



A - Z

Prospectus

7 September – 27 November

2020



Introduction

Welcome to a very depleted A-Z for September – November 2020.

As you will be well aware this has been a very difficult time for many people as they have lived for months in Lockdown.

At last we are starting to come out of that and back to some sort of normality – whatever that is!

It is unfortunate that we cannot return to full service at the moment, but the welfare of both Clients and Staff is important to us as an organisation. However, we did want to return to some aspects of the service, so here it is, a start to getting back to a full A-Z activity programme.

Please do follow the instructions for each session as we are still limited in what we can do, e.g. number of people attending drop-in's etc. If you have any concerns or queries, please do contact a member of the Peer Team.

We hope to return to a normal service as soon as is possible. In the meantime, stay safe and do contact us if you need extra support.

Cynthia Kerr
Senior Operations Manager



Central District

Cheltenham, Tewkesbury, Moreton-in-Marsh

Cheltenham

Open Mental Health Support Session

Booking is required on the morning of each session.
Please phone Hugo on 07527 602786 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday (start date 15 Sept)	10am-1pm	Peer Team Staff	10	50p per cup of tea & coffee
		Friday	10am-2pm			

Moreton-In-Marsh

Open Mental Health Support Session

Booking is required on the morning of each session.
Please phone Lewis on 07870 808729 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Moreton- in-Marsh	Redesdale Hall High Street Moreton-In-Marsh GL56 0BA (meet outside the hall)	Last Wed in the month	1-3pm	Peer Team Staff	10	Donations towards tea & coffee

West District

Gloucester, Forest of Dean

Gloucester

Open Mental Health Support Session

Booking is required on the morning of each session.

Please phone Hugo on 07527 602786 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Chuckaboo's Lounge 52 Westgate Street Gloucester GL1 2NF	Monday	12:45pm-3:30pm	Peer Team Staff	13	Beverages available. (Café prices)
		Wednesday	12:45pm-3:30pm			

Adult Autism Drop In (Gloucester)

Booking is required before each session.

Please phone James on 07813 015760 before between 11am and 12pm to book and guarantee a space.

- An opportunity for you to ask about our Community Autism Support & Advice Service
- Limited spaces due to Covid Safe Restrictions.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Cavern 56 Westgate St Gloucester GL1 2NF	Friday	3pm-4pm	James Walford 07813 015760 james.walford@independencectrust.co.uk	2	Café prices



Open Mental Health Support Session

***Booking is required on the morning of each session.
Please phone Simon on 07718 051368 between 9am and 10am to book and guarantee a space.***

- Join us for a cuppa there is always someone to have a chat with.
- Limited spaces due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Forest of Dean	Coleford Town Council 2 Town House Lords Hill Walk (opposite Co-Op) Coleford GL16 8BD	Tuesdays	1pm–3pm	Peer Team Staff	8	50p per cup of tea & coffee



South District

Stroud, Cirencester, Dursley, Tetbury, Lechlade

Stroud

Open Mental Health Support Session

Booking is required on the morning of each session.

Please phone Lewis on 07870 808729 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Monday	10am-1pm	Peer Team Staff	8	Donations towards tea & coffee
		Friday	10am-1pm			

Adult Autism Drop In (Stroud)

Booking is required before each session.

Please phone Alan on 07870 810288 between 9am and 10am to book and guarantee a space.

- An opportunity for you to ask about our Community Autism Support & Advice Service
- Limited spaces due to Covid Safe Restrictions.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Stroud Mental Health & Wellbeing Centre The Cross Parliament Street GL5 2HL	Thursday	11am-1pm	James Walford 07813 015760 james.walford@independencetrust.co.uk	4	Donations towards tea & coffee



Dursley

Open Mental Health Support Session

Booking is required on the morning of each session.
Please phone Wilma on 07879 230834 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Dursley	Bank Café 80 Parsonage Street Dursley GL11 4AB	Thursday	10am- 12pm	Peer Team Staff	10	Café prices

Cirencester

Open Mental Health Support Session

Booking is required on the morning of each session.
Please phone Wilma on 07879 230834 between 9am and 10am to book and guarantee a space.

- Join us for a cuppa there is always someone to have a chat with.
- Limited Spaces Due to Covid Safe Restrictions.

Staff will be available after each session for a short group walk to support those who could not book on to the session and to discuss peer support with those who are new to our services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	Waterstones Café 14 Cricklade Street Cirencester GL7 1LL (meet outside the café)	Tuesdays	10am- 12pm	Peer Team Staff	8	Café prices





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
Greensquare	Support for Housing issues (Glos, Tewks, FoD)	01452 726951
Independence Trust	Alan Grist – Senior Autism Worker	0787 081 0288
	Simon Price – Peer Team Leader	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
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/	

