



A - Z

Prospectus

6 June – 26 August

2022

Introduction



Welcome to the new A-Z activity programme. This is the second since coming out of all Covid restrictions. The activities are varied based on feedback from the client group and the skills and talents which people have to offer.

We are extremely grateful to those who facilitate groups and use their skills and talents to support others to build confidence in their own ability.

Over the coming months we will build on the A-Z and hopefully get back to where we were before Covid. We are aware that for some people Groups are not something at this point that they want to engage in. We hope that over time that will change, and that people will be less anxious about being with others. Please have a look and join us for some of the activities / groups on offer.

Enjoy the activities and hopefully the sun will shine so as we can, over the summer months, offer a number of outdoor activities.

If you require further information, contact the Facilitators directly, or Bill and Rachel our Peer Workers. They will only be too happy to help.

Bill Shearer – 0797 603 7700

Rachel Cowley – 0781 301 5760

Cynthia Kerr
Senior Operations Manager

These groups and activities are not an exhaustive list of what is going on peer support wise across the county.

So much great community action and so many positive peer support initiatives have sprung up over the last year.

If you want support with running and developing these (or want help to build your own peer support group or project from scratch) then please contact the Independence Trust Peer Support Team through:

Bill Shearer – 0797 603 7700 or Rachel Cowley – 0781 301 5760

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Registration

- To register on any of the enclosed groups / courses, please contact the Facilitator of the group to check on availability.
- 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.





Topics

Family, Friends and other Supporters / Carers

Understanding Mental Health issues

Developing Knowledge and Practical Skills

Living Well and Enjoying Life

Getting Involved



ZOOM, PODCASTING & ONLINE GROUPS

ASC FAMILY AND FRIENDS

- A support group for the family and friends of adults diagnosed with autism.
- A safe space to ask questions and get advice about how best to support your autistic family member or friends.
- Jointly run by Independence Trust and Gloucestershire Carers Hub.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ONLINE	Contact Lorna or Alan if you would like to join us online and would like an invitation. lorna.carter@peopleplus.co.uk alan.grist@independencetrust.co.uk	10 June 1 July 5 August	12pm – 1pm	Lorna Carter Alan Grist	15	No charge

LATE DIAGNOSIS AUTISM / NEURODIVERSE GROUP

Individuals diagnosed with autism as an adult, to receive:

- **PEER SUPPORT** - specifically to do with the unique challenges of a Late Diagnosis
- **ADVICE** - from your peers and members of the CASA Team
- **SIGNPOSTING** - find out what other support is available in your community

Also, for those who may be considering seeking a diagnosis or feel that they may be neuro diverse.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ONLINE	Contact Alan if you would like to join us online and would like an invitation. alan.grist@independencetrust.co.uk	6 June 11 July 8 August 22 June 27 July 24 August	7pm - 8pm 1pm - 2pm	Alan Grist	15	No charge

OWN MY LIFE COURSE

- Helping women gain ownership of their lives.
- Own My Life is a hopeful, safe and educational 12-week online course specifically for women who have had relationships with abusive and controlling male partners. The course will take place for 2 hours a week at a time to be agreed with participants.
- Please refer to the Independence Trust Bridge Building service and mention to your Bridge Builder that you would like to attend this course. Self-refer to Bridge Building at: <https://www.independencetrust.co.uk/CALMHS/referrals>.
Alternatively, you can ring 0345 863 8323 and speak to a member of the team.
- For more information about the course visit www.ownmylifecourse.org.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	For further information please contact Sara Ackrill, Facilitator. sara.ackrill@wiredifferently.co.uk	See above	See above	Peer Volunteer Sara Ackrill	8-10	Donation to 'Wired Differently' 'Pay it Forward' if you would like to do so.

