staff To book a place go to: <a href="https://www.kftseekers.org.uk/make-and-take-bookings">https://www.kftseekers.org.uk/make-and-take-bookings</a>	10	£5 per item – includes a free drink

## Mitcheldean Aspergers Support Group

- Friendly and Informative.
- Monthly.
- For Adults on the Autistic Spectrum.
- Parents and Carers Welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Mitcheldean Library High Street Mitcheldean GL17 0HN	2nd Tuesday of each Month	1:30pm	For information please contact Irene on 01594 543978 <a href="mailto:sonofcoker@hotmail.com">sonofcoker@hotmail.com</a>	Unlimited	No charge

## Monthly Meet Up Eat Up Cooking Groups

- Cook healthy affordable meals.
- Socialise and eat your culinary creations together.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Friends Meeting House Greyfriars Southgate St GL1 1UA	First Wednesday of every month	11am-1pm	Contact: Lucy Bennett 07900719124	8	No charge
Forest of Dean	Forest Community Church Parragate Road Cinderford GL14 2LY	Second Wednesday of every month	12pm-2pm	Contact: Lucy Bennett 07900719124	8	No charge

## Music Room

- A group for recovering addicts and/or adults with mental health issues to encourage people back to music.
- All abilities welcome.
- Playing music together in a group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street GL1 2NE	Wednesday	12pm-2pm	The Cavern staff	Unlimited	No charge

## New Friends Network

- Community social group.
- Building self-confidence.
- Opportunities to link with local community.
- Activities e.g. crafts, quizzes, trips, bingo.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Northgate Hall St. John's Lane GL3 2DB	Last Thursday of the month	12:30pm-2:30pm	Sam Dainty Contact: 07900719108	10	No charge. Refreshments provided

Forest of Dean	British Legion Hill Street Lydney GL15 5HW	Every 1 <sup>st</sup> Tuesday of the month (not in school holidays)	12:30pm-2:30pm	Sam Dainty Contact: 07900719108	10	No charge. Refreshments provided
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## Open Mic Night

- Come along and show off your musical skills.
- Opportunity to perform your latest musical renditions.
- All abilities welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street GL1 2NE	Wednesday	7pm-9pm	Cavern Staff	Unlimited	No charge

## Peer Led Mental Health Support Group and Information Drop In

- Peer Led Mental Health Support Group.
- Small groups which provide an opportunity for those who have or have had a mental illness to meet in a secure environment to find information, have fun and enjoy one another's company.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Rollercoaster Sixteen Café 16 Bank St Coleford GL16 8BA	Tuesday	1pm-3pm	<b>Peer Led</b> Andy Jenkins 07817006664 <a href="mailto:andycjenks@gmail.com">andycjenks@gmail.com</a>	Unlimited	Donation for drinks
Forest of Dean	Rollercoaster Café 31 Market Street Cinderford GL14 2RT	Thursday	10am-12pm	<b>Peer Led</b> Andy Jenkins 07817006664 <a href="mailto:andycjenks@gmail.com">andycjenks@gmail.com</a>	Unlimited	Café prices for drinks

## Performers Night

- Come along and enjoy free musical and theatrical performances

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street GL1 2NE	Saturday	7pm-8:30pm	Cavern Staff	Unlimited	No charge

## Roots English Practice (Roots Café)

- Join the English Practice team every Thursday for support to improve English.
- Reading, writing and speaking.
- All levels welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Thursday	1pm-3pm	Roots Café 01452 524674 <a href="https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/service.page?id=jk1zIS4SrH0">https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/service.page?id=jk1zIS4SrH0</a>		No charge

