



Mental Health & Wellbeing

Prospectus

22 January - 13 April

2018



Introduction

Welcome to the Winter edition of the A-Z Prospectus.

All the activities on the programme are open to clients of Independence Trust, as well as anyone from the local community who would like to engage in any of the courses/activities on offer. We would welcome anyone over the age of 18 who feels that any of the courses/activities would benefit them in learning new skills, re-discovering skills and talents as well as building networks and friendships within their local communities.

Access to these courses/activities can help to support and maintain positive mental wellbeing, build supportive networks and friendships and reduce isolation and loneliness. It can also be a very positive way of continuing to build and maintain resilience and resources for self-management.

You are welcome to access any activity in any locality; just fill in and return the registration form included with this programme.

There are also a range of one off taster / information sessions which in the past have proved to be very popular. Please feel free to come along to any that might be of interest to you.

If you have any suggestions for future taster / information sessions that you think would be good to include in further editions of the A-Z Prospectus, then please let one of the team know.

Furthermore, do let the teams know if there is a course or activity you would like to see included in a future edition of the A-Z.

Cynthia Kerr
Senior Operations Manager



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Registration Form	Enclosed

Registration

- Registering for your choice of courses 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 the Administrator at your centre or post it to the centre at which you want to register, addressed for the attention of the Administrator. We will then be in touch to confirm your place on the courses 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 note that you are asked to make a contribution of £2.00 per day toward tea / coffee / juice. *****
- Please see individual items for charges for each session.



Taster Sessions

**For Taster Sessions, please check noticeboard,
'Facebook' or speak to your Key Worker.**

These will lead to further 12 week programmes.

Recovery

Forest of Dean

Stress Less Toolkit – <i>Sharon Branagh</i> Reduce stress & anxiety, increase confidence and become more resilient in life.	2 The Town House Lords Hill Walk, Coleford, GL16 8BD	20 February	12:30pm-3pm
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Stroud

Recovery College Taster Session	Stroud College Stratford Road GL5 4AH	8 January 15 January	1pm-3:30pm
Sewing Group Peer Lead	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	5 February 12 February 19 February	11am-12:30pm

Employment

Gloucester

Interview Skills Preparing and planning for an interview and stress management	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	23 February	Adult Education Contact: Megan Thoreson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk
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C.V. Writing Making a first impression and tailoring your C.V.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	9 February	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk
Stepping Stones Time management and support job searching	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	Call 08005421655 for more info	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk
Job Search Using Social Media to find jobs. Direct contact & C.V. drops.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	23 March	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk

Stroud

Health & Safety Training for Garden Crafts and Men's Shed	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	24 January	9:30pm-12:30pm
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Education and Lifelong learning

Cheltenham

Introduction to Dance Music <i>Kingsley Salmon</i> -£5 to book place, payable in advance (10 spaces available, first come first served basis)	340 Lower High Street, Cheltenham, GL50 3JF	22 March	1pm-4pm
Beginning Photoshop - John Habgood Learn the rudiments of photoshop and make some cool photos	340 Lower High Street, Cheltenham, GL50 3JF	5 February	12:30pm-3:30pm

Cyber Security Q & A Session <i>James Byrne</i>	340 Lower High Street, Cheltenham, GL50 3JF	16 February	1pm-2pm
Woodcarving Workshop <i>Jon Chance</i> Have a go at learning the craft of woodcarving -£5 to book place, payable in advance (8 spaces available, first come first served basis)	340 Lower High Street, Cheltenham, GL50 3JF	21 February	2pm-4pm
Storytelling Workshop <i>Ropert Mckenzie</i> -£3 to book place, payable in advance (10 spaces available, first come first served basis)	340 Lower High Street, Cheltenham, GL50 3JF	8 March	2pm-4pm
Lino Printing Workshop <i>Vicky Hendzel</i> -£2 to book place, payable in advance (8 spaces available, first come first served basis)	340 Lower High Street, Cheltenham, GL50 3JF	31 January	1:30pm-3:30pm
How To Get Published Workshop <i>Oliver Smith</i> Come along and find out about how to get your writing published -£2 to book place (10 spaces available, first come first served basis)	340 Lower High Street, Cheltenham, GL50 3JF	28 February	10am-12pm
Narrative Journaling Workshop <i>Simon Price</i> A chance to discuss and try out some therapeutic journaling techniques. 'Free association' and 'preferred stories'. Join us as we try to tell our stories in ways that help us to feel stronger. 10 spaces available - to book place speak to staff.	340 Lower High Street, Cheltenham, GL50 3JF	14 February	10am-12pm

The Hidden Hero Spoken Word Storytelling Workshop <i>Chloe Green</i> Exploring ways to build narratives which show a character overcoming difficulties to reach a form of happy ever after. Incorporating these into magical, fantastical mini myths -10 spaces available -£3 to book place www.midnightstorytellers.co.uk	340 Lower High Street, Cheltenham, GL50 3JF	24 January 1 February 7 February	10am–12pm
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Film Making Workshop – Barney Witts Fancy being the next Spielberg? Come along and learn how to make films - £10 to book place, payable in advance (10 spaces available, first come first served)	340 Lower High Street, Cheltenham, GL50 3JF	30 January	10am–3pm
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Gloucester