TALK PODCAST

- Are you interested in talking about your personal journey to wellbeing? Would you be willing to tell your story to help others? Well here is your chance. Be part of a podcast family of professionals, leaders, mentors and clients.
- 'What is essential is to be alive and present to all the wonders of life' - Thich Nhat Hanh.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
PODCASTING	Further enquiries to avbergonzi@rusberg.plus.com	Wednesday	Afternoon (time to be confirmed by interviewee)	Tony Bergonzi 07979020789	Waiting list dependent	N/A





Central District

Cheltenham, Tewkesbury, Moreton-in-Marsh

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	Thursday -Art 10am-12pm -Art 12.30pm-2.30pm	Shelley Winnett 07923 413607	8	£36 per term (4 sessions) includes materials
		Friday	Friday -Art 10am-12pm -Printmaking 12.30pm-2.30pm			

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other autistic individuals.
- We offer advice, support and signposting to other services.
- Food and drinks available to buy!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Sober Parrot 7 St James' Square Cheltenham GL50 3PR	Tuesdays	12pm - 2pm	Cathy Day Lisa Smith For all enquiries, please email info@independenttrust.co.uk	15	No charge
		Fortnightly 14 June 28 June 12 July 26 July 9 August 23 August				

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other autistic individuals.
- We offer advice, support and signposting to other services.
- Refreshments available.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Moreton-in-Marsh	Jameson Court Moreton in Marsh GL56 0EW	Monday Monthly 6 June 4 July 1 Aug	1pm - 3pm	Alan Grist For all enquiries, please email info@independenttrust.co.uk	10	No charge

BANNED MUSIC GROUP

- Music appreciation.
- A peer support group for all to listen to and chat about music.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	2.30pm – 4pm	Jamie Eden 07727 238063	10	No charge

BEADING & JEWELLERY GROUP

- A course to make beaded necklaces and earrings for both beginners and a more advanced class.
- To follow - beginners' course in Jewellery wax carving pendants and charms, and jewellery making in silver for those interested in making their own pieces.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	1pm - 3pm	Bill Shearer 07976 037700	10	Contribution towards the beading materials you have used.

The BREAKFAST CLUB

- Following on from Voices Fellowship (see page 14).
- A Peer Support Group for all to chat and enjoy the delights of a cooked breakfast.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Sunrise Café 310 High Street GL50 3JF	Friday	11am- 12pm	Ben Watkinson 07703 140415	10	As purchased

CRAFT GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	10am- 12pm	Peer Volunteer Claire Bradshaw 07392 532441	10	Contribution towards any materials that you have used

CREATIVE MUSICIANS AND SONGWRITERS WORKSHOP

- Bring and learn to play an instrument of your choice in a safe, friendly environment.
- Gain confidence, meet new people and have fun.
- Explore new musical arrangements and styles and compose your own new music.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	2.30pm – 4.30pm	Tony Bergonzi avbergonzi@ru sberg.plus.com	8	No charge

CREATIVE WRITING FOR PLEASURE AND WELLBEING

- Why not come along to see how crafting a short story can benefit your mental health.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	6 June	10am – 12pm	Sarah Scotford- Smith (contact Bill Shearer – 07976 037700)	10	No charge

COMMUNITY WALK

- Enjoy a walk in Cheltenham along some of its scenic routes.
- Join a sociable group for good company and conversation.
- Gain the physical and mental benefits from some gentle exercise.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Neptune's Fountain 83 Promenade Cheltenham GL50 1PJ	Friday	1pm - 2.30pm	Jaime Eden 07727 238063	No limit	No charge

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 Volunteer Carolyn Ward (01242) 510351 Jamie Eden 07727 238063	10	£2

GARDENING & ALLOTMENT

- 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	Peer Volunteer Mike Brooks 07780 377520	8	No charge

INTRODUCTION TO POETRY

- Explore poetry for fun and therapy in a relaxed, friendly atmosphere.
- Meet and enjoy the company of new people and share creative ideas.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1pm – 3pm	Benji Watkinson 07703 140415	10	No charge

LET'S GET CRAFTING! - Run by autistics, for autistics

- This is a safe space for autistic adults to try out craft activities if they would like to, or just come for a coffee and a chat!
- New crafting ideas welcome