## Self-Management: Live Better to Feel Better

- This course is about finding ways and learning techniques which enable you to control your long-term health condition, rather than having it control you.
- Trained facilitators have long-term health conditions themselves & understand the challenges & feelings.
- They will lead discussions about techniques that may help and support you to put a plan together to use these in your day to day life.
- Friendly and informal 5 week programme; 3 hours each week.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Gloucester	Skillzone Tuffley Lane GL4 0AS	Please contact by phone or email for times and booking		Phone: NHS 03004211623 Email: <a href="mailto:gloucestershire.selfmanagement@nhs.net">gloucestershire.selfmanagement@nhs.net</a> Info: <a href="http://www.glos-care.nhs.uk/lbfb">www.glos-care.nhs.uk/lbfb</a>		No charge	
Forest of Dean	Lydney Stonebury Day Hospital 22 Grove Rd GL15 5JE						

## Support at the Cavern

- Support and listening advice for adults with mental health issues.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Gloucester	The Cavern 56 Westgate Street GL1 2NE	Everyday	6pm-11pm	The Cavern staff	Unlimited	No charge	

## Survivors Friendship Group

- "A chance for female survivors of rape, sexual assault and abuse to meet informally".

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Forest of Dean	A quiet location in Coleford	One Thursday a Month	10:30am-12pm	01452 305421 <a href="mailto:info@glosra-sac.org.uk">info@glosra-sac.org.uk</a>	Unlimited	No charge	

## Tastelife

- Tastelife is a supportive and educational charity that aims to inform about eating disorders.
- It provides tools for recovery for those who suffer and those who care.
- Some session titles are:
  - Living to eat or eating to live
  - Self-image and addiction
  - Mind Matters
  - Bad days and good friends
  - The "F" word – Food – Friend or Foe?
- 8 session weekly group course.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Forest Community Church Parragate Road Cinderford GL14 2LY	Monday Starting 3 February	6:45pm-9pm	Niki or Susie 07947 785117 or email <a href="mailto:fod@tastelifeuk.org">fod@tastelifeuk.org</a>	12	The tastelife course is <b>free</b> , though we do ask for a £5 donation per person per session to cover costs.

## The Cavern Autism Social Club

- Being on the autism spectrum can make socialising in the conventional way extremely difficult, if not impossible. This social group meets in the afternoon in a quiet room so it's a calmer experience. You can meet new people, share your interests and play games etc. It's a great way to step out of your comfort zone and try something different but with no expectations.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street Gloucester GL1 2NE	Third Thursday of every month	2pm-4pm	James Walford 07813 015760 <a href="mailto:james.walford@connexus-group.co.uk">james.walford@connexus-group.co.uk</a>	Unlimited	Just food and drinks for yourself.

## The Forest Fibro & Chronic Pain Warrior Group

- This is a monthly peer support group for people suffering with chronic pain and/or who have received a diagnosis of Fibromyalgia.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Forest of Dean Salvation Army 43 North Road Broadwell GL16 7BX	Last Wednesday of every month	11am-1pm	Emma Cornish 07804506395 <a href="mailto:ffcpw1@gmail.com">ffcpw1@gmail.com</a>	8	Your own refreshments

## This Way Forward

- A new peer support group for the Forest. For the residents of Lydney and its surrounding areas.
- Providing a friendly and safe environment for people to meet, make new friends and get as much support as they need from a team of qualified and experienced volunteers.
- We are a support for anyone who is struggling. We have many ways of getting people back on track whilst supporting them and helping them to access the right professional support for their situation.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Kaplans Café (upstairs) 61 Newerne Street Lydney GL15 5RA	Fridays  Launch date and launch event is on 7 February	11am–2pm	Peer led Niki, Mark, Emma, Mike	10	Café coffee refreshment prices. Attendees are asked to purchase one drink.

