



A - Z

Prospectus

16 September – 6 December

2019



Introduction

Welcome to your A-Z Activity Programme

I hope you have all had a great Summer.

As I'm sure you will remember from our last A-Z, Independence Trust were awarded two contracts and we will continue to deliver services for the next 5 years. The two contracts are:

- Community Advice, Links and Mental Health Support Service (CALMHS)
- Community Autism Support and Advice Service (CASA)

The services continue to provide Bridge Building support on a 1:1 basis in the community to support you to engage and link with community resources. We will also continue to support you to develop the Peer service which has been a great source of support to many people over the last 5 years. There are two Bridge Building Teams led by Emma Royer and Sue Tomlinson and a Peer Team led by Simon Price. All three of them will be known to many of you, so if you have any questions or queries about any aspect of the services then please do not hesitate to talk to one of them. Also if you have any suggestions as to how the service can grow and develop, please do share your ideas with them.

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

We look forward to continuing to work with GCC and the Commissioning team as well as with you to develop the service to the next stage.

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

Emma Royer 0345 863 8323 x3810

Sue Tomlinson 0345 863 8323 x3850

Simon Price 0345 863 8323 x3813

Please note that the Gloucester office has now moved to:

Conway House, Ground Floor, 31 Worcester St, Gloucester GL1 3AJ

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

Cynthia Kerr
Senior Operations Manager



Contents	Page
Taster Sessions	4
Central District Cheltenham, Tewkesbury, North Cotswolds	15
West District Gloucester, Forest of Dean	28
South District Stroud, Cirencester, Dursley, Tetbury, Lechlade	43
Useful Contacts	55
Registration Form	Enclosed

Registration

- Registering for your choice of course/s is easy. Simply complete the enclosed registration form making sure you fill in all the information required. When you have completed the form, please give it to your Support Worker at your centre or post it to:

Independence Trust, Conway House, 31 Worcester Street, Gloucester, GL1 3AJ

We will then be in touch to confirm your place on the course/s as quickly as we can.

- You must commit to the full course and if the course is paid for in advance, refunds will not be available.
- Please see individual items for costs for each session.





Taster Sessions

For Taster Sessions, please check noticeboard or speak to your Support Worker.
These may lead to further 12 week programmes.

Recovery

Gloucester

QWELL Counselling Come along and find out about the free counselling available for Independence Trust clients and also the ability to partake in supportive online forums.	Quakers Meeting House Greyfriars Southgate St GL1 1TS	23 Sept	1:00pm-2:00pm
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Cheltenham

Cognitive Behavioural Therapy <i>George Green</i> Learn about how cognitive behavioural therapy can benefit your mental health	Gas Green Community Centre 6 Baker Street GL51 9HQ	20 Sept	12:45pm-1:30pm
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Voices: Brains and Spirits <i>Keith Coupland</i> Come along and watch a film on the theme of voice hearing, followed by an open discussion.	Gas Green Community Centre 6 Baker Street GL51 9HQ	27 Sept	10am-12:00pm
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QWELL Counselling Come along and find out about the free counselling available for Independence Trust clients and also the ability to partake in supportive online forums.	Gas Green Community Centre 6 Baker Street GL51 9HQ	11 Oct	12:45pm-1:30pm
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Employment

Gloucester

<p>Online Job Search Workshop Learn how to find jobs via the internet</p>	<p>Gloucester Library Brunswick Road Gloucester GL1 1HT</p>	<p>18 Sept 6 Nov</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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Cheltenham

<p>Online Job Search Workshop Learn how to find jobs via the internet</p>	<p>Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU</p>	<p>12 Nov</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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<p>Online Job Search Workshop Learn how to find jobs via the internet</p>	<p>Tewkesbury Library Sun St Tewkesbury GL20 5NX</p>	<p>16 Oct</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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Dursley

<p>Online Job Search Workshop Learn how to find jobs via the internet</p>	<p>Dursley Library May Lane Dursley GL11 4JH</p>	<p>9 Oct</p>	<p>2pm-4pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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Volunteering