Locality	Venue	Day	Time	Facilitator	No. Of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Tuesdays Fortnightly 7 June 21 June 5 July 19 July 2 August 16 August	9.30am - 11.30am	Peer Autism Volunteer Cathy Day 07879 463592	6	£1 per session

MINDFULNESS PHOTOGRAPHY

- Learn the fundamentals of digital photography including composition and exposure at your own pace in an easy-going environment.
- Emphasis is on outdoor photography with the option of post processing at the premises at Gas Green in Cheltenham.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ And surrounds	Thursday	2.30pm – 4pm	Matt Archibald mattarch44@gmail.com ail.com	5	No charge

PEER TALKING / TEA AND CHAT

- Meet with a member of the Peer Team and talk about what is important to you in terms of your mental health, how the Peer Service could be developed and how to act together to make it happen.
- Discuss Peer Support and Peer Volunteering and how to work together to deliver Peer Services.
- Meet and talk to increase confidence and social participation.
- Improve mental wellbeing and enjoy peer support with others on their own mental health journeys.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	10am – 12pm	Peer Team 07976 037700	15	No charge

POETRY WORKSHOP

- Do you write poetry or would you like to?
- This workshop will be a safe, non-judgemental space to experiment making poetry of your life.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	1 July	1pm – 2.30pm	Bethan Manley (contact Bill Shearer – 07976 037700)	10	No charge

POOL GROUP

- Play pool and meet people in a friendly social environment.
- Develop your skills and have fun playing on the American style tables.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Hollywood Bowl The Brewery Henrietta St GL50 4FA	Wednesday	1.30pm – 3.30pm	Peer Volunteers Jamie Eden 07727 238063	8	£1.20 per game

VOICES FELLOWSHIP (Hearing Voices Group)

- Safe space to share experiences.
- This will be followed by The Breakfast Club (see page 9).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	10.30am – 11am	Ben Watkinson 07703 140415	10	No charge





West District

Gloucester, Forest of Dean

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other Autistic individuals.
- We offer advice, support and signposting to other services.
- Food and drinks available to buy!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	GL3 Community Hub Cheltenham Road East Churchdown Gloucester GL3 1HX	First Thursday of the month 7 July 4 August 1 September *No drop-in on 2 June as this is a bank holiday*	6.30pm - 8pm	For all enquiries, please email info@independencetrust.co.uk OR For all enquiries, please email info@gl3communityhub.org.uk	20	No charge
Gloucester	The Warehouse Climbing Centre (Café) Parliament Street Gloucester GL1 1HY	Monday Fortnightly 6 June 20 June 4 July 18 July 1 August 15 August	10am – 12pm	Cathy Day Lisa Smith For all enquiries, please email info@independencetrust.co.uk	15	No charge
Forest of Dean	Greenhill Coffee House 8 Market Street Cinderford GL14 2SB	Tuesday Monthly 7 June 5 July 16 August	9.30am - 11.30am	Alan Grist For all enquiries, please email info@independencetrust.co.uk	10	No charge

DUDES & DOGS

- Dudes & Dogs is a Community Interest Group created with one simple premise. To get men out in the fresh air together for a walk and talk (with their dogs). We want men to understand that it's not just okay to talk, it's important.
- Visit their website to find out about this amazing peer support project dudesndogs.co.uk.
- All walks (Stroud and Gloucester, amongst others) can be booked at <https://dudesndogs.co.uk/pages/walks>

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Robinswood Hill Reservoir Road Gloucester GL4 6SX	Sunday	10am - 11am	Matt Selwyn Dog Dude from Dudes and Dogs	N/A	No charge

GARDENING GROUP (Community House)

- Be part of this new and exciting opportunity to create an Oasis of Calm in the city of Gloucester within the walled gardens of Community House (next to Gloucester Cathedral).
- No gardening skills required.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Community House 15 College Green Gloucester GL1 2LZ	Mondays Starting 4 July	10am – 12pm	Dave Walters 07815 878375	8	No charge