Online Basics for your computer Introduction to internet safety, filling in online forms and using emails.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	Call 08005421655 for more info.	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk
Working with Digital Photographs Getting pictures from your camera to your PC. Enhancing pictures and sharing images.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	Call 08005421655 for more info.	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk
An introduction to Spreadsheets Getting started with spreadsheets. Formatting in spreadsheets and simple charts.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	Call 08005421655 for more info.	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk

Budget with a Spreadsheet Using spreadsheets to monitor your income and goings.	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	Call 08005421655 for more info.	Call 08005421655 for more info.
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Stroud

Green Carpentry Skills <i>External Tutor</i> Using green wood straight from the tree to produce useful items	Weaver's Croft, Field Road, Stroud GL5 2HZ	9 March	10am-12:30pm
Compost Corner <i>External Tutor</i> Learn how to make glorious compost	Weaver's Croft Garden, Field Road, Stroud GL5 2HZ	16 March	10am-12:30pm
Permaculture <i>External Tutor</i> Learn about this new way of using features observed in natural ecosystems to help with horticulture and lifestyle	Weaver's Croft Garden, Field Road, Stroud GL5 2HZ	23 March	10am-12:30pm
Anything Restoration <i>External Tutor</i> Restoring and repairing wooden furniture	Weaver's Croft Garden, Field Road, Stroud GL5 2HZ	30 March	10am-12:30pm

Accessing support networks

Cheltenham

Fire Service Talk about safety in the home - <i>Paul Barrett</i>	340 Lower High Street, Cheltenham, GL50 3JF	2 March	1pm-2pm
Splitz Talk <i>Laura Kavanagh</i> Support available for men dealing with anger issues	340 Lower High Street, Cheltenham, GL50 3JF	23 February	1pm-2pm

Advocacy Talk Learn about how the advocacy service can support you	340 Lower High Street, Cheltenham, GL50 3JF	26 January	1pm-2pm
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Gloucester

POhWER Explaining the free statutory services they provide across Gloucestershire, including 'Independent Mental Health Advocacy'.	Quakers Meeting House, Greyfriars, Southgate Street, GL1 1TS	12 February	1pm
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Stroud

Open session Drop in for a cuppa. There is always someone to have a chat with	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	Monday Friday	10am-3pm 10am-1pm
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Cirencester

Open session Drop in for a cuppa there is always someone to have a chat with	Beech Grove Court Cirencester GL7 1BD	Tuesdays	10am-1pm
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Open session Drop in for a cuppa there is always someone to have a chat with	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesdays	1:30pm-3:30pm
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Dursley

Open session Drop in for a cuppa there is always someone to have a chat with	Tyndale Centre, Dursley, GL11 4JX	Thursdays	10am-3pm
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Personal Health- Physical & Mental

Gloucester

Project Me! Come and hear about our <i>forthcoming</i> course and explore ideas around: -What am I good at?	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester, GL1 2EA	5 February 12 February	5:30pm-7:30pm
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-What do I enjoy? -My personal achievements -What makes me happy? -Identifying blocks to achievement -Setting personal goals (Actual course starts in March)	Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk		
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Cheltenham

Healthy Lifestyles <i>Kella Freeman</i> Come and learn about support available for your personal health	340 Lower High Street, Cheltenham, GL50 3JF	9 February	1pm–2pm
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Stroud

Singing Group Taster <i>Singing Teacher Margaretta Mills</i> leads the group Singing is hailed as a natural anti-depressant	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	5 January	12:30pm-1pm
Look good feel good Adult education will deliver a taster session on make-up, hair, dressing for your shape etc. to improve confidence and self esteem	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	26 January	10:30am-12pm
Laugh for Health Using laughter to reduce stress and anxiety	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street, Stroud, GL5 2HL	19 January	12-12:30pm





Topics

Family, Friends and other Supporters / Carers

Understanding Mental Health issues

Developing Knowledge and Practical Skills

Living Well and Enjoying Life

Getting Involved



A-Z



Central District

Cheltenham, Tewkesbury, Moreton-in-March

Art in the Evening

- 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	340 Lower High Street Cheltenham GL50 3JF	1 st Monday of every month	7pm-9pm	Stephen Moore	8	No charge	

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 and test their skills on various games.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Cheltenham	Leisure @ Tommy Taylors Lane GL50 4RN	Monday	2pm-3pm	Peer Led – Peter Holden	6	£5.40 per court (Cost divided between participants)	

****Please note that there is a £2 contribution per day towards tea / coffee / juice.**

Comedy Club

- Watch and enjoy a diverse selection of comedy clips
- Open discussions about comedy

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Frog & Fiddle, 313-315 High Street, Cheltenham GL50 3HW	Thursday	1pm-3pm	Peer Led - Tracey Morgan- Roberts, Jamie Eden	8	Clients are asked to buy one refreshment in the pub

Community Drop-In

- Increase social inclusion
- Promote independence
- Improve self confidence
- Improve social networks
- Peer support
- Raise self-awareness
- Support personal recovery