## Walking Group

- Giving opportunity to exercise and increase levels of health and fitness while socialising and enjoying the environment in your local area.
- Beginner or an advanced walker - the group will be adapted to suit.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Main Place Old Station Way Coleford GL16 8RH	Mondays	10am–12:30pm	Scott Clements & Robert Hatch 07870 808710	10	No charge
	Coleford Library Main Place GL16 8RH	Every 3 <sup>rd</sup> Thursday of the Month	1pm–3pm Rambling Rog & The Amblers Rambling	James Aldridge 01452 726951 07900 719093	10	No charge
Gloucester	Meet outside Shire Hall Westgate Street	First Monday of the Month	10am–11:30pm	James Aldridge 01452 726951 07900 719093	10	No charge

## Walking for Health [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

- Gloucestershire Health Walks is your local walking for health scheme.
- Our walks are No charge, fun and friendly – perfect to help you get active and meet new people.
- If you would like to take part, come along a few minutes early to the start point of one of our walks so that one of our trained walk leaders can take your details. Then you're No charge to take part in as many walks as you like, as often as you would like.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Main Place Old Station Way Coleford GL16 8RH	Wednesdays	10:30am	Diane 01594 810321	10	No charge
	Chill Out Zone Community Café Broad St Newent GL18 1AJ	Thursdays	10am	Margaret Highton 01531 820245	10	No charge
Gloucester	Hartpury Village Hall Over Old Road GL19 3BJ	Wednesdays	10am	Susan 01452 700707	10	No charge

## Women's Coffee Morning

- Group aimed at developing and maintaining social skills, to build life skills, confidence and self-esteem.
- Topics discussed range from general to specific topics.
- Commitment to attend is vital in order to obtain maximum benefit.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chequers Bridge Friendship Café Painswick Road GL4 6PR	Wednesdays	9:45am – 12pm	External Tutor  Chequers Bridge: 01452 415900	10	£3

## Wood Craft Group

- Opportunity to work as a team or on your own with guidance from the Group Leader.
- Get involved with projects.
- Create various items out of wood.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Fairshares Chequers Bridge Painswick Road GL4 6PR	Mondays Tuesdays Fridays	12pm-3pm	External Tutor  Chequers Bridge: 01452 415900	10	No charge

## Yu-Gi-Oh Tournaments

- Take part in Yu-Gi-Oh Trading card game tournaments.
- It is based on the fictional game of **Duel Monsters** created by manga artist Kazuki Takahashi.
- For more info go to: [https://en.wikipedia.org/wiki/Yu-Gi-Oh!\\_Trading\\_Card\\_Game](https://en.wikipedia.org/wiki/Yu-Gi-Oh!_Trading_Card_Game)

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate Street GL1 2NE	Saturday	2pm-7pm	Cavern Staff	Unlimited	No charge



# A-Z



## South District

Stroud, Cirencester, Dursley, Tetbury, Lechlade

### Art for Health

- All abilities welcome, whether you have experience within the arts or just fancy trying something new.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	1pm-3pm	<b>Peer led</b> Angela Hoskins	12	£3
<b>Cirencester</b>	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesday	1:30pm-3:30pm	<b>Peer led</b> Helen Humphries	12	£2
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday 30 January for 8 weeks	10:30am-12:30pm	Adult Education 0800 542 1655	12	£3

## Artlift

- By referral.
- Each referral is for 1 or 2 “terms” of 8 weeks in a small group with an artist.
- Please remember, you will need to have a referral form *signed by your medical professional*. Send completed forms to:

**REFERRALS AT ARTLIFT, PO BOX 77, LONGHOPE, GL14 9BS**

- If you need a referral form please e-mail your postal address to [referrals@artlift.org](mailto:referrals@artlift.org) or telephone **03000 200 102**. (*If the phone is not answered immediately, please leave a message and someone will get back to you within 2 days*).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Cirencester</b>	Churn Project 14 The Waterloo Cirencester GL7 2PY	Monday	3pm-5pm	External Tutor	10	No charge on referral by GP	
<b>Nailsworth</b>	Price's Mill Surgery New Market Rd Nailsworth GL6 0DQ	Wednesday	10am-12pm	External Tutor	10	No charge on referral by GP	
<b>Stroud</b>	Museum in the Park Stroud GL5 4AF	Tuesday	1pm-3pm	External Tutor	10	No charge on referral by GP	

## Bee Friendly Group

- Cultivating bee friendly plants and flowers.
- Creating bee friendly arts & crafts products.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Stroud</b>	Weaver's Croft Field Road Stroud GL5 2HZ	Friday	1pm-3pm	<b>Peer Led</b> Helen Humphries	8	£2	

