



# **Mental Health & Wellbeing**

## Prospectus

21 January – 12 April

# **2019**



# Introduction

## **Welcome to the first A-Z edition of 2019.**

*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 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 or Peer Volunteers know.*

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

*I hope you enjoy browsing the A-Z and that you will find something of interest.*

*May I take this opportunity to wish you all the best for 2019.*

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



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## **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 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 may lead to further 12 week programmes.

## Recovery

### Cheltenham

<b>Introduction to 6 Ways to Wellbeing</b> <i>Rita Long</i> Learn key skills to assist you in your recovery that help maintain your wellbeing.	Gas Green Community Centre 6 Baker Street GL51 9HQ	8 February	1pm-2pm
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### Gloucester

<b>Anxiety Management</b> <i>David Garnett - Volunteer</i> A taster for a 6 week course starting in January. -Discussing anxiety in a small group. -Learning to understand anxiety.	1 Mill Place Bristol Road Gloucester GL1 5SQ	1 February	11am  Contact: 01452 317460
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### Stroud

<b>First Steps in Self-Management</b> Self-management is about finding ways, and learning techniques, which enable you to control your long-term health condition, rather than having it control you.	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street Stroud GL5 2HL	25 March	10am-1pm
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# Employment

## Gloucester

<p><b>Kudos Workshop</b></p> <ul style="list-style-type: none"> <li>-Explore your potential through your interests, aspirations and skills.</li> <li>-Discover new ideas.</li> <li>-Understand which careers best suit you.</li> <li>-Discover future opportunities in learning and work.</li> <li>-Evaluate your options and plan for the future.</li> <li>-Access live job vacancies from thousands of employers.</li> </ul>	<p>Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA</p>	<p>Call 01452 583800</p>	<p>Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>
<p><b>7 steps to getting that Job</b></p> <ul style="list-style-type: none"> <li>-Where and how to look for work.</li> <li>-How recruitment process work.</li> <li>-Getting inside the Recruiter's mind</li> <li>-Outstanding CVs &amp; applications.</li> <li>-Preparing for an interview.</li> <li>-Presenting the best you.</li> </ul>	<p>Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA</p>	<p>Call 01452 583800</p>	<p>Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>

# Volunteering

## Forest of Dean

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

<p><b>Furniture Upcycling</b></p> <ul style="list-style-type: none"> <li>-Turn old furniture into new.</li> <li>-Learn or develop DIY skills.</li> <li>-Use paints and fabrics- whatever you have in mind to give your furniture new life.</li> <li>-All materials provided.</li> </ul>	<p>The Furniture Recycling Project Warehouse 5 West Quay The Docks Gloucester GL1 2EH</p>	<p>Call 01452 583800</p>	<p>Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>
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# Education and Lifelong learning

## Cheltenham

<p><b>Introduction to DJing</b>  <i>Paul Wintle</i>            Time to get your groove on!            Learn the basics of DJing, beat matching and much more. All abilities. All musical genres welcome.  <b>- £3 to book place, payable in advance (10 spaces available).</b></p>	<p>Gas Green            Community Centre            6 Baker Street            GL51 9HQ</p>	<p>22 February</p>	<p>12pm-2pm</p>
<p><b>Jamming Workshop</b>  <i>Tom Hunt</i>            "I hope you like jamming too..."            Come along and take part in an epic music jam. All abilities welcome. Have some fun (Think you can't play? Bang a bongo or shake a tambourine).  <b>-£3 to book place, payable in advance (10 spaces available).</b></p>	<p>Studio 340            340 Lower High Street            Cheltenham            GL50 3JF</p>	<p>6 March</p>	<p>2pm-4pm</p>
<p><b>Creative Writing Workshop: Oblique Strategies</b>  <i>Oliver Smith</i>            Exploring the role of randomness, cut-up technique, editing and the surreal in creating original pieces of writing.  <b>-£3 to book place, payable in advance. (10 spaces available).</b></p>	<p>Gas Green            Community Centre            6 Baker Street            GL51 9HQ</p>	<p>13 March            20 March</p>	<p>10am-12pm</p>
<p><b>Creative Writing for Self-Expression Workshop</b>  <i>Guy Mortenson</i>            Discover different ways of expressing yourself through creative writing.  <b>-No charge (10 spaces available).</b></p>	<p>Gas Green            Community Centre            6 Baker Street            GL51 9HQ</p>	<p>20 February</p>	<p>10am-12pm</p>
<p><b>Narrative Journaling Workshop</b>  <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.  <b>-No charge (10 spaces available).</b></p>	<p>Gas Green            Community Centre            6 Baker Street            GL51 9HQ</p>	<p>15 February</p>	<p>11am-1pm</p>