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Frog & Fiddle, 313-315 High Street, Cheltenham GL50 3HW	Thursday	2:45pm onwards	Peer Led	10	Cost of refreshments
	Café Nero 211 High St, Cheltenham GL50 3HH	Wednesday	2pm-3pm	Peer Led	10	Cost of refreshments
	Sunrise Café, 310 High St, Cheltenham GL50 3JF	Saturday	11am-12pm	Peer Led	6	Cost of refreshments

Community Kitchen

- The Community Kitchen is a safe space
- Meals are cooked and shared with clients, family members, friends and carers
- To encourage socialising and reduce isolation

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Friday	12pm-1:30pm	Helen Evans, Wilma Byrne	15	£2.50 for main £1.00 for dessert

Cookery

- Learn how to make simple nutritious homemade food.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Tuesday	1pm-3pm	Wilma Byrne	3	£3 (Take home any food you cook)

Craft Group

- This group makes and produces the following: toys, bags, decorated boxes and bags and much, much more.
- 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	340 Lower High Street Cheltenham GL50 3JF	Wednesday	10am-12pm	Karen Hill	8	£1.00 per session

Creative Writing

- To engage clients in prose and poetry in order to enable them to develop their writing skills.
- To achieve publication of some work in booklet form.
- To raise self-esteem and confidence.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Havanas Coffee, 14 Prestbury Road Cheltenham GL52 5PW	Wednesday	10am-12pm	Peer Led – Annie Ellis	8	Clients are asked to buy one drink in the café
		Wednesday	1:30pm-3:30pm	Hugo Poyser	8	

Darts

- Advice and support relating to mental health issues.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Irish Oak 322 Lower High Street GL50 3JF	Thursday	4:30pm-6:30pm	Peer Led – Alan Norbury	4	Cost of refreshments

Drop In Mental Health & Wellbeing Service

- Advice and support relating to mental health issues.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Winchcombe Library Back Lane GL54 5QH	1 st Wednesday of every month	10am- 12pm	Andrew Wood	No appointment needed	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tewkesbury	Drop In Room Ground Floor, Sun St Tewkesbury, GL20 5NX	One morning per month (Ask library staff for details)	10am-12pm	Andrew Wood	No appointment needed	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Bishops Cleeve	Bishops Cleeve Library, Tobyfield Road, Cheltenham GL52 8NN	One morning per month (Ask library staff for details)	10am-12pm	Andrew Wood	No appointment needed	No charge

Film Appreciation Group

- Enjoy watching quality films on a widescreen TV.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	340 Lower High Street Cheltenham GL50 3JF	Friday	2pm-4pm	Peer Led	10	Clients are asked to purchase 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	340 Lower High Street Cheltenham GL50 3JF	Tuesday	1pm-3pm	Peer Led - Carolyn Ward	8	£1

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 will 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 University site, Stow Road, GL56 0DS	Wednesday	10am-12:30pm	Mike Brooks	8	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Brownhills Centre, Swindon Road, Cheltenham, GL51 9EZ	Wednesday	10am-11:30pm	Alan Grist	6	No charge

Guitar Tuition (One to One)

- Working on a 1:1 basis for beginners to learn the basics of guitar playing.
- These sessions can be for people who want to learn their first chords.
- Working towards advanced guitar playing.
- This session can be for people who have mastered at least 3 – 4 chords and can play them cleanly.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	340 Lower High Street Cheltenham GL50 3JF	Friday	11am-2pm	Peer Led - Tom Hunt	3	£30 for 6 lessons

Health & Fitness Group

- Low impact exercise, tailor made to participants' ability.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	YMCA Gym, Arle Road, Cheltenham, GL51 8LE	Wednesday	1:30pm-3pm	Daniel McShee	15	TBC

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.
- Hearing Voices Revisited – A film screening & open discussion facilitated by Keith Coupland (last Friday of the month).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Room Upstairs, 340 Lower High Street, GL50 3JF	Friday	10am-11am	Peer Led - 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	340 Lower High Street Cheltenham GL50 3JF	Tuesday	12:15pm-3:15pm	Hugo Poyser	4	£12 for 6 sessions

Karaoke

- To raise self-esteem and confidence as a self-empowering activity.
- Practise your singing skills in a fun environment.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Friday	11am-12pm	Peer Led - Jeremy Steffen	6	No charge

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	£2.00

Mixed Media

- This aims to re-introduce a hobby or start a new one.
- The benefits are peer support, social inclusion and confidence building.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Moreton-in-Marsh	Four Shires Medical Centre, GL56 0DS	Wednesday	10am–12pm	Wilma Byrne	8	£2.00

Mosaics

- To learn new skills and build on existing skills.
- To discover the craft of mosaics.
- To design and create original mosaic signs for Indie Trust and CCP.
- 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	340 Lower High Street Cheltenham GL50 3JF	Monday	1:30pm–3:30pm	Vicky	8	£30 for six sessions
		Wednesday	12:30pm–2:30pm			

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	340 Lower High Street Cheltenham GL50 3JF	Thursday (Fortnightly by arrangement)	2.30pm – 4.30pm	Shawn	6	£5 per 2 hour session (If less than 4 people - only 1 hour session)