## Board Games

- A chance to find a partner for a game, or maybe learn how to play a new game. All abilities welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	1pm-3pm	<b>Volunteer</b> John Ward	6	£3
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday	10:30am-12:30pm	<b>Client led</b>	6	£3

## Book Club

- Monthly meet up for book fans in a relaxed café environment.
- A book will be chosen amongst the group and discussed at monthly meetings.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cirencester</b>	Ashcroft Rooms Ashcroft Road Cirencester GL7 1RA	First Friday of the month	11am-12pm	Jo Timpson	8	Cost of a drink in the café

## Café Society

- A chance to meet once a week for a coffee and chat.
- A short walk around the local area.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	The Bank Café 80 Parsonage St Dursley GL11 4AB	Tuesday	1:30pm-2:30pm	<b>Peer led</b> Irene Kelly	8	Cost of beverage from café

## Client Voice and Involvement Sessions

- A forum for you to discuss what you would like to see & help to make happen in the Wellbeing Centres.
- A chance to plan and build future activities – to discuss what's working and what's not.
- Held on a monthly basis. See client notice board for corresponding dates.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	1 <sup>st</sup> Friday in the month	11:30am	Jo Timpson	20	No charge
Dursley	Tyndale Centre Dursley GL11 4JX	1 <sup>st</sup> Thursday in the month	1pm	Georgie McClory	20	No charge

## Community Café

- The Community Café is a safe space within the community.
- People cook & share a meal, learn budgeting skills and sometimes take a nutritional lunch home.
- Vegetables are grown to be used in the kitchen.
- A chance to meet new people.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Open House Delmott's Lot High Street GL5 1AG	Monday	10am-12pm	John Ward and Linda Carter	10	Cost of food split between group

## Cotswold Aspies Group

- Friendly and Informative.
- Board Games (only if you want to).
- Bi Monthly.
- For Adults on the Autistic Spectrum.
- Parents and Carers Welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Fleece Pub Market Square GL7 2NZ	First Wednesday of every other Month January / March	7pm	For information please contact <a href="mailto:david.grocott@adol.com">david.grocott@adol.com</a>	Unlimited	Cost of your own drinks

## Crafty Art

- A chance to be creative with a focus.
- Try your hand at different Arts & Crafts.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday	10am-12pm	<b>Peer Led</b> Cathie Brown	10	£2	

## Discussion of the day

- A chance to review topical news items of the day.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Monday	10am-12pm	<b>Volunteer led</b> Chrissie Davies Alex Bryant	10	£3	

## Dursley Gardening Group

- You will not need to have any experience as regards gardening skills or equipment.
- A chance to potter.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Dursley	Tyndale Garden The Slade Tyndale GL11 4JX	Thursday	12pm-2pm	Kevin	10	£2	

## Find Out More about Qwell (Qwell Online Counselling and Wellbeing for Adults)

- Chat online to qualified Counsellors.
- Read and write articles.
- Get online support from Qwell Community.
- Set personal goals and record how you feel.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday 26 March	10:30am- 11:30am	Wilma	15	No charge
<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday 3 February	1:30pm- 2:30pm	Lewis	15	No charge
<b>Cirencester</b>	The Bothy Ashcroft Road Cirencester GL7 1 QX	Tuesday 24 March	10:30am- 11:30am	Wilma	15	No charge

## Garden Crafts

- A focus on nature.
- Getting the most out of your green space.
- Support your local wildlife by creating new habitats.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Weaver's Croft Field Road Stroud GL5 2HZ	Friday	10am- 12pm	<b>Volunteer</b> Margaret Westmore and <b>Peer Led</b> Rebecca Hutton	8	£2

## Invisible Illness Group

- Offering support and activities to anyone who suffers from an illness that is not visible.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Dursley</b>	GL11 Community Hub Fairmead Cam GL11 5JS	Monday (Term time only)	1pm-3pm	<b>Peer Led</b> Tim and Kathy	10	£2	