<p><b>Pop Video Workshop</b> <i>Lee Holder</i> Have fun using audio and visuals to create an original pop video. <b>-£5 to book place, payable in advance (10 spaces available).</b></p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>26 February</p>	<p>12:30pm-3:30pm</p>
<p><b>Craft Box Making Workshop</b> <i>Carole Winnett</i> Learn how to create your own original bespoke craft box. <b>-£5 to book place, payable in advance (8 spaces available).</b></p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>21 February</p>	<p>10am-12pm</p>
<p><b>Beginners Colour Photography Workshop</b> <i>John Habgood</i> Get up to scratch with using your digital camera/camera phone - understand the technology and explore the role of colour in photography. <b>-No charge (10 spaces available).</b></p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>18 March</p>	<p>2pm-4pm</p>

## Forest of Dean

<p><b>Adult Education Tasters Family Fun Day</b> -Photography &amp; ICT -Arts &amp; Crafts -Dinosaur Fun &amp; Crafts</p>	<p>Lydney Community Centre Naas Lane Lydney GL15 5AT</p>	<p>26 January Call 01452 583800</p>	<p>10am-2pm Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>
<p><b>Adult Education Tasters</b> -Photography &amp; ICT -KUDOS -Arabic Calligraphy -Art &amp; Crafts</p>	<p>Lydney Community Centre Naas Lane Lydney GL15 5AT</p>	<p>30 January Call 01452 583800</p>	<p>1pm-4pm Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>

## Gloucester

<p><b>Online Basics for your computer</b> Introduction to internet safety, filling in online forms and using email.</p>	<p>Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA</p>	<p>Call 01452 583800</p>	<p>Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>
<p><b>Furniture Upcycling</b> -Turn old furniture into new. -Learn or develop DIY skills. -Use paints and fabrics to give your furniture new life.</p>	<p>The Furniture Recycling Project Warehouse 5, West Quay, The Docks Gloucester, GL1 2EH</p>	<p>Call 01452 583800</p>	<p>Adult Education Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>

# 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 20 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, GL5 2HL	See page 49 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 49 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.	Beech Grove Court and The Bothy	See page 49 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 49 for details
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# Personal Health - Physical & Mental

## Cheltenham

<p><b>Autism Talk</b> <i>James Walford</i> Learn about what autism is and how it affects individuals on a daily basis.</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>1 February</p>	<p>1pm-2pm</p>
<p><b>Laughter for Health</b> <i>Angela (Peer Led)</i> Using laughter to reduce stress and anxiety</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>14 February</p>	<p>11am-12pm</p>

## Gloucester

<p><b>What about Me!</b> Come and hear about our <i>forthcoming</i> course and explore ideas around: -What am I good at? -What do I enjoy? -My personal achievements. -What makes me happy? -Identifying blocks to achievement. -Setting personal goals.</p>	<p>Adult Education Learning Centre 4-6 Commercial Rd Gloucester GL1 2EA</p>	<p>Call 01452 583800</p>	<p>Contact: 08005421655 <a href="mailto:learn@gloucestershire.gov.uk">learn@gloucestershire.gov.uk</a></p>
<p><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.</p>	<p><a href="http://www.walkingforhealth.org.uk">www.walkingforhealth.org.uk</a></p>	<p><a href="http://www.walkingforhealth.org.uk/walkfinder">www.walkingforhealth.org.uk/walkfinder</a></p>	

## Stroud

<p><b>Laughter for health</b> <i>Angela (Peer Led)</i> Using laughter to reduce stress and anxiety</p>	<p>Stroud Mental Health &amp; Wellbeing Centre The Cross, Parliament Street Stroud GL5 2HL</p>	<p>22 February</p>	<p>11:30am-12:15pm</p>
<p><b>National Time to Talk</b> A chance for Peers to share their skills in the market place.</p>	<p>Shire Hall Westgate St Gloucester GL1 2TG</p>	<p>7 February</p>	<p>10:30am-1pm</p>



# 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-Marsh

### 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	Peer Led – Peter Holden	6	No charge

### Community Café

- The Community Café 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	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	12pm-1:30pm	Helen Evans Wilma Byrne	15	£3 for main course £1 for dessert