Forest of Dean

<p>Many Varied Volunteering Opportunities Forest Voluntary Action Forum (FVAF) 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 contact@fvaf.org</p>
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Gloucester

<p>Furniture Upcycling -Turn old furniture into new. -Learn or develop DIY skills. -Use paints and fabrics- whatever you have in mind to give your furniture new life. -All materials provided.</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 learn@gloucestershire.gov.uk</p>
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Education and Lifelong learning

Cheltenham

<p>Creative Writing Workshop: Mr D'Arcy's Purple Socks <i>Oliver Smith</i> Discover new approaches to creating characters and how to build narratives around them to write short stories -£3 to book place, payable in advance (10 spaces available).</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>16 Oct 23 Oct</p>	<p>10am-12pm</p>
<p>Pop Video Workshop <i>Lee Holder</i> Have fun using audio and visuals to create an original pop video. -£20 to book place, payable in advance (10 spaces available).</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>23 Oct</p>	<p>12:30pm-3:30pm</p>
<p>Willow Wreath Workshop <i>Vicky Hendzel-Walker</i> Create a Christmas willow wreath, for your door or as a table decoration. Using foliage from the garden and up-cycling old Christmas decoration, such as fairy lights, tinsel or ribbons etc. -£3 to book place, payable in advance (10 spaces available)</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>13 Nov</p>	<p>10am-12pm</p>
<p>Keyboard Mouse Skills Workshop Get up to scratch with using your keyboard mouse</p>	<p>Bishop's Cleeve Library Tobyfield Rd Bishops Cleeve Cheltenham GL52 8NN</p>	<p>13 Nov</p>	<p>1:30pm-3:30pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>

Keyboard Mouse Skills Workshop Get up to scratch with using your keyboard mouse	Tewkesbury Library Sun St Tewkesbury GL20 5NX	18 Sept 6 Nov	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
Online Basics for your computer Introduction to internet safety, filling in online forms and using email.	Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU	24 Sept	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
Using your computer Introduction to using your computer	Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU	17 Sept	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online	Tewkesbury Library Sun St Tewkesbury GL20 5NX	25 Sept 13 Nov	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online	Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU	1 Oct	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online	Bishop's Cleeve Library Tobyfield Rd Bishops Cleeve Cheltenham GL52 8NN	20 Nov	1:30pm-3:30pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk

<p>Email Skills Workshop Learn how to send emails and improve your skills in this field</p>	<p>Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU</p>	<p>15 Oct</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Email Skills Workshop Learn how to send emails and improve your skills in this field</p>	<p>Tewkesbury Library Sun St Tewkesbury GL20 5NX</p>	<p>9 Oct 27 Nov</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Internet Skills Workshop Bring your internet skills up to scratch</p>	<p>Tewkesbury Library Sun St Tewkesbury GL20 5NX</p>	<p>2 Oct</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Internet Skills Workshop Bring your internet skills up to scratch</p>	<p>Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU</p>	<p>8 Oct</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Social Media Workshop Learn how to navigate your way around the world of social media</p>	<p>Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU</p>	<p>3 Dec</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Health Services Online Workshop Learn how to access health services via the internet</p>	<p>Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU</p>	<p>19 Nov</p>	<p>1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>

Managing Money Online Workshop Learn how to manage your money via the internet	Hester's Way Neighbourhood Project Hester's Way Community Resource Centre Cassin Drive Cheltenham GL51 7SU	26 Nov	1pm-3pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
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Gloucester