## Jigsaw Group / Games Group

- Meet with other jigsaw fanatics and build social skills, increase confidence in group situations.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Dursley</b>	Tyndale Centre GL11 4JX	Thursday	10am-3pm	<b>Peer Led</b> Irene Kelly	8	£3	

<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	10am-12pm	<b>Client led</b>	6	£3	
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## Jobcentre Plus Drop in

- Find out about what the Independence Trust has to offer with a referral from your work coach.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Stroud</b>	Jobcentre Plus Unicorn House Cornhill Shopping Centre GL5 2JT	1 <sup>st</sup> Wednesday in the month	1pm-3pm	Independence Trust staff and <b>Peer Lead</b> Jo Timpson	4 appointment slots per session	No charge	

<b>Cirencester</b>	Jobcentre Plus Council Offices Trinity Road Cirencester GL7 1TE	1 <sup>st</sup> Tuesday in the month	9:30am - 1pm	Independence Trust staff and <b>Peer Lead</b> Jo Timpson	5 appointment slots per session	No charge	
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## Journaling

- Try out various journaling techniques.
- Therapeutic writing.
- 6 week course.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday 28 February	10:30pm - 12:30pm	Adult Education Please contact Hugo for more details on 07527602786	10	£3	

## Knitting and Crochet

- Knitting to help others - creating squares and blankets for Premiees UK and Teckles Animal Sanctuary.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led	10	£3	

## Living Well Group

- Do you aspire to be fabulously fit?
- Do you want to learn how to cook delicious dishes?
- A chance to join a small supportive group with a focus on looking and feeling good.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10:30am-12:30pm	Peer led Georgie McClory	8	£3	

## Men's Shed

- A Safe Space to learn or share skills.
- A place you are able to speak as well as being listened to.
- A place where we Reclaim, Restore and Re-use.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Weaver's Croft Field Road Stroud GL5 2HZ	Friday	10am-3pm	Dave Walters	15	£2	

## No Pressure young person's group

- A group for young people.
- Rediscover and maintain good mental health.
- Be social and meet up weekly, a chance to go to the cinema, bowling or a fun activity

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Curio Lounge Stroud GL53BX	Wednesday	7pm	Peer led Contact Lewis on 07870808729 if you would like to attend or would like more details	10	Cost of beverage

## Open Sessions

- A Safe Space somewhere to have a cuppa.
- Someone to talk to.
- Peer support.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Eileen Georgie Dave Irene	20	£3

Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	10am-3pm	Martin	20	£3
		Friday	10am-1pm			

Lechlade	St Birinus Court Lechlade GL7 3FA	1 <sup>st</sup> Tuesday of the month	10am-1pm	Linda / Jane	15	£2
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Cirencester	The Bothy Ashcroft Road Cirencester GL7 1 QX	Every Tuesday except the 1 <sup>st</sup> of the month	10am- 12pm	Wilma, Tom, Simon	20	£2
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## Peer Led Arts & Crafts

- This will give you the time to socialise in a friendly, non-judgmental group.
- Gain self-esteem.
- A chance to improve your confidence as well as to learn new skills or share old ones.
- To meet like-minded people.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Tetbury</b>	Coombe House Church Street GL8 8DS	Tuesday	10am-12pm	<b>Peer Led</b> Rose McCoy	8	£2	

## Photography group

- All abilities welcome.
- For anyone who would like to discuss photography and share an interest in cameras.
- Bring your own camera. Regular walks out and sharing of photography and editing skills.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Friday	1pm-2:30pm	<b>Peer Led</b> Matt Archibald	4	No charge	

## Pottery at the College

- A small supportive pottery group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
<b>Stroud</b>	Stroud College Stratford Road GL5 4AH	Thursday	3pm and 6pm	Stephen Brooking	8	£10	

## Relaxation Group

- A range of relaxation and mindfulness techniques to help you unwind

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday	12:30pm-1pm	<b>Peer Volunteer</b> Rose McCoy; <b>Volunteer</b> Louise Pugh	10	£2	