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

## Community Drop-In

- Promote independence.
- Improve self-confidence.
- Improve 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, 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

## Computer Basics Part 1

- Adults 19yrs+ 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
Cheltenham	Hesters Way Neighbour- hood Project Community Resource Centre Cassin Drive Cheltenham GL51 7SU	8 January 15 January 22 January 29 January 5 February	9:30am- 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

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

<b>Cheltenham</b>	Tewkesbury Library Sun St Tewkesbury GL20 5NX	9 January 16 January 23 January 30 January 6 February 13 February	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
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## 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.
- File Management.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive Cheltenham GL51 7SU	15 January 22 January 29 January 5 February 12 February	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

<b>Cheltenham</b>	Tewkesbury Library Sun St Tewkesbury GL20 5NX	27 February 6 March 13 March 20 March 27 March 3 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
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## Cookery

- Learn how to make simple nutritious homemade food.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday	1pm-3pm	Wilma Byrne	5	£3 (take home any food you cook)

## Craft Group

- This group makes and produces the following: toys, bags, decorated boxes/bags and 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	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	10am-12pm	Karen Hill	8	£2 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	Smokey Joe's 15-17 Bennington Street Cheltenham GL50 4ED	Wednesday	10am-12pm	Peer Led – Annie Ellis	8	Clients are asked to buy one drink in the café

## Darts

- Have fun playing darts and improve your skills.
- Improve your numeracy skills.
- Opportunity to socialise.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Old Restoration Pub 55-57 High St GL50 1DX	Last Wednesday of the month	2:30pm-3:30pm	Peer Led – Jamie Eden	4	Cost of refreshments

## 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	Peer Led - Carolyn Ward	8	£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	Peer Led - 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 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	Wednesday	10am-12:30pm	Mike Brooks	8	No charge

Cheltenham	Brownhills Centre Swindon Road Cheltenham GL51 9EZ	Wednesday	10am-12pm	Peer Led – James Walford & Cathy Day	6	No charge
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## 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
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	11am-2pm	Peer Led -Tom Hunt	3	£30 for 6 lessons

## Gym & Tonic

- Low impact exercise, tailor made to participants abilities.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	YMCA Gym Arle Road Cheltenham GL51 8LE	Thursday	2pm-3:30pm	Daniel McShee	15	First session No charge - £5.50 per session after

## 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 - Alastair Mackay, Ben Watkinson	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	£12 for 6 sessions

## 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 Cheltenham GL50 4DJ	Wednesday	10am-12pm	Independence Trust staff	4 appointment slots per session (as arranged with Job Centre)	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

## Mosaics

- To learn new skills and build on existing skills.
- To discover the craft of mosaics.
- To design and create original mosaic signs for Inde 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	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1:30pm-3:30pm	Vicky	8	£35 for six sessions or £7 per session (cards accepted)
		Wednesday	1:00pm-3:00pm			

## Movie Group

- Enjoy watching quality films on a widescreen TV.

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

## 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) <i>(Please contact Hugo Poyser 07527602786)</i>	11am-12pm	Shivan – external Tutor	6	£5 per 1 hour session (minimum of 2 people required)

## 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	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			

## 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 <i>(During school holidays: Frog &amp; Fiddle 313-315 High Street Cheltenham GL50 3HW)</i>	Wednesday	2:30pm-3:30pm	Peer Led - Jamie Eden	8	£1 per game

## 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	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	10am-12pm	Vicky Hendzel	8	£35 for 6 sessions or £7 per session (cards accepted)
		Friday	1:30pm-3:30pm			

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

## Printmaking

- An introduction to printmaking including collagraphy, dry point and lino.
- To learn new skills or work on existing printmaking skills.
- To build confidence and mental agility.
- Join a friendly, very creative group to produce prints for own use and for possible exhibition and sale.

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	£30 for five sessions & £1 per week for materials

## Scrabble

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

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

## Walking Group

- Join others on regular walking trips in green spaces.
- Opportunity to socialise.
- Beneficial to mind and body.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Meet at: Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	1pm-2pm	Peer Led – Paul Wintle	12	No charge

## Women's Group

- Group aimed at developing & maintaining social skills, to build life skills, confidence and self-esteem.
- Participants choose what to discuss and topics range 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

## Working with Digital Photographs

- Transferring pictures from camera to PC.
- Using tablets and smartphones.
- Moving and copying.
- Enhancing pictures.
- Using Social Media.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Community Resource Centre Grove Street Cheltenham GL50 3LZ	8 March 15 March 22 March 29 March 5 April 12 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.

