



**A - Z**

Prospectus

September - December

2023

## Introduction



Welcome to the A-Z for Autumn 2023.

The weather is beginning to change and the darker nights will be coming in, so it is important that we have things to do during the season.

Being occupied is helpful and beneficial to our Mental Health and Wellbeing particularly during the darker nights. It helps us to get out more and engage with others in social settings.

We hope you will find something of interest that you can come along to. As well as the activities and groups it is good during the damper and darker seasons to get out and about in local parks or along the canals in between the showers of rain. Fresh air can help us relax more. The community hubs will also offer spaces for you to go, as well as visiting the local libraries and getting into a good book.

Whatever you do to get through the season, don't forget we are here for advice and support. We also have a live chat on our website between 10am and 2pm Monday to Friday when you can chat anonymously to the duty office. It is an opportunity to get advice and information which may be helpful.

Enjoy the activities and don't forget to stay warm, if you are struggling then let us know as we can signpost to organisations that might be able to support you.

Take care  
Cynth

**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.
- Kindly confirm your attendance 24 hours in advance with the Facilitator of your chosen group



# Topics

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Family, Friends and other Supporters / Carers

Understanding Mental Health issues

Developing Knowledge and Practical Skills

Living Well and Enjoying Life

Getting Involved

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## ZOOM, PODCASTING & ONLINE GROUPS

### 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 01452 317460 and speak to a member of the team.
- For more information about the course visit [www.ownmylifecourse.org](http://www.ownmylifecourse.org).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	For further information please contact Sara Ackrill, Facilitator. <a href="mailto:sara.ackrill@wireddifferently.co.uk">sara.ackrill@wireddifferently.co.uk</a>	See above	See above	Peer Volunteer Sara Ackrill	8-10	Donation to 'Wired Differently' 'Pay it Forward'

### Online Information Group

- This is a group for autistic adults (18+) who have been diagnosed with autism.
- The sessions will be interactive and informative.
- This series will be based around reasonable adjustments

Locality	Venue	Day	Time	Facilitator	Cost
ZOOM	Contact Lauren Woods on <a href="mailto:lauren.woods@independencetrust.co.uk">lauren.woods@independencetrust.co.uk</a> For Zoom invitation	18 <sup>th</sup> October, 29 <sup>th</sup> November, 24 <sup>th</sup> January 2024, 24 <sup>st</sup> February 2024	1pm – 2.30pm	Lauren Woods 07527602786	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
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Thursday Friday	<b>Thursday</b> Art and printmaking 10am-12pm General Art 12.30pm-2.30pm <b>Friday</b> General Art 10am-12pm General Printmaking 12.30pm-2.30pm Printmaking, project based 2.30pm – 4.30pm	Shelley Winnett 07923 413607 07907125177 artforallgroup@outlook.com www.artforallgroup.co.uk	8	£2 per class Refreshments and materials supplied

### Origami Craft group

- This beginner friendly group is aimed at neurodiverse individuals who would like to learn a new skill or continue their craft in company of others

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre, 6 Baker Street, Cheltenham GL51 9HQ	Mondays Bi-Weekly 11 <sup>th</sup> & 25 <sup>th</sup> September, 9 <sup>th</sup> & 23 <sup>rd</sup> October, 6 <sup>th</sup> & 20 <sup>th</sup> November, 4 <sup>th</sup> December	11pm - 1pm	Lauren Woods lauren.woods@independencetrust.co.uk 07527 602786	15	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
<b>Cheltenham</b>	School House Café St Pauls Road Cheltenham GL50 4EZ	Tuesdays	12pm - 2pm	Lauren Woods lauren.woods@independencetrust.co.uk	15	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Tewkesbury</b>	Rosado Lounge, 103-105 Church Street, Tewkesbury GL20 5AB	<b>Wednesdays Bi-weekly</b> 13 <sup>th</sup> & 27 <sup>th</sup> September, 11 <sup>th</sup> & 25 <sup>th</sup> October, 8 <sup>th</sup> & 22 <sup>nd</sup> November, 6 <sup>th</sup> December	12pm - 2pm	Lauren Woods lauren.woods@independencetrust.co.uk	15	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
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	1pm - 3pm	Bill Shearer 07976037700	10	Contribution towards the beading materials you have used.