Floristry Workshop <i>Venet Poyser</i> Come along and make simple floral table arrangements. -£5 to book place, payable in advance (10 spaces available)	Quakers Meeting House Greyfriars Southgate St GL1 1TS	4 Oct	12pm-3pm
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Keyboard Mouse Skills Workshop Get up to scratch with using your keyboard mouse	Gloucester Library Brunswick Road Gloucester GL1 1HT	2 Oct 20 Nov	10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
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Online Basics for your computer Introduction to internet safety, filling in online forms and using email.	Hucclecote Library Hucclecote Road Gloucester GL3 3RT	26 Sept	10pm-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
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Using your computer Introduction to using your computer	Hucclecote Library Hucclecote Road Gloucester GL3 3RT	19 Sept	10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
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Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online	Hucclecote Library Hucclecote Road Gloucester GL3 3RT	3 Oct	10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk
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<p>Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online</p>	<p>Gloucester Library Brunswick Road Gloucester GL1 1HT</p>	<p>9 Oct 27 Nov</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Email Skills Workshop Learn how to send emails and improve your skills in this field</p>	<p>Gloucester Library Brunswick Road Gloucester GL1 1HT</p>	<p>23 Oct</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Email Skills Workshop Learn how to send emails and improve your skills in this field</p>	<p>Hucclecote Library Hucclecote Road Gloucester GL3 3RT</p>	<p>17 Oct</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Internet Skills Workshop Bring your internet skills up to scratch</p>	<p>Gloucester Library Brunswick Road Gloucester GL1 1HT</p>	<p>16 Oct</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Internet Skills Workshop Bring your internet skills up to scratch</p>	<p>Hucclecote Library Hucclecote Road Gloucester GL3 3RT</p>	<p>10 Oct</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Health Services Online Workshop Learn how to access health services via the internet</p>	<p>Hucclecote Library Hucclecote Road Gloucester GL3 3RT</p>	<p>5 Dec</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
<p>Tablet and Smart Phones Workshop Learn how to use your tablet and/or smart phones with confidence</p>	<p>Hucclecote Library Hucclecote Road Gloucester GL3 3RT</p>	<p>21 Nov</p>	<p>10am-12pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>

<p>St. James City Farm Day Out <i>James Walford</i> A one off day out to the city farm in Gloucester. We'll have a tour of the farm, meet the animals and tea and cakes afterwards. -10 places -£1.50 per person</p>	<p>St James City Farm St James Park Gloucester</p>	<p>13 Sept</p>	<p>10:30am</p>
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Dursley

<p>Keyboard Mouse Skills Workshop Get up to scratch with using your keyboard mouse</p>	<p>Dursley Library May Lane Dursley GL11 4JH</p>	<p>6 Nov</p>	<p>2pm-4pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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<p>Online Safety Workshop Learn how to keep your personal data and computer safe while browsing online</p>	<p>Dursley Library May Lane Dursley GL11 4JH</p>	<p>18 Sept 13 Nov</p>	<p>2pm-4pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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<p>Email Skills Workshop Learn how to send emails and improve your skills in this field</p>	<p>Dursley Library May Lane Dursley GL11 4JH</p>	<p>2 Oct 27 Nov</p>	<p>2pm-4pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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<p>Internet Skills Workshop Bring your internet skills up to scratch</p>	<p>Dursley Library May Lane Dursley GL11 4JH</p>	<p>25 Sept</p>	<p>2pm-4pm Adult Education Contact: 08005421655 learn@gloucestershire.gov.uk</p>
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Stroud

<p>Stroud Brewery Quiz Night Fundraiser In support of Independence Trust for Mental Health Awareness Week</p>	<p>Stroud Brewery Bar London Road Brimscombe Stroud, GL5 2BY</p>	<p>17 Oct</p>	<p>8pm-10pm</p>
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Accessing support networks

Cheltenham

Open session 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 24 for details
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Gloucester

Open session Drop in for a cuppa there is always someone to have a chat with.	Various venues	See page 31 for details
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Forest of Dean

Open session Drop in for a cuppa there is always someone to have a chat with.	Various venues	See page 31 for details
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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, GL52HL	See page 52 for details
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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	See page 52 for details
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Cirencester

Open session Drop in for a cuppa there is always someone to have a chat with.	The Bothy Cirencester	See page 52 for details
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Lechlade

Open session Drop in for a cuppa there is always someone to have a chat with.	St Birinus Court Lechlade GL7 3FA	See page 52 for details
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Personal Health - Physical & Mental