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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Monday, Friday	10:30am– 3pm	None	15	50p per cup of tea & coffee

Pool Group

- Develop your pool playing skills
- Socialise with others
- Pool Contests

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hollywood Bowl, The Brewery, Henrietta St, Cheltenham GL50 4FA	Wednesday	2:15pm– 3:15pm	Peer Led – Jamie Eden, Tom Hunt	8	£1 per game

Peer Support Training

- A nine week course of therapeutic group work for people with life experience of disability, mental illness and / or recovery.
- The course is for those who have reached a point in their journey where they are ready and able to use what they have learned along the way to help others.
- The course is designed to help you to gain confidence to set up your own projects, workshops or peer support groups.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Grove Street Resource Centre Grove Street Cheltenham GL50 3LZ	Friday (9 week course from 16 February –13 April 2018)	10:30am-1pm	Please contact Simon Price on 07718051368 or simon.price@independencectrust.co.uk if you would like more information or to check availability on this course	12	No charge

Photography

- Developing digital photography skills.
- On location photo trips.
- Group critiques of photo compositions.
- Developing composition skills.
- Learning to use photoshop and photo-editing skills.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Grove Street Community Centre Grove Street Cheltenham GL50 3LZ	Tuesday	Course fully booked	Peer Led (Paul Wintle, Claudia Stuckey); John Habgood (Volunteer)	8	No charge

Pottery

- A chance to create your own pottery with expert advice no experience needed.
- An opportunity to develop handy craft skills.
- Increase confidence and meet new people.
- Encourage creativity.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Monday	10am-12pm	Vicky Hendzel	8	£30 for 6 sessions
		Friday	1.30pm-3.30pm			

Quiz

- Opportunity for brain training.
- Come along and see how good your general knowledge is.
- Quiz competition – the winner gets a prize!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Frog & Fiddle, The Green Room, Lower High Street Cheltenham GL50 3HW	Thursday (Once a month by arrangement)	1pm-3pm	Peer Led - Tracey Morgan-Roberts, Jamie Eden	8	£2 (Clients are also asked to purchase one refreshment in the pub)

Recovery Group

- Learn coping strategies on the path of recovery.
- Empowering individuals with techniques to reduce anxiety and stress and more.
- Helping people with long term conditions maintain their health and improve their quality of life.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Friday	10:30am-11:30am	Peer Led (Kate Birch-Scanlan, Emma Griffin)	6	£1.00 per session

Relaxation & Meditation

- Establish relaxing techniques to reduce anxiety and stress.
- To create a safe and tranquil environment for clients.
- Encourage clients to use the power of imagination as a coping strategy.
- To develop skills in order for clients to practice relaxation at home.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Thursday	10am-11am	Karen Hill	6	£1.00 per session

Scriptwriting

- To engage clients in developing their own scripts and writing skills.
- To encourage creativity and meet new people.
- To raise self-esteem and confidence.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Thursday	10am-12pm	Hugo Poyser	4	£1.00 per session

Scrabble

- Relax, enjoy a game of scrabble and develop your knowledge of words.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Friday	2pm-3:30pm	Wilma Byrne	4	No charge

Shelley's Art Group

- 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 and self-expression.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Thursday Friday	10am-12pm & 12:30pm-2:30pm 10am-12pm	Shelley	8	£30 for six sessions

Women's Group

- Group aimed at developing and maintaining social skills, to build life skills, confidence and self-esteem.
- Participants choose what to discuss - ranging from general to specific topics.
- 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

Woodwork

- Learn / improve DIY skills around the house with a view to raising self-esteem.
- Encourage independent living skills.
- Encourage social inclusion & set up friendships by becoming involved in group projects.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	340 Lower High Street Cheltenham GL50 3JF	Tuesday	10am-12pm	Peer Led (Michael Jarvis)	8	£1.00 per session



A-Z



West District

Gloucester, Forest of Dean

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	Wednesdays	10:15am- 1:45pm	External Tutor Farzana Ghanta 07880793450	10	No charge	

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 practiced 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	Thursdays	7pm-9pm	External Tutor Fazel Patel 07926201392	10	No charge	

Art Lift

- By referral.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Artshape, The New Mercury, 3 Woodside St, Cinderford GL14 2NL	Mondays for (8 Weeks)	10am-12pm	External Tutor	10	No charge on referral by GP

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Gloucester Community Church Hall, St Luke's, Stroud Road, GL1 5JR	Mondays for (8 Weeks)	10am-12pm	External Tutor	20	No charge on referral by GP

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Brockworth Surgery, Abbotswood Road, GL3 4PE	Thursdays for (8 Weeks)	1:10pm-3:30pm	External Tutor	20	No charge on referral by GP

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Abbeydale Sports & Community Centre, GL4 4BL	Mondays (8 Weeks)	11:30am-1:30pm	External Tutor	20	No charge on referral by GP

Art Group (Fairshares)