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

# A-Z



## West District

Gloucester, Forest of Dean

### Anxiety Management

- Discussing anxiety in a small group.
- Learning to understand anxiety.

Locality	Course	Day	Time	Facilitator	No. of places	Cost
Gloucester	1 Mill Place, Bristol Rd Gloucester GL1 5SQ	Fridays 6 Sessions Start Date: 15 February	10:30am- 12:30pm	David Garnett 07980833228	10	£1

### 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	Thursdays	7pm-9pm	External Tutor 01452425438	10	No charge

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

## 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 01452 425438	10	No charge

## Art Lift

- By referral.
- Please remember, you will need to have a referral form signed by your medical professional. Send completed forms to:

### REFERRALS AT ARTLIFT

**PO BOX 1217, CHELTENHAM, GL50 9WQ**

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	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

Gloucester	Gloucester Community Church Hall St Luke's Stroud Road GL1 5JR	Mondays for (8 Weeks)	10am-12pm	External Tutor	10	No charge on referral by GP
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Gloucester	Brockworth Surgery Abbotswood Road GL3 4PE	Thursdays for (8 Weeks)	1:30pm-3:30pm	External Tutor	10	No charge on referral by GP
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## Bits & Bobs Art (Support) Group

- Peer Led Art Group that meets weekly with a variety of art and craft projects.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Sixteen Café 16 Bank Street Coleford GL16 8BA	Fridays	10am–2pm	Simon Price 07718051368	10	£2.00

## 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 the 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	Mondays	1:45pm- 3:15pm	Robert Hatch 07870808710	Contact Robert	Cost of your own refreshments

Forest of Dean	16 Café Coleford GL16 8BA	Tuesdays	1pm–3pm	Simon Price 07718051368 <a href="mailto:simon.price@independencetrust.co.uk">simon.price@independencetrust.co.uk</a>	Contact Simon	Cost of your own refreshments
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\*\*Please note that there is a £2 contribution per day towards tea / coffee / juice.

<b>Forest of Dean</b>	Café 31 Market Street GL14 2RT	Wednesdays	1pm-3pm	Alan Grist 07870810288	Contact Alan	Cost of your own refreshments
<b>Forest of Dean</b>	Chill Out Zone Community Café Newent GL18 1AJ	Thursdays	2pm-4pm	Alan Grist 07870810288	Contact Alan	Cost of your own refreshments
<b>Gloucester</b>	Quakers Meeting House Grey Friars Southgate St GL1 1TS	Mondays & Fridays	12pm-3pm	Staff, Peer Support and Volunteers	Unlimited	£2 Unlimited tea and coffee
<b>Gloucester</b>	St Pauls Church Stroud Road GL1 5AN	Tuesdays	10am-12pm	Staff/Volunteer	Unlimited	No Charge
<b>Gloucester</b>	1 Mill Place Bristol Road Gloucester GL1 5SQ	Mondays	11am-1pm	Staff/Volunteer	Unlimited	No Charge

## Community Litter Pick

- One of the many [LoveYourForest](#) litter picks, part of the innovative anti-litter campaign which was first launched in the Forest of Dean in 2016 by environmental charity Hubbub and Lucozade Ribena Suntory (LRS).
- Supported by the Forest of Dean District Council and the Forestry Commission, the campaign aimed to highlight the issue of rural litter and look at new ways of encouraging those that drop litter to stop.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Forest of Dean</b>	Meet Coleford Library Main Place GL16 8RH	Friday	10:30am	01594 834436	Unlimited	No charge

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

## Computer Basics Part 1 (with laptops)

- A course for those of you who really need to get to grips with the key basics.
- Keyboard and mouse skills, booting up and closing down, opening up an application, creating and saving a document.
- Try this 5 week, gentle introduction in a friendly and supportive atmosphere.
- This mini course will get you off to a really good start and give you confidence to 'go it alone' a bit more on your computer!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	10 January 17 January 24 January 31 January 07 February	1pm-3:30pm	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 Basics Part 2 (with laptops)

- This mini course is ideal for those who already have keyboard and mouse skills and a little bit of experience.
- You will already be familiar with opening an application and saving documents.
- This course will teach you how to manage files and folders, create longer word documents that include pictures and borders, help you understand the page layout and make the most of the tools available on the tool bar.
- This course will get you ready to take our computer qualification that would equip you with the right skills to help you get work or change your career.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	28 February 7 March 14 March 21 March 28 March 4 April	1pm-3pm	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 Basics Part 2