Cheltenham

<p>Singing for Strength <i>Tom Hunt (Peer Lead)</i> Find out about how singing can benefit your mental wellbeing.</p>	<p>Gas Green Community Centre 6 Baker Street GL51 9HQ</p>	<p>25 Oct</p>	<p>12:45pm- 1:30pm</p>
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Gloucester

<p>Walking for Health 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.</p>	<p>www.walkingforhealth.org.uk</p>	<p>www.walkingforhealth.org.uk/walkfinder</p>	<p>www.walkingforhealth.org.uk/walkfinder</p>
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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

1 to 1 Gardening

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

James.walford@connexus-group.co.uk or 07813 015760.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	12:30pm-14:30pm	James Walford	1 at a time	Just materials if needed

Art for All

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

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

Artlift

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

If you need a referral form please e-mail your postal address to referrals@artlift.org or telephone

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

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

Badminton Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Gym Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	2pm-3pm	Group Led	6	No charge

BANNED - Music Appreciation Group

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

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

Community Autism Support & Advice Information Drop In

- Informal Information Drop In about our CASA Service.
- An opportunity for you to ask about our Community Autism Support & Advice Service.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre Baker Street Cheltenham GL51 9HQ	Wednesdays	3:30pm-4:30pm	James	Unlimited	None

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 GL50 3HW	Thursday	2:45pm onward	Peer Led	10	Cost of refreshments

Computer Basics Part 1

- Adults 19 yrs+ 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 Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU	5 Nov	10am-12pm	Adult Education Contact: 08005421655 01452 583800 learn@gloucestershire.gov.uk	10	**
		12 Nov				
		19 Nov				
		26 Nov				
		3 Dec				
		10 Dec				

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

Computer Basics Part 2

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU	17 Sept	10am-12pm	Adult Education Contact: 08005421655 01452 583800 learn@gloucestershire.gov.uk	10	**
		24 Sept				
		1 Oct				
		8 Oct				
		15 Oct				
		22 Oct				

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

Cotswold Aspies Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Sup and Chow (previously the Brown Jug Public House) 242 Bath Road Cheltenham GL53 7NB	3rd Tuesday of each month	7pm	For information please contact david.grocott@aol.com	Unlimited	Cost of your own drinks

Creative Expression

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

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

Djing Course

- Learn what DJs do
- Determine Goals
- Explore DJ software
- Learn basic DJ skills
- Learn CDJ setup
- Learn Vinyl setup
- Record mixes
- Learn to build a following
- Learn how to get first DJ gigs

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Studio 340 340 Lower High Street GL50 3JF	Monday	12pm-2pm	Peer Led - Paul Wintle	5	£2 per session <i>(to book, £12 upfront deposit required)</i>

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 Jamie Eden	2 places currently available	£2

Forwards Employment Outreach Service

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

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

Gaming Group: ITG (Independence Trust Gaming)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre, 6 Baker St GL51 9HQ	Wednesday online 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 do not need to have any experience as regards gardening skills or equipment, however, you will need to wear old, loose, protective clothes for outdoor work.

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

Gardening Group

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

James.walford@connexus-group.co.uk or 07813 015760

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Brownhill Unit St. Pauls Medical Centre Cheltenham GL51 9EZ	Wednesday	10am-12pm	Cathy Day and James Walford	5	Just materials as needed

Hearing Voices Support Group

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

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

Impro

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

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

Job Fair

- Get the latest jobs in Tewkesbury.
- Meet local employers with vacancies.
- Employability support and help to work.
- All welcome, community venue.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tewkesbury	Tewkesbury Library Sun Street Tewkesbury GL20 5NX	2 October	10am-12pm	Robert Watkins, (Dimensions Training Solutions & Gos County Council) 07919 555154	All welcome	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
Cheltenham	Jobcentre Plus 7 North St GL50 4DJ	3 rd Wednesday of each month (commencing 18 September 2019)	2pm-4pm	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