HHPDA (Horses Helping People with Depression and Anxiety)

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**.
- Small groups of 4
- Groups to support LGBTQ, Men, and ethnic minority communities
- Further information on www.hhpda.co.uk
- Contact us for more details on info@hhpda.co.uk

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucestershire	Eldersfield GL19 4NX and Huntley GL19 3HH	Upon application	Upon application	Zeb Nawaz 07923 934457	4 per group	£10 per session

PEER TALKING / TEA & CHAT

- Meet with a member of the Peer Team and talk about what is important to you in terms of your mental health, how the Peer Service could be developed and how to act together to make it happen.
- Discuss Peer Support and Peer Volunteering and how to work together to deliver Peer Services.
- Meet and talk to increase confidence and social participation.
- Improve mental wellbeing and enjoy peer support with others on their own mental health journeys.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	Monday	12pm - 2pm	Bill Shearer 07976 037700	8	Must purchase a drink from the café

Gloucester	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	Thursday	10.30am – 12.30pm (once a month this will tie in with the Peer Volunteer Social)	Bill Shearer 07976 037700	6 + whatever other space is available in the café on the day.	Must purchase a drink from the café.
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PEER VOLUNTEER SOCIAL

- Come together and join with other volunteers who are setting up peer support groups, workshops and projects. The aim is to support each other, share ideas and develop our individual peer practices.
- Enjoy a drink and relax with others who are passionate about using their interests, journeys, coping strategies and stories to help others.
- Discuss what we are doing with our peer projects and interventions, share resources and connect with others who are on their own mental health recovery journeys.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	1 st Thursday of every month	10.30am – 12.30pm	Bill Shearer 07976 037700	15	Refreshments available



South District

Stroud, Cirencester, Dursley, Tetbury, Lechlade, Wotton-under-Edge

A TASTE OF ART

- An opportunity to have a go at different art techniques in this small and friendly no pressure group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	12.30pm - 2.30pm	Art Shape	10	No charge

ART @ THE BOTHY

- A safe place, somewhere to have a cuppa. 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
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	10am – 12pm	Jim Lisa 07812 395319	10	No charge

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other Autistic individuals.
- We offer advice, support and signposting to other services.
- Food and drinks available to buy!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Star Anise Arts Café 1 Gloucester Street Stroud GL5 1QG	Wednesday Fortnightly 1 June 15 June 29 June 13 July 27 July 10 August 24 August	2.30pm – 3.30pm	George Evans For all enquiries, please email info@independencetrust.co.uk	10	No charge

COMMUNITY WELLBEING SERVICE @ INDE CAFÉ

- First Tuesday of the month Community Wellbeing Service will be at the Trinity Rooms, Stroud to offer a free and confidential service for anyone over the age of 16.
- The aim of the service is to connect you to local services, organisations and groups that can help you to improve your general wellbeing and meet your wider social needs.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	First Tuesday in the month	11am - 1pm	Kim and Suzie 07980 773391	10	No charge

COMMUNITY ADVICE, LINKS & MENTAL HEALTH SUPPORT SERVICE (CALMHS) AND COMMUNITY WELLBEING SERVICE

- Do you feel isolated, lack motivation or experience difficulty coping with the stress and pressures of life?
- Would you like space to talk and be listened to, a chance to build new friendships?
- Community Advice, Links & Mental Health Support Service (CALMHS) and Community Wellbeing Service will be at the venues below to offer a confidential service for anyone over the age of 17. The aim of the service is to connect you to local services, organisations and groups that can help you to improve your general wellbeing and meet your wider social needs.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Paganhill Community Group Farmhill Ln Paganhill Stroud GL5 4BX	1 st Wednesday of the month	1pm - 3pm	Jane 07790 849996	8	No charge
Lechlade	St Birinus Ct Lechlade GL7 3FA	1 st Tuesday in the month	10am -12pm	Linda Jane 07980 923649	8	No charge
Wotton-under-Edge	The Keepers Community Hub Symn Lane Wotton-under-Edge GL12 7BD	Thursday	1.30pm – 3.30pm	Dave Clare Julia Kate 07815 878375	8	£1