- Everyone welcome – enjoy art with whatever ability you have.
- The group decides what kind of artwork to do.
- In the past large mosaics have been made and a 30 foot long mural.
- Individual projects are also undertaken like painting, drawing, crocheting or model building.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chequers Bridge, Painswick Road, GL4 6PR	Tuesdays	2pm-4:30pm	Amanda	10	No charge

Art & Craft

- 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
Forest of Dean	Sixteen Café, 16 Bank Street, Coleford, GL16 8BA	Wednesdays	1pm-3pm	Peer Led Alison White	10	£2.00

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	GCC Drop In, Main Place, Old Station Way Coleford, GL16 8RH	Every other Monday – Starting 26 September	11am–1pm	Peer Led Alison White	10	£2.00

Badminton

- Group aims to encourage clients to participate in enjoyable exercise.
- Increases levels of fitness and encourages social inclusion while utilising a community resource.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	GL1 Leisure Centre, Bruton Way, GL1 1DT <i>Meet at Quakers Meeting House)</i>	Tuesdays	1pm-2pm	Darren <i>(Inclusion Gloucestershire Volunteer)</i>	4	£2.00 per person per court

****Please note that there is a £2 contribution per day towards tea / coffee / juice.**

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
Gloucester	Cineworld, The Quays, Merchant's Road, GL1 5SH	Peers to agree	Peers to agree	Peer Led Phillip Anthony	Unlimited	Current entry fee is £6.30

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	The Palace, Bellevue Road, Cinderford, GL14 2AA	Wednesday	See performance times	Robert Hatch	Unlimited	£4.20 FREE tea or coffee and biscuits included

Midweek Tea Matinees

- During Autumn and Winter, when the evenings are dark and dreary, we show suitable films during the day for those who would rather not venture out after dark and those on shift work who cannot come in the evenings.
- Tickets are for all ages.
- Doors open half an hour before the show time, so there's plenty of time for a chat.

Coffee and Chat

- Opportunity to find out what support the **Independence Trust** can offer you.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Chill Out Zone café, Newent, GL18 1AJ	Wednesdays	10:30am-12:30pm	Rob Hatch 07870 808710	Unlimited	Cost of your own refreshments

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	61 Newerne Street, Kaplan's Restaurant, Lydney, GL15 5RA	Mondays	1:45pm-3:15pm	Robert Hatch 07870 808710	8	Cost of your own refreshments

****Please note that there is a £2 contribution per day towards tea / coffee / juice.**

Computer Basics Part 1

- Adults 19yrs + with little or no understanding of computing.
- Those wanting to gain 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
Gloucester	Adult Education 4-6 Commercial Road GL1 2EA	7 February (5 week course)	10am-12pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	10	No charge

Confidence Building 'Springboard'

- Springboard is a confidence building course using, for example, dramatic techniques and group activities.
- This course is ideal for people wanting to develop their sense of confidence, improve their communication skills, prepare for job interviews or work situations.

Locality	Course	Day	Time	Facilitator	No. of places	Cost
Gloucester	Treasure Seekers, 52 Westgate Street, GL1 2NF	Fridays	1pm-2:30pm	Sally Collis 01452228489 or springboard@kftseekers.org.uk	Unlimited	£2

Cookery

- Building life skills to be able to cook independently.
- Developing social skills.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chequers Bridge Fair Shares, Painswick Rd, GL4 6PR	Mondays	11am-3pm	Robert Palmer 07984267482	10	No charge

Cookery Workshop (Healthy Takeaways)

- Save money by cooking a tasty AND healthy version of your favourite takeaway food!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education 4-6 Commercial Road GL1 2EA	Tuesday	2pm-4:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Please contact facilitator	No charge (subject to eligibility)

Cookery (Fantastic foods from the Freezer)

- Save money creating delicious meals using foods from the freezer.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education 4-6 Commercial Road GL1 2EA	Tuesday	2pm-4:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Please contact facilitator	No charge (subject to eligibility)

Cooking with Left-overs

- Please your pocket and your taste buds by creating tasty and nutritious dishes from those scraps, odds and ends!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education 4-6 Commercial Road GL1 2EA	Wednesday	2pm-4:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Please contact facilitator	No charge (subject to eligibility)

Expressive Reading

- Peer Led group which encourages self-expression within a safe space.
- The group also encourages social interaction while building self-esteem and confidence. Reading from scripts whilst reading in turn, individuals will learn to express themselves through a role.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Quakers Mtg House, Grey Friars, Southgate St, GL1 1TS	Tuesdays	10:30am-11.30pm	Peer Led Lorraine Bullingham	10	£2.00

FRED (Forest Read Easy Deal)

- **FRED** provides **FREE**, 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.
 - "Since learning to read with **FRED** my confidence has really improved." **FRED** learner aged 34.
 - "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.
- www.forestreadeasydeal.org.uk

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	info@forestreadeasydeal.org.uk or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge

Garden Project

- Developing a small garden with raised beds for both flowers and vegetables.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Brownhill Centre, Swindon Rd, Cheltenham GL51 9EZ	Wednesday	10am-12pm	Alan Grist 07870810288	6	No Charge

Guitar Tuition (One to One)

- Working on a 1:1 basis, beginners learn the basics of guitar playing and their first chords.
- Working towards advanced guitar playing.
- This session can be for people who have mastered at least 3 – 4 chords and can play them cleanly.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Quakers Meeting House, Grey Friars, Southgate St, GL1 1TS	Fridays 1st Course Starts 26 January	1pm-2pm Beginners	Peer Lead Richard Jordan	5	£12 to be paid in full at start of course for 6 sessions.
Gloucester	Quakers Meeting House, Grey Friars, Southgate St, GL1 1TS	Fridays 2nd Course Starts 26 January	2.30pm-3.30pm Intermediate	Peer Led Richard Jordan	5	£12 to be paid in full at start of course for 6 sessions.