- Assumes you have completed the **Part 1 course (see page 12)** 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	7 January 14 January 21 January 28 January 4 February	6pm-8pm	Adult Ed 01452583800	10	No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	26 February 5 March 12 March 19 March 26 March 2 April	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 Software - Introduction to Spreadsheets (Excel)

- Want to know more about how spreadsheets work? Then this short course will give you a gentle introduction.
- Spreadsheet skills are often required in the workplace these days and this would be a good introduction for you.
- Come along; friendly and informal teaching in small groups.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	25 February 4 March 11 March 18 March 25 March 1 April	6pm-8pm	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

<b>Gloucester</b>	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	27 February 6 March 13 March 20 March 27 March 3 April	1:30pm- 3:30pm	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
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## Computer Software - Spreadsheets (Excel) Part 2

- For those who have some previous knowledge of using spreadsheets.
- Improving skills with spreadsheets.
- Formatting in spreadsheets.
- Simple formulae.
- Simple filtering.
- Printing and layout.
- Shortcuts and tips to build efficiency.
- Simple charts.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Adult Education Learning Centre, 4-6 Commercial Rd, Gloucester GL1 2EA	9 January	1:30pm- 3:30pm	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
		16 January				
		23 January				
		30 January				
		6 February				
		13 February				
20 February						

## Computing, Making the most of your Tablet

- Find out how to use an Android tablet to complete everyday tasks and save time and money.
- Learn how to navigate around your tablet, getting online, taking photos & videos, sending email.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Upstairs Main Place Old Station Way Coleford GL16 8RH	10 January	1pm-3pm	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
		17 January				
		24 January				
		31 January				
		7 February				
		14 February				

## Confidence Building

- Reduce stress & anxiety, increase confidence and become more resilient in life.

Locality	Course	Day	Time	Facilitator	No. of places	Cost
Gloucester	Tesco Community Room St Oswalds Gloucester	4 Sessions Start Date: Monday 14 January	2pm-4pm	Adult Ed 01452 583800	Unlimited	No charge for learners over 19 years old, who have lived in the UK for over 3 years and are not currently working

## 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	External Tutor 01452 415900	10	No charge

## 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

## Flow Yoga (Roots Café)

- Suitable for all levels.
- Gain energy, strength and balance.
- Improve posture and flexibility.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	21 January	7:30pm- 8:30pm	Roots Café 01452 524674 <a href="https://www.facebook.com/RootsCoffeeCommunity">https://www.facebook.com/RootsCoffeeCommunity</a>		£6 per session or 5 sessions for £25

## 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 Contact: 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 Contact: Neil Hampton 07586548610	Unlimited	No charge
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## 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@forestreadeasydeal.org.uk</a> or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge

Gloucester	<a href="mailto:info@forestreadeasydeal.org.uk">info@forestreadeasydeal.org.uk</a> or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge
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## Guitar for Beginners

- A fun way to explore basic guitar techniques.
- Playing through popular songs you will learn major, minor and effective strumming techniques.
- 10 week course.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Adult Education Learning Centre, 4-6 Commercial Rd GL12EA	10 January FOR 10 WEEKS	6pm-7:30pm	Adult Education 0800 542 1655		£12.50 per week Concessions £9.50 per week



## 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	No charge

## 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
Gloucester	Jobcentre Plus Spa Rd Gloucester GL1 1XL	7 January and then every other Monday	9:30am- 11:30am	Independence Trust staff	4 appointment slots per session (as arranged with Job Centre)	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 do bring them along.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Alternate Tuesdays from 22 January	6pm-7pm	For more information contact Mariana on 07775982905 <a href="https://www.facebook.com/RootsCoffeeCommunity">https://www.facebook.com/RootsCoffeeCommunity</a>		£2 donation towards room hire or what you can afford.

## Knit & Knatter (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	21 January		Roots Café 01452 524674 <a href="https://www.facebook.com/RootsCoffeeCommunity">https://www.facebook.com/RootsCoffeeCommunity</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	Mondays	10am-2pm	External Emma Cornish (07804506395)	Unlimited	Cost of own refreshments

Gloucester	Quakers Meeting House Greyfriars Southgate St, GL1 1TS	Friday	1pm-3pm	Pauline Murray	Unlimited	No charge
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## Men's Group

- Group aimed at developing and maintaining social skills.
- Topics discussed, ranging from general to specific topics.