GARDENING GROUP (Weavers Croft)

- The Green Oasis project at Weavers Croft Stroud.
- Working together outdoors improves people's mental health and wellbeing, building friendships, reducing loneliness and isolation.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road GL5 2HZ	Tuesday	10am – 3pm	Dave Walters and Margarita 07815 878375	Max 8 attendees	No charge

INDEPENDENCE TRUST COMMUNITY ADVICE, LINKS & MENTAL HEALTH SUPPORT SERVICE (CALMHS) @ THE VIBE

- Do you feel isolated, lack motivation or experience difficulty coping with the stress and pressures of life?
- Would you like space to talk and be listened to?
- A chance to build new friendships?

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	The Vibe 3 Parsonage Street Dursley GL11 4EA	Thursday	10am – 12pm	Dave Beccy 07815 878375	8	No charge

INDE ART @ THE CAFÉ

- Small friendly group a chance to create and chat.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	10.30am – 12.30pm	Margaret 07980 923649	10	No charge

INDE CAFÉ

- Try our “social soup” freshly prepared meal using the produce from our own garden. A chance to chat and make new friends.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	10.30am – 1pm	John and Jean 07980 923649	8	Donation

MEN'S SHED (Weavers Croft)

- 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	Weavers Croft Field Road Stroud GL5 2HZ	Friday	1pm - 3pm	Dave Walters 07815 878375	Max 8 attendees	No charge

3 P's WORKSHOP

- **3 P's Workshop:** Positive Thoughts - Positive Actions - Positive Interactions
- Designed to offer anyone suffering from mental ill health the chance to improve their wellbeing by giving them the opportunity to:
 - Learn the basics of how the brain works
 - Understand why we may be repeating unhelpful patterns of behaviour
 - Consider alternative behaviours
 - Choose new ways to react and respond

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	The Wellbeing Centre Parliament Street Stroud GL5 2HL	Friday 24 June	11am - 12pm	Lisa 07812 395319	8	No charge

Cirencester	The Vibe 3 Parsonage Street GL11 4DR	Thursdays from 7 July	10.30am - 11.30pm	Lisa 07812 395319	8	No charge
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QUIZ and GAMES

A chance to use your brainpower.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	12pm -1pm	Jim & Rachel 07812 395319	8	No charge

WALKING GROUP

- A friendly gentle social walk around the area.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	2pm - 3pm	Jim Lisa 07812 395319	8	No charge

WELCOME SPACE

- A safe space - somewhere to have a cuppa. Someone to talk to. Peer support.
- Limited spaces. Attendance only by pre-booking.
- Call from 9am on the day (01453) 767999.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	10.30am - 12.30pm	Sharon Jo (01453) 767999	8	No cost





Useful Contacts

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

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 Based Support	Support for Housing issues	
CCP P3	-Gloucester, Tewkesbury, Forest of Dean -Stroud, Ciren, Dursley, Chelt, North Cots	0300 365 2002 0808 168 2443
Community Wellbeing Service	Extra support when coping with a short or long-term health situation, or with other challenges of life.	
Stroud & Berkeley Vale	Independence Trust	0345 863 8323
Cheltenham & Tewkesbury	CCP	0300 365 6463 01242 694534
Cotswolds (North & South)	Gloucestershire Rural Community Council	01452 528491
Gloucester	Home Group	0300 131 0024
Forest of Dean	Forest of Dean District Council	01594 812447 01594 812399
Cruse	Bereavement Counselling	01242 252518
FRED	Reading and literacy support	0774 637 1353
FVAF	Volunteering in FoD	01594 822073
Independence Trust	CALMHS CASA	01452 317460
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
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 Glos. https://www.yourcircle.org.uk/	