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	Mondays	10am-2pm	External Emma Cornish (07804506395)	Unlimited	Cost of own refreshments
Gloucester	Quakers Meeting House, Greyfriars Southgate Street, GL1 1TS	Thursdays	1pm-3pm	Pauline Murray	Unlimited	No charge

Men's Group

- Group aimed at developing and maintaining social skills
- Topics discussed, ranging from general to specific topics.
- Commitment to attending is vital in order to reach goals set out in Action Plans.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Climbing Centre Cafe, Parliament Street, GL1 1HY	Fridays	11am-12pm	Peer Led (Richard Jordan)	8	Your own refreshments

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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Quakers Meeting House, Grey Friars, Southgate St, GL1 1TS	Mondays & Fridays	12pm-3pm	Staff, Peer Support and Volunteers	Unlimited	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Friendship Café, City Farm 23 Albany St GL1 4NG	Thursdays	10am-2pm	Staff, Peer Support and Volunteers	Unlimited	See foot of page**

Project Me!

Explore your strengths and achievements on this self-development course:

- Meeting new people
- Presenting yourself
- Speaking with confidence
- Building motivation
- Working with others
- Supporting and helping others

Plus opportunities for you to set and monitor personal goals in a supportive and friendly environment.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd, GL1 2EA	Monday 5 March (for 4 weeks)	5:30pm-7:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Unlimited	No charge

Relaxation

- Establish relaxing techniques to reduce anxiety and stress.
- Create a safe and tranquil environment.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Quakers Mtg House, Grey Friars, Southgate St, GL1 1TS	Mondays	10:30am-11:30am	Peer Led Lorraine Bullingham	10	£2.00

Rollercoaster Peer Support Group

- Peer Led mental health support group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	2 The Town House Lords Hill Walk, Coleford, GL16 8BD	Tuesdays	1pm-3pm	Peer Led (Sophie Hawkins) 07471785068 rollercoastermhs@gmail.com	Unlimited	No charge

Saturday Lunch Club

- Peer led group aimed at providing some mutual support on a weekend.
- The group runs every week (dates, times and venue) are advertised on the on-line forum.
- Women only every second week.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Regal – JD Weatherspoons, 33 Aldate Street, GL1 1RP	Saturdays	11:45am onwards	Peer Led Lorraine Bullingham	Unlimited	Cost of your own lunch

****Please note that there is a £2 contribution per day towards tea / coffee / juice.**

Sing Yourself Happy!

- Never sung before? Come and give it a go.
- Not sure if you have a voice? Come along and try it out.
- Singing already? Come and join in.
- No need to be able to read music. Songs will be taught by ear.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Music Room, 2 nd Floor, Gloucester Library, Brunswick Road, Gloucester GL1 1HT	Tuesday 12 September	12:30pm- 2:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Please contact facilitator	No charge

Social Media and Headline Focus Group

- A chance for you to tell us what's going on in your local community.
- Promoting positive projects and achievements.
- Develop and advertise upcoming events.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Quakers Mtg House, Grey Friars, Southgate St, GL1 1TS	Monday	1pm-2pm	Hannah Latimer	Unlimited	No charge

Stress Less Tool Kit

A 5 week course learning practical techniques to:

- Reduce stress and anxiety. Calm a busy mind.
- Increase confidence and feel better.
- Become more resilient in life.
- Get better sleep.
- Manage Pain.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	1 Mill Place, Bristol Road, Gloucester, GL115S	Starts 8 January 2018	1pm-4pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Unlimited	No charge

Forest of Dean	Forest of Dean Salvation Army, 43 North Road, Broadwell, GL16 7BX	Every Monday from 26 Feb – 26 March	10:30am-1:30pm	Adult Education Contact: Megan Thoresson or Ismail Ginwalla 08005421655 learn@gloucestershire.gov.uk	Unlimited	No charge
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Support at the Cavern

- Non-clinical, low level, early intervention, out of hours, mental health support.
- Providing a safe and supportive environment aiming to help people avoid crisis.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern, College Street, GL1 2NE	Every Day (365 days a year)	6pm–11pm	External Tutor	Unlimited	Cost of your own refreshments

The Beacon

- Mental Health Support Group
- www.thebeacon.me.uk

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Podsmead Community Centre, Milton Avenue, Podsmead, GL2 5AS	Thursdays	9:30am-12pm	Carrie Godwin thebeacon247@gmail.com Contact Simon Price for more information 07718051368 simon.price@independencectrust.co.uk	*Due to demand, this group is currently a closed group and has a waiting list for new members.*	No charge