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1:30pm-3:30pm	Vicky	10	£35 for five sessions or £10 per session; £5 for a taster session (cards accepted)
		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	Studio 340 340 Lower High Street GL50 3JF	Monday (Fortnightly by arrangement) <i>(Please contact Hugo Poyser 07527602786)</i>	12:30pm-2pm	Shivan – External Tutor	6	£10 per 1 hour session (cost divided between attendees, minimum of 2 people required)

New Friends Network

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tewkesbury	Priors Park Community Church Queens Road Priors Park Tewkesbury	1 st Tuesday of the month	12:30pm- 2:30pm	Sam Dainty Contact: 07900719109	10	No charge. Refreshments Provided.
Cheltenham	St. Michael's Church Hall School Road Bishops Cleeve	Every 3rd Wednesday of the month (not in school holidays)	11am- 12:45pm	Sam Dainty Contact: 07900719109	10	No charge Refreshments Provided.

Open Sessions (Drop-In)

- The open sessions work towards increasing confidence and social participation.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support.

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

Philosophy and Mental Health

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

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

Pool Group

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

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

Pottery

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	10am-12pm	Vicky Hendzel	10	**
		Friday	1:30pm-3:30pm		20 (pm session)	

** £35 for 5 sessions or £10 per session; £5 for a taster session (cards accepted)

Printmaking

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

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

Screenwriting

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Coconut Tree 59 St Paul's Rd Cheltenham GL50 4JA	Tuesday	3pm- 5pm	Peer Led - Guy Mortenson	6	Cost of a beverage

Walking Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Meet at: Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	12pm- 1pm	Peer Led – Paul Wintle Contact to book place: 07769333465	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



A-Z



West District

Gloucester, Forest of Dean

Archery (Men's)

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

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

Archery (Women's)

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

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

Artlift

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

Artlift Referrals, PO Box 3255, Gloucester, GL1 9FZ

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Artspace The New Mercury 3 Woodside St Cinderford GL14 2NL	Monday (Printmaking)	10am- 12pm	External Tutor	10	No charge on referral by GP
Gloucester	Gloucester Community Church Hall St Luke's Stroud Road GL1 5JR	Monday (Drawing & Illustration)	10am- 12pm	External Tutor	10	No charge on referral by GP
Gloucester	Brockworth Free Church URC 103 Moorfield Road Brockworth GL3 4JQ	Thursday (Painting & Drawing)	1:30pm- 3:30pm	External Tutor	10	No charge on referral by GP
Gloucester	Abbeydale Community Centre Glevum Way Abbeydale GL4 4BL	Monday (Arts & Crafts)	11:30am- 1:30pm	External Tutor	10	No charge on referral by GP

Autistic Spectrum Condition Friendly Yoga Sessions

- Yoga Sessions specifically designed for people with ASC diagnosis (speak to CASA team for specific referral criteria – 01452 317465)
- Run by Yoga teacher with experience of ASC.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Gloucester Resource Centre City Works Alfred Street Gloucester Gloucestershire GL1 4DF	Thursdays From 19 September until 7 Nov	9am- 10am	Julia	12	£5 per session

Autistic Spectrum Emotion Management & Wellbeing Sessions

- Sessions specifically for Adults with ASC (speak to CASA team for specific referral criteria – 01452 317465)
- Working in a small group
- Sessions will be Emotion and Wellbeing focused
- Sessions will cover coping skills and tools
- Psycho-educational based

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Meeting Room Gloucestershire Resource Centre (GRC) City Works Alfred Street Gloucester GL1 4DF	Wednesdays 4 Sept 11 Sept 25 Sept 2 Oct	3:30pm- 4:30pm	Julia, Pippa and James	8	None