## Saturday Social

- Weekends too long? Why not join in with the Saturday Social?
- Meet up for a chat.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	The Retreat 28 Church Street GL5 1JL	Saturday	11:30am-1:30pm	<b>Peer Led</b> Pauline Sharon	10	Purchase your own drink	

## Walk and Talk

- A chance to get together and have a lovely walk and talk at the same time.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Black Books Café 2 Nelson Street GL5 2HL	Every Thursday	10:30am-12:30pm	<b>Peer Led</b> Katherine Sharon	8	No charge	

## Weaver's Croft Gardening Group

- You will not need to have any experience as regards gardening skills or equipment.
- An opportunity to be a part of this vibrant project getting back to nature.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Weaver's Croft Field Road GL5 2HZ	Tuesday	10am-3pm	Dave Walters	10	£2	

## Women's Holistic Wellbeing Group

- Relaxed group.
- Build confidence self-esteem while in the 'safe space' of the centre.
- Participants choose the topics discussed and these range from general to specific topics.
- This is a place to feel listened to as well as being supported by others.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday	1pm-2:30pm	<b>Peer Volunteer</b> Rose McCoy <b>Volunteer</b> Louise Pugh	10	£3	



# Useful Contacts



Below is a contact list that one of our support groups compiled, as they found these services useful for their recovery:

<b>Barnwood Trust</b>	A charitable foundation that provides grants to people in Gloucestershire with disabilities, mental health challenges.	01452 614429
<b>Gloucestershire Carers Hub</b>	A wide range of services, practical and emotional support to help in a caring role.	0300 111 9000
<b>CGL</b>	Drug & Alcohol	01452 223014
<b>Citizens Advice Bureau, Gloucester / F.O.D.</b>	Free, confidential & impartial advice to everyone on their rights	01452 527202 01594 823937
<b>Community Wellbeing Service</b> Stroud & Berkeley Vale Cheltenham & Tewkesbury  Cotswolds (North & South) Gloucester Forest of Dean	Extra support when coping with a short or long term health situation, or with other challenges of life.	
	Independence Trust	0345 863 8323
	CCP	0300 365 6463 01242 694534
	Gloucestershire Rural Community Council	01452 528491
	Home Group	0300 131 0024
	Forest of Dean District Council	01594 812447 01594 812399
<b>Cruse</b>	Bereavement Counselling	01242 252518
<b>FRED</b>	Reading and literacy support	0774 637 1353
<b>FVAF</b>	Volunteering in FoD	01594 822073
<b>Greensquare</b>	Support for Housing issues (Glos, Tewks, FoD)	01452 726951
<b>Independence Trust</b>	Alan Grist	0787 081 0288
	Simon Price	0771 805 1368
<b>Let's Talk</b>	Support for mental health conditions e.g. depression, anxiety, panic disorder, PTSD, phobias.	0800 073 2200
<b>Mears Group</b>	Homeless support	01452 634634
<b>National Autistic Society Gloucestershire</b>	<a href="http://www.nas-gloucestershire.com/">http://www.nas-gloucestershire.com/</a>	
<b>National Autistic Society</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a> Email: <a href="mailto:autismhelpline@nas.org.uk">autismhelpline@nas.org.uk</a>	0808 800 4104
<b>P3</b>	Support for Housing issues (Stroud, Ciren, Dursley, Chelt, North Cots).	0808 168 2443
<b>Powher Advocacy</b>	Information, advocacy and advice services across England.	0300 456 2370
<b>Recovery College</b>	Recovery college provides courses and educational workshops that teach people to become experts in their own recovery and self-care.	01452 894204
<b>Samaritans</b>	Confidential support for anyone who needs someone to talk to.	116 123
<b>Suicide Crisis Centre</b>	Offers a safe place where you will be supported and helped through your crisis.	07975974455
<b>Your Circle</b>	A directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire. <a href="https://www.yourcircle.org.uk/">https://www.yourcircle.org.uk/</a>	

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