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

## Peer Lead Training

- A course and a series of conversations for those with life experience of mental health difficulties and disabilities.
- These conversations are intended to help you to draw from your recovery journeys to enable you to set up your own projects, workshops or peer support groups.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Unit 1 Mill Place Bristol Road Gloucester GL1 5SQ	17 January	10am-12:30pm	Simon Price	16	No charge
		24 January 31 January 7 February 14 February 21 February 28 February 7 March	<b>AND</b>  2pm-4:30pm			

## Peer Support Group

- 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 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	Tuesdays	1pm-3pm	Peer Led Andy Jenkins	Unlimited	No charge

Forest of Dean	Rollercoaster Café 31 31 Market Street Cinderford GL14 2RT	Wednesdays From 2 January 2019	12pm-2pm	Peer Led Andy Jenkins	Unlimited	No Charge
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Gloucester	Kingsholm Inn Kingsholm Road, Gloucester, GL1 3AT	Wednesdays	12pm-3pm	Peer Led Ben Watkinson & Scott Clements	Unlimited	No Charge
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## 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

## Roots Book Club (Roots Café)

- Come along and chat about and enjoy the world of fiction.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	12 February (second Tuesday of every month)	7pm	Roots Café 01452 524674 <a href="https://www.facebook.com/RootsCoffeeCommunity">https://www.facebook.com/RootsCoffeeCommunity</a>		

## 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	24 January (every Thursday)		Roots Café 01452 524674 <a href="https://www.facebook.com/RootsCoffeeCommunity">https://www.facebook.com/RootsCoffeeCommunity</a>		

## Saturday Lunch Club

- Peer led group aimed at providing some mutual support on a weekend.
- The group runs every week but please ring (01452) 317460 to confirm date & time.
- **Women only** every second week.

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

## Self-Help to Happiness

- A course to aid and create choices that may lead to real positive changes in people's lives.
- Practical tools to improve happiness and to meet like-minded friendly people.
- A **few** topics that the course includes: how to love yourself; myths of happiness; different perspectives; mindfulness, breath work; meditating, mental wellbeing; colour therapy; coping with stress and adversity; learning to forgive; relationships; exercise, food and sleep.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	2 & 6 Therapy Rooms, Wainbridge House Shepherd Rd GL2 5EL	Every Friday Starting 18 January	10am-1pm	Kylie Jordan 07775383369	15	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.
- Our trained facilitators all have long term conditions themselves and understand these challenges and 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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Tuffley Gloucester Fire Station SKILLZONE GL4 0AS	14 February 21 February 28 February 8 March 14 March	Please contact by phone or email for times and booking	NHS 03004211623		No charge

<b>Forest of Dean</b>	Lydney Stonebury Day Hospital 22 Grove Rd GL15 5JE	11 February 18 February 25 February 4 March 11 March	Please contact by phone or email for times and booking	NHS 03004211623		No charge
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## 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
<b>Forest of Dean</b>	A quiet location in Coleford	One Thursday a Month	10:30am-12pm	01452 305421 <a href="mailto:info@glosrasac.org.uk">info@glosrasac.org.uk</a>	Unlimited	No charge

## Tai Chi

- This class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing.
- 12 week course.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Adult Education Learning Centre, 4-6 Commercial Rd GL12EA	Saturday 12 January  FOR 12 WEEKS	9:30am-10:30am	Adult Education 0800 542 1655		£7.70 per week Concessions £5.60 per week

## The Beacon

- Mental Health Support Group
- [www.thebeacon.me.uk](http://www.thebeacon.me.uk)

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Grange Baptist Church Grange Road Tuffley GL4 0PD	Thursdays	9am-3pm	Carrie Godwin <a href="mailto:thebeacon247@gmail.com">thebeacon247@gmail.com</a>  Contact Simon Price for more information 07718051368 <a href="mailto:simon.price@independencetrust.co.uk">simon.price@independencetrust.co.uk</a>	Unlimited	No charge

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

## 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:ffcw1@gmail.com">ffcw1@gmail.com</a>	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	Scott Clements & Robert Hatch 07870 808710	10	See foot of page**