Cinema

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

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

Coffee/Tea, Info & Advice Drop-In

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	61 Newerne Street Kaplan's Restaurant Lydney GL15 5RA	Monday	1:45pm-3:15pm	Robert Hatch 07870808710	Contact: Robert	Cost of your own refreshments
Forest of Dean	16 Café Coleford GL16 8BA	Tuesdays	1pm-3pm	Simon Price 07718051368 simon.price@con-nexus-group.co.uk	Contact: Simon	Cost of your own refreshments
Forest of Dean	Café 31 Market Street GL14 2RT	Wednesdays	1pm-2pm	Robert Hatch 07870808710	Contact: Rob	Cost of your own refreshments
Gloucester	Quakers Meeting House Grey Friars Southgate St GL1 1TS	Mondays & Fridays	12pm-3pm	Staff, Peer Support and Volunteers	Unlimited	£2 Unlimited tea and coffee

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.
- 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
Forest of Dean	Meet Coleford Library Main Place GL16 8RH	Friday	10:30am	01594 834436	Unlimited	No charge

Computer Basics Part 2

- Assumes you have completed the **Part 1 course (see page 18)** 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	5 Nov	10am-12pm	Adult Ed 01452 583800	10	**
		12 Nov				
		19 Nov				
		26 Nov				
		3 Dec				
		10 Dec				

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

Community Outdoor Project

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	St. James City Farm 23 Albany Street Gloucester GL1 4NG	Second Thursday of the month	10am-4pm	Contact: James Aldridge: 07900719093	10	No charge. Lunch provided.

Crafty Creations Art Group

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

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

Five-A-Side Indoor Football

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Gloucester Leisure Centre Bruton Way GL1 1DT	Tuesday	12pm-1pm	James Aldridge Contact: 07900719093	10	No charge

Flow Yoga (Roots Café)

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

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

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

FRED (Forest Read Easy Deal) 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	info@forestreadeasydeal.org.uk or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge
Gloucester	info@forestreadeasydeal.org.uk or 07746371353	Flexible days	Flexible times	External Tutors	Unlimited	No charge

HHPDA Group Equine Assisted Psychotherapy

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

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

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	Every second Tuesday	6pm-7pm	For more information contact Eddie on 07525618389 https://www.facebook.com/ KingsholmMindfulness/		£2 donation towards room hire or what you can afford.

Knit & Natter (Roots Café)

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

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

Knit & Natter

- All ages and abilities welcome.

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

Mitcheldean Aspergers Support Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Mitcheldean Library High Street Mitcheldean Gloucestershire GL17 0HN	2nd Tuesday of each Month	1:30pm	For information please contact Irene on 01594 543978 sonofcoker@hotmail.com	Unlimited	None

Monthly Meet Up Eat Up Cooking Groups

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Friends Meeting House Greyfriars Southgate St GL1 1UA	First Wednesday of every month	11am- 1pm	Contact: Lucy Bennett 07900719124	8	No charge

Forest of Dean	Forest Community Church Parragate Road Cinderford GL14 2LY	Second Wednesday of every month	12pm- 2pm	Contact: Lucy Bennett 07900719124	8	No charge
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New Friends Network

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Northgate Hall St. John's Lane GL3 2DB	Last Thursday of the month	12:30pm- 2:30pm	Sam Dainty Contact: 07900719109	10	No charge. Refresh ments provided.

Forest of Dean	British Legion Hill Street Lydney GL15 5HW	Every 1 st Tuesday of the month (not in school holidays)	12:30pm- 2:30pm	Sam Dainty Contact: 07900719109	10	No charge. Refresh ments provided.
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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	Tuesday	1pm-3pm	Peer Led Andy Jenkins 07817006664 Sophie 07494583950	Unlimited	No charge
Forest of Dean	Rollercoaster Café 31 Market Street Cinderford GL14 2RT	Thursday	10am-12pm	Peer Led Andy Jenkins 07817006664	Unlimited	No charge

Roots English Practice (Roots Café)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Café 69 Alvin Street GL1 3EH	Thursday	1pm-3pm	Roots Café 01452 524674 https://www.glofamiliesdiocrectory.org.uk/kb5/gloucs/glofamilies/service.page?id=jk1zLS4SrH0		No charge

Self-Management: Live Better to Feel Better

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

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

Survivors Friendship Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	A quiet location in Coleford	One Thursday a Month	10:30am- 12pm	01452 305421 info@glosrasac.org.uk	Unlimited	No charge

The Cavern Social Club

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern Gloucester College St Gloucester GL1 2NE	Thursday	2pm-4pm	James Walford	Unlimited	Just food and drinks for yourself.