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 ffcpw1@gmail.com	8	Your own refreshments

****Please note that there is a £2 contribution per day towards tea / coffee / juice.**

Two Pints of Lager & a Packet of Philosophy

- Intellectual Discussion and support group.
- This is a safe, debate free space, to discuss thoughts and ideas, with the 'hope' of creating something from out of these conversations.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	The Dog House, St Johns Street, GL16 8AP	Every other Thursday	5pm-7pm	Contact Simon Price for dates and more information 07718051368 simon.price@independencetrust.co.uk	8	Your own refreshments

Walking Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Meet at Main Place, Old Station Way, Coleford GL16 8RH	Mondays	10am-12:30pm	Robert Hatch 07870 808710	20	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Meet at Quakers Mtg House, GreyFriars, Southgate St, GL1 1TS	Mondays	12:15pm up to 2pm	Peer Led Scott Clements	10	See foot of page**

Walking for Health

- Gloucester Health Walks is your local walking for health scheme.
- Our walks are free, 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 free 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	Peer Led Chris 01594 836813	20	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Outside the Library on Bristol Road GL2 4PE	Fridays	11am	External Tutor Kay 07936077029	20	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Sainsbury's Store, Barnett Way GL4 3RT	Sundays	10am	External Tutor Don 01452 611550	20	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 07866387250	10	£3

Women's Group

- Group aimed at developing and maintaining social skills, to build life skills, confidence & 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	Dreams Café, 102 Eastgate Street, GL1 1QT	Wednesdays	10am-12pm	Peer Led Lorraine Bullingham	12	Cost of your own refreshments

Wood Craft Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Gloucester	Fairshares Chequers Bridge Painswick Road, GL4 6PR	Mondays Tuesdays Fridays	12pm-3pm	Jonathan Chance External Tutor 07756407784	10	No charge	





South District

Stroud, Cirencester, Dursley, Tetbury, Lechlade

Ambling Group

- This gives the opportunity to exercise and increase levels of fitness while socialising and enjoying the environment.
- A chance to gently explore the local beauty spots.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Beech Grove Court Cirencester GL7 1BD	Tuesday	12:30pm– 1:30pm	Julie King	8	See foot of page**

Art Shape

- 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
Dursley	Tyndale Centre, Dursley, GL11 4JX	Thursday 18 & 25 January 1, 8 & 22 February 1, 8 & 5 March	10:15am– 12:30pm	Art Shape Tutor	12	See foot of page**

Art for Health ("Mindscape")

- 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	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	Monday	1pm-3pm	Peer Volunteer Annie	12	See foot of page**	
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesday	1:30pm-3:30pm	Peer Volunteer Annie	12	See foot of page**	

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	
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	Monday	1pm-3pm	Volunteer John Ward	6	See foot of page**	

Board Games Club

- Play board games with others who enjoy it.
- Games available or bring your own

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Dursley	May Lane, Dursley GL11 4JH	2 nd and 4 th Friday	1:30pm-3pm	Peer volunteer Sally Hayward	12	£2	

**Please note that there is a £2 contribution per day towards tea / coffee / juice.

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
Dursley	The Bank Café 80 Parsonage St, Dursley GL11 4AB	Tuesday	1:30pm-2:30pm	Peer volunteer Irene Kelly	8	Cost of beverage from café

Client Forum

- A forum for you to discuss what you would like to see in the Mental Health & Wellbeing Centres.
- A chance to plan future activities - 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 St, Stroud, GL5 2HL	1 st Friday in the month	11:30am	Peers	20	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Tyndale Centre Dursley GL11 4JX	1 st Thursday in the month	1pm	Peers	20	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Beech Grove Court Cirencester GL7 1BD	1 st Tuesday in the month	1:30pm	Peers	20	See foot of page**

**Please note that there is a £2 contribution per day towards tea / coffee / juice.

Community Café

- The community café is a safe space within the community.
- People cook and share a meal, learn budgeting skills and sometimes take a nutritional lunch home with them.
- 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

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, Stroud, GL5 2HL	Monday	10am-12pm	Volunteers – Chrissie Davies/Alex	10	See foot of page**

Eat well spend less

- A chance to learn how to cook healthy wholesome meals without spending too much.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Open House, Delmott's Lot, High Street, GL5 1AG	29 Jan 5 Feb 12 Feb 19 Feb 26 Feb 5 March	10am-12pm	External tutor – Adult Education	10	Cost of food split between group

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
Stroud	Weavers Croft Field Road Stroud GL5 2HZ	Friday	10am-12pm	Charlotte Rigley & Margaret	10	See foot of page**

Garden Crafts Special

- A follow on from the woodwork taster (Friday 26th January).
- A focus on nature and learning and using woodwork skills to make creations from the natural environment.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road Stroud GL5 2HZ	2 February 9 February 16 February	10:30am-12pm	External tutor – adult education	10	See foot of page**

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	Weavers Croft Field Road Stroud GL5 2HZ	Tuesday	10am-3pm	Linda Carter/Dave Walters	10	See foot of page**