Forest of Dean	Meet at Coleford Library Main Place GL16 8RH	Last Thursday of the Month	1pm Rambling Rog & The Amblers Rambling Group	Contact James Aldridge 01452 726951 07900719093	10	No Charge
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## 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	Contact Diane 01594 810321	10	No charge

<b>Forest of Dean</b>	Meets at Chill Out Zone Community Café Broad St, Newent	Thursdays	10am	Contact Margaret Highton 01531 820245	10	No charge
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<b>Gloucester</b>	Hartpury Village Hall Over Old Road GL19 3BJ	Wednesdays	10am	Contact Susan 01452 700707	10	No Charge
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## 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
<b>Gloucester</b>	Chequers Bridge Friendship Café, Painswick Road GL4 6PR	Wednesdays	9:45am – 12pm	External Tutor 01452 425438	10	£3

## Wood Craft Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Fairshares Chequers Bridge Painswick Road, GL4 6PR	Mondays Tuesdays Fridays	12pm-3pm	External Tutor 01452425438	10	No charge

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



## Yoga

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- Suitable for all individuals looking to bring balance into their lives.
- 12 week course.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Adult Education Learning Centre, 4-6 Commercial Rd GL12EA	Saturday 12 January  FOR 12 WEEKS	1:30pm-3pm  AND  3:30pm-5pm	Adult Education 0800 542 1655	Unlimited	£7.50 per week Concessions £5.60 per week

# 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
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street, Stroud GL5 2HL	Monday	1pm-3pm	Gloucestershire Adult Education Tutor	12	See foot of page**
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesday	1:30pm-3:30pm	Peer led Helen Humphries	12	See foot of page**
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10:30am-12:30pm	Gloucestershire Adult Education Tutor	12	See foot of page**

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

## 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 Street Stroud GL5 2HL	Monday	1pm-3pm	Volunteer – John Ward	6	See foot of page**
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10:30am-12:30pm	Client led	6	See foot of page**

## Book Club

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Black Books Café 2 Nelson Street Stroud GL5 2HL	First Wednesday of the month	3pm-4:30pm	Lisa Nash	8	Cost of a drink in the café
Cirencester	Waterstones 14 Cricklade Street Cirencester GL7 1LL	First Tuesday of the month	3:30pm-4:30pm	Julie King	8	Cost of a drink in the café

## Bushcraft

- Learn navigation skills from the trees and sun.
- Build shelters out of surrounding materials.
- How to find water and identify plants useful for survival.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weaver's Croft Field Road Stroud GL5 2HZ	22 February	1pm-3pm	Paul Osborn	10	See foot of page**

## 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 led Irene Kelly	8	Cost of beverage from café

## Client Forum

- A forum for you to discuss what you would like to see in the 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 Street Stroud GL5 2HL	1 <sup>st</sup> Friday in the month	11:30am	Peers	20	See foot of page**

Dursley	Tyndale Centre Dursley GL11 4JX	1 <sup>st</sup> Thursday in the month	1pm	Peers	20	See foot of page**
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## Community Café

- The Community Café is a safe space within the community.
- People cook and share a meal learn budgeting skills and sometimes taking 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

## Curry Club

- A chance to meet new people.
- Sociable group in the evening to enjoy a meal together.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	The Lord John 17 Russell St Stroud GL5 3AA	Thursday	6pm-8pm	Peer led	10	Cost of meal

## 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 Street Stroud GL5 2HL	Monday	10am-12pm	Volunteer led Chrissie Davies Alex Bryant	10	See foot of page**

## First Aid

- For anyone who wants to learn first aid skills for adults.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre, The Cross Parliament Street Stroud, GL5 2HL	14 January	10am-12pm	External tutor Adult Education	12	See foot of page**

## 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
Stroud	All Pulling Together 1 Park Parade Stonehouse GL10 2DB	Every Thursday morning	10am-12pm	Forwards Employment Contact: Neil Hampton 07586548610	Unlimited	No charge

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

## 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	Weaver's Croft Field Road Stroud GL5 2HZ	Friday	10am- 12pm	Volunteer Margaret Westmore and Peer Lead Rebecca Hauton	8	See foot of page**

## 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 Street Stroud GL5 2HL	Friday	11am- 12:30pm	Peer Led Vince and Matt	8	See foot of page**

## Indian Head Massage

- Relieve aches, pains and tensions in your neck, back and shoulders.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street Stroud GL5 2HL	Friday	1:30pm- 2:30pm	Volunteer Louise Pugh	2 slots per week	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
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led Irene Kelly	8	See foot of page**
<b>Stroud</b>	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street Stroud, GL5 2HL	Monday	10am-12pm	Client led	6	See foot of page**