The Forest Fibro & Chronic Pain Warrior Group

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

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

Unique Women's Group

- Social inclusion for women from all backgrounds
- Safe and relaxed environment
- Various activities e.g. arts & crafts, cooking etc.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Bartongate Childrens Cntr Sinope Street GL1 4AW	First Thursday of every month	10am-12pm	Lucy Bennett 07900719124	10	Contact Lucy

Walking Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Main Place Old Station Way, Coleford GL16 8RH	Mondays	10am-12:30pm	Scott Clements & Robert Hatch 07870 808710	10	No charge
	Coleford Library Main Place GL16 8RH	Every 3 rd Thursday of the Month	1pm-3pm Rambling Rog & The Amblers Rambling Group	Contact: James Aldridge 01452 726951 07900719093	10	No Charge
Gloucester	Meet outside Shire Hall Westgate Street	First Monday of the Month	10am-11:30pm	Contact: James Aldridge 01452 726951 07900719093	10	No Charge

Walking for Health 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
	Chill Out Zone Community Café Broad St Newent	Thursdays	10am	Contact: Margaret Highton 01531 820245	10	No charge
Gloucester	Hartpury Village Hall Over Old Road GL19 3BJ	Wednesdays	10am	Contact: Susan 01452 700707	10	No Charge

Women's Coffee Morning

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

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

Wood Craft Group

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

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



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 GL5 2HL	Monday 16 Sept for 8 weeks	1pm- 3pm	Adult Education 0800 542 1655	12	£2
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1QX	Tuesday	1:30pm- 3:30pm	Peer led Helen Humphries	12	£2
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday 19 Sept for 8 weeks	10:30am- 12:30pm	Adult Education 0800 542 1655	12	£2

Artlift

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

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

If you need a referral form please e-mail your postal address to referrals@artlift.org 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
Cirencester	Churn Project 14 The Waterloo Cirencester GL7 2PY	Monday	3pm-5pm	External Tutor	10	No charge on referral by GP
Nailsworth	Price's Mill Surgery New Market Rd Nailsworth GL6 0DQ	Wednesday	10am-12pm	External Tutor	10	No charge on referral by GP
Stroud	Museum in the Park Stroud GL5 4AF	Tuesday	1pm-3pm	External Tutor	10	No charge on referral by GP

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 GL5 2HL	Monday	1pm-3pm	Volunteer – John Ward	6	£2
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10:30am-12:30pm	Client led	6	£2

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	Ashcroft Rooms Ashcroft Road Cirencester GL7 1RA	First Friday of the month Starting 6 Sept	11am-12am	Dianne	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	Weavers Croft Field Road Stroud GL5 2HZ	Friday 21 June	1pm-3pm	Paul Osborn	10	£2

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

Cirencester Social

- Meeting up for board games and chats.
- Lunch available

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Ashcroft Rooms Ashcroft Road Cirencester GR7 1RA	Following Fridays 6 Sept 20 Sept 1/15 Nov 6/10 Dec	11am- 1pm	Peer Lead	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 st Friday in the month	11:30am	Peers	20	No charge
Dursley	Tyndale Centre Dursley GL11 4JX	1 st Thursday in the month	1pm	Peers	20	No charge

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

Cotswold Aspies Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Fleece Pub Market Square Cirencester GL7 2NZ	First Wednesday of every other Month September/November	7pm	For information please contact david.grocott@aol.com	Unlimited	Cost of your own drinks