Good clean cooking

- Learn to cook safely.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Open House, Delmott's Lot, High Street, GL5 1AG	8 January 15 January 22 January	10am-12pm	External tutor – Adult Education	10	Cost of food split between group

Hiking Group

- This gives the opportunity to exercise and increase levels of fitness while socialising and enjoying the environment.
- A chance to gently explore the local beauty spots.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	Friday	11am-12:30pm	Peer Led Vince	8	See foot of page**

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
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led Irene Kelly	8	See foot of page**

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 Paula Thorpe	10	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Beech Grove Court Cirencester GL7 1BD	Tuesday	10am-3pm	Peer Led Julie King	10	See foot of page**

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 Volunteer Georgie M	8	See foot of page**

Look Good, Feel Good

- A chance to join a small supportive group with a focus on looking and feeling good.
- A chance to find out what colours suit you.
- Nail colour, Make-up, Hair.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	26 January 2 February 16 February 23 February 2 March	10:30am-12:30pm	Adult Education Tutor	10	See foot of page**

Men's Shed

- A safe space to learn or share skills
- A place you are able to speak as well as being listen too
- A place where we Reclaim, Restore and Re use

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road Stroud GL5 2HZ	Friday	10am-3pm	Dave Walters	15	See foot of page**

Mindfulness

- Mindfulness is a way of paying attention to, and seeing clearly whatever is happening in our lives.
- It will not eliminate life's pressures, but it can help us respond to them in a calmer manner that benefits our heart, head, and body.

Dursley	Tyndale Centre, Dursley, GL11 4JX	1 February	1pm-2pm	Alison Hustwitt	12	See foot of page**
		4 January	10:30am-12pm			
		11 January	10:30am-12pm			

No Pressure

- A group for young people to rediscover and maintain mental health, physical health and wellbeing through fun and interesting activities.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	Wednesday	4pm-6pm	Rita Long	12	See foot of page**

Open Sessions

- A safe space and 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	Volunteer - Eileen Hopcroft	20	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, GL5 2HL	Monday	10am-3pm	Alex and Alison Hustwitt	20	See foot of page**
		Friday	10am-1pm			

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Beech Grove Court Cirencester GL7 1BD	Tuesday	10am-12:30pm	Mike	10	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesday	1:30pm-3:30pm	Co-Produced – Anni	15	See foot of page**

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Lechlade	St Birinus Court Lechlade GL7 3FA	1 st Tuesday of the month	10am-1pm	Linda / Jane	15	See foot of page**

Peer Lead Social Group

This will give you the time to socialise in a friendly, non-judgemental group.

- To improve confidence.
- Gain self-esteem.
- To meet like-minded people.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tetbury	Coombe House, Church Street, GL8 8DS	Tuesday	10am-1pm	Peer Volunteer Rose McCoy	8	See foot of page**

Peer Lead Arts and Crafts

This will give you the time to socialise in a friendly, non-judgemental group.

- To chance to improve your confidence as well as learn new skills or share old ones.
- Mosaics, Painting, Felting, Collage.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tetbury	Coombe House, Church Street, GL8 8DS	3rd Tuesday of the month	10am-1pm	Peer Volunteer Helen Humphries	5	See foot of page**

Pottery at the College

- A small supportive pottery group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud College Stratford Road GL5 4AH	Thursday	3pm and 6pm	Stephen Brooking	8	£10.00

Singing Group

- This group aims to build confidence and self-esteem whilst enjoying singing with others.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Beech Grove Court Cirencester GL7 1BD	Every 2nd Tuesday of each month	1pm-2pm	Golden Oldies	20	See foot of page**

Snooker group

- Meet up for a Snooker game and friendly banter. Build social skills and confidence in the community.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	The Conservative Club Charlton House Linden Road Stroud GL5 2AQ	Friday	1pm-2pm	Peers Vince	6	50p a game

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	The Chantry Centre, Long Street, GL11 4 JB	Thursday	10:30am-12pm	Volunteer David Quinn	8	£1.00

Social Lunch Group

- It enables social inclusion, mental wellbeing and enjoying peer support over a meal.
- It gives people a chance to get together for an hour which reduces isolation in rural areas.
- Family and carers to be invited.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Wheatsheaf Inn, 79 Cricklade Street GL7 1JF	1 st Tuesday in month	12pm	Julie King	15	Price of meal and drink if applicable

Walking group

- A chance to gently explore the surrounding area, improve fitness levels and socialise with others

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy Ashcroft Rd Cirencester GL7 1QX	Tuesday	1:30pm-3pm	Volunteer Linda	5	See foot of page**

Women's Group

- A relaxed group to help 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
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Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament St, Stroud, GL5 2HL	Friday	1pm-2:30pm	Peer Volunteer Rose McCoy	10	See foot of page**	
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Yoga

- Kundalini Yoga.
- Suitable for all ages.
- Relaxing and invigorating - working towards positive, physical and mental health.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost	
Stroud	Stroud House Stroud GL5 3AJ	Wednesday	2pm-3:15pm 6pm-7:15pm	Peer volunteer Zoe Day	12	£4	