## 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 Stroud Gloucestershire GL5 2JT	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday	1pm-3pm	Independence Trust staff and peer lead Jo Timpson	4 appointment slots per session	No charge
<b>Cirencester</b>	Jobcentre Plus Council Offices Trinity Road Cirencester GL7 1TE	Every other Tuesday	9:30am-1pm	Independence trust staff and peer lead Diane Abonyi	5 appointment slots per session	No charge

## 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
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led Paula Thorpe	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 led Georgie McClory	8	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	Weaver's Croft Field Road Stroud GL5 2HZ	Friday	10am-3pm	Dave Walters	15	See foot of page**

## Music Group

- All abilities welcome.
- For anyone who would like to learn basic skills and enjoys music.
- Bring your own instrument or borrow on of ours.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street Stroud GL5 2HL	Monday	3:30pm- 5pm	Dave Walters & Don Wilde	8	See foot of page**



## No Pressure

- A group for young people.
- Rediscover and maintain mental health, physical health and wellbeing.
- Fun and interesting activities.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Curio Lounge 9-11 King Street Stroud GL5 3BX	Wednesday	7pm-9pm	Rita Long	10	See foot of page**

## 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
<b>Dursley</b>	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Volunteer - Eileen Hopcroft	20	See foot of page**

<b>Stroud</b>	Stroud Mental Health & WB Centre, The Cross Parliament Street Stroud, GL5 2HL	Monday	10am-3pm	Alex and Alison Hustwitt	20	See foot of page**
		Friday	10am-1pm			

<b>Cirencester</b>	Beech Grove Court Cirencester GL7 1BD	Tuesday	10am-12:30pm	Mike	10	See foot of page**
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<b>Cirencester</b>	The Bothy Ashcroft Road Cirencester GL7 1QX	2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Tuesday of the month	10am-12pm	Rita Long	15	See foot of page**
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<b>Lechlade</b>	St Birinus Court Lechlade GL7 3FA	1 <sup>st</sup> Tuesday of the month	10am-1pm	Linda / Jane	15	See foot of page**
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## Peer Led Arts and Crafts

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

- A chance to improve your confidence as well as to 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	Tuesday	10am-12pm	Peer Volunteer – Helen Humphries	5	See foot of page**

## Peer Led 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**

## 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

## Snooker Group

- Meet up for a game of Snooker and some 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	Peer volunteer Vince	6	50p a game
Dursley	The Chantry Centre, Long Street, GL11 4JB	Thursday	10:30am-12pm	Client led	8	£1.00

## Solution Focused Living

- Positive Thoughts, Positive Actions and Positive Interactions.
- Learn why you should and how could apply the 3 P's to your life.
- A friendly, fun group which includes a relaxation session each week.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street Stroud GL5 2HL	Saturday 26 January For 6 weeks	10am-12pm	Sarah Stephenson	10	£3 a session

## Upcycling Re-use - Recycle - Re-useful

- Bring your unwanted clothes/shoes/bags to upcycle.
- Learn sewing and craft skills

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday	10am-12pm	Peer led Cathi Brown	8	See foot of page**

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

## 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 Stroud GL5 2HZ	Tuesday	10am- 3pm	Dave Walters	10	See foot of page**

## Women's 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	Peer Volunteer – Rose McCoy	10	See foot of page**

## Writing for Wellbeing

- Guided writings exercises can bring deeper understanding of self through writing.
- No previous experience required.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	25 March	10am- 12pm	External tutor	6	See foot of page**

# Useful Numbers



Below is a contact list that one of our support groups compiled because they found these services helpful and useful for their recovery in the past:

<b>Barnwood Trust</b>	A charitable foundation that provides grants to people in Gloucestershire with disabilities and mental health challenges.	01452 614429
<b>Carers Gloucestershire</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</b>	Free, confidential & impartial advice to everyone on their rights	01452 527202
<b>Citizens Advice Bureau, Forest of Dean</b>	Free, confidential & impartial advice to everyone on their rights	01594 823937
<b>Community Wellbeing Service</b> Stroud & Berkeley Vale Cheltenham & Tewkesbury Cotswold 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
	Gloucestershire Rural Community Council	01452 528491
	Home Group	0300 131 0024
	Forest of Dean District Council	01594 812447
<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>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

# Your notes

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