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

Digital Photography

- 6 week course.
- Become more tech savvy with your digital camera.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Cirencester Baptist Church Chesterton Lane Cirencester GL7 1YE	Thursdays 19 Sept – 31 Oct (<i>no session on 3 October</i>)	2pm-4pm	Email learn@gloucestershire.gov.uk or telephone 01452 583800	8	**No charge subject to eligibility

**Must be over the age of 19 and UK resident in the last 3 years

One of the following; Unemployed / low wage earner; qualified below Level 2; Learning difficulty or disability; mental health challenges (includes substance misuse)

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 GL5 2HL	Monday	10am-12pm	Volunteer led Chrissie Davies Alex Bryant	10	£2

Do It group

- A chance to be creative with a focus
- Creating a Chinese Dragon

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament St GL5 2HL	Friday	10am-12pm	Becca	10	£2

Dursley Gardening Group

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

Dursley	Tyndale Garden The Slade Tyndale GL11 4JX	Thursday	12pm-2pm	Dave	10	£2.00
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Find Out More about Qwell (Qwell Online Counselling and Wellbeing for Adults)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday 19 Sept	10:30am- 11:30am	To be confirmed	15	No Charge
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday 16 Sept	1:30pm- 2:30pm	To be confirmed	15	No Charge
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1 QX	Tuesday 17 Sept	10:30am- 11:30am	To be confirmed	15	No Charge

First Steps in Self-Management

- Breathing Techniques
- Managing Low Mood
- Getting a Good Night's Sleep
- Problem-solving
- Food Awareness
- Being Active
- Next Steps

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday 21 Oct for 6 weeks	1pm- 4pm	Nicky Phone: gloucestershire.selfmanagement@nhs.net Info: www.glos-care.nhs.uk/lbfb	12	No charge

Garden Crafts

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road Stroud GL5 2HZ	Friday	10am-12pm	Volunteer Margaret Westmore and Peer Lead Rebecca Hauton	8	£2

Jigsaw Group / Games Group

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led Irene Kelly	8	£2

Stroud	Stroud Mental Health & Wellbeing Centre The Cross, Parliament Street GL5 2HL	Monday	10am-12pm	Client led	6	£2
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Jobcentre Plus Drop in

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Jobcentre Plus Unicorn House Cornhill Shopping Centre GL5 2JT	1 st Wednesday in the month	1pm-3pm	Independence Trust staff and peer lead Jo Timpson	4 appointment slots per session	No charge
Cirencester	Jobcentre Plus Council Offices Trinity Road Cirencester GL7 1TE	1 st Tuesday in the month	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
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Peer Led Paula Thorpe	10	£2

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	£2

Men's Shed

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

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

No Pressure young person's group

- A group for young people.
- Rediscover and maintain good mental health.
- A chance to be social and meet up weekly.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Curio Lounge Stroud GL53BX	Wednesday	7pm	Peer lead	10	Cost of beverage

Open Sessions

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Tyndale Centre Dursley GL11 4JX	Thursday	10am-3pm	Eileen Georgie Dave Irean	20	£3
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	10am-3pm	Alex and Alison Hustwitt	20	£3
		Friday	10am-1pm			
Lechlade	St Birinus Court Lechlade GL7 3FA	1 st Tuesday of the month	10am-1pm	Linda / Jane	15	£2
Cirencester	The Bothy Ashcroft Road Cirencester GL7 1 QX	Every Tuesday except the 1 st of the month	10am-12pm	Wilma	20	£2

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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Tetbury	Coombe House Church Street GL8 8DS	Tuesday	10am-12pm	Peer Volunteer - Helen Humphries	5	£2

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	£2

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

Saturday Social

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

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

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
Dursley	The Chantry Centre Long Street GL11 4JB	Thursday	10:30am- 12pm	Client led	8	£1.00

Walk and Talk

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Black Books Café 2 Nelson Street Stroud GL5 2HL	Every Thursday From 19 Sept	10.30am- 12.30pm	Katherine	-	No Charge

Weaver's Croft Gardening Group

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

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

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	£2



Useful Contacts



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:

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