## LUNCH CLUB

- A Peer Support Group for all to chat and enjoy the delights of a cooked lunch

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	12.30pm	Bill Shearer 07976037700	10	£3 For min £5 to include desert

## 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
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday (not during school holidays)	10am-12pm	Peer Volunteer Claire Bradshaw 07392 532441	10	Contribution towards any materials that you have used

## 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
<b>Cheltenham</b>	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

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- 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
<b>Moreton-in-Marsh</b>	University Allotment Site Old Town GL56 0LW	Wednesday	10am- 12.30pm	Peer Volunteer Mike Brooks 07780 377520	8	No charge

## INTRODUCTION TO POETRY

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- 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
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1pm – 3pm	Benji Watkinson 07703 140415	10	No charge

## PEER TALKING / TEA AND CHAT

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- 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
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	2pm – 4pm	Peer Team 07976 037700 Bill Shearer	15	No charge

## VOICES FELLOWSHIP (Hearing Voices Group)

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- Safe space to share experiences.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	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. Food and drinks available to buy.
- We offer advice, support and signposting to other services.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	The Warehouse Climbing Centre (Café) Parliament Street Gloucester GL1 1HY	<b>Monday Bi-weekly</b> 11 <sup>th</sup> & 25 <sup>th</sup> September, 9 <sup>th</sup> & 23 <sup>rd</sup> October, 6 <sup>th</sup> & 20 <sup>th</sup> November, 4 <sup>th</sup> December	10am–12pm	Lauren Woods <a href="mailto:lauren.woods@independencetrust.co.uk">lauren.woods@independencetrust.co.uk</a>	15	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Forest of Dean</b>	CANDI, 31A Market Street, Cinderford GL14 2RT	<b>Wednesdays Bi-weekly</b> 20 <sup>th</sup> September, 4 <sup>th</sup> & 18 <sup>th</sup> October, 1 <sup>st</sup> 15 <sup>th</sup> & 29 <sup>th</sup> November, 13 <sup>th</sup> December	5pm-7pm	Lauren Woods <a href="mailto:lauren.woods@independencetrust.co.uk">lauren.woods@independencetrust.co.uk</a>	15	No charge

### CREATIVE WRITING

- Come and explore your writing skills in a friendly and welcoming environment
- To gain self-esteem and improve confidence alongside developing new skills.
- Explore different styles of writing

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Waterstones Eastgate Street Gloucester GL1 1NS	Fridays	1pm – 3pm	Tony Bergonzi <a href="mailto:avbergonzi@rusberg.plus.com">avbergonzi@rusberg.plus.com</a>	8	No charge

## CRAFT CLASS

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- To create cards/ upcycle
- Meet and enjoy the company of new people and share creative ideas
- 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
<b>Gloucester</b>	Roots Community Cafe Community Café 69 Alvin Street Gloucester GL1 3AG	Tuesday	12pm – 2pm	Bill Shearer 07976 037700	No limit	£1 to cover the cost of materials

## LGBTQIA+ drop in

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- An opportunity to meet others
- A safe space to talk about any issues you may be experiencing
- We offer advice, support and signposting

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Coleford</b>	Main place, Old Station Way, Coleford GL16 8RH	3 <sup>rd</sup> Wednesday of the month, Starting 15 <sup>th</sup> November	10am – 12pm	01452 317460	15	No charge

## HHPDA (Horses Helping People with Depression and Anxiety)

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### 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](http://www.hhpda.co.uk)
- Contact us for more details on [info@hhpda.co.uk](mailto:info@hhpda.co.uk)

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucestershire</b>	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

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- 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
<b>Gloucester</b>	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

## GARDENING FOR WELLBEING

- Join us for 1 hour of gentle gardening followed by tea and a chat (hot drink and nibbles provided)
- A friendly and welcoming group set in the picturesque surroundings of Gloucester cathedral

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Gloucester Cathedral College Green GL1 2LX  Meet at the cathedral entrance	Wednesday	10.30 am – 12pm	<a href="mailto:Lizzy.hathaway-white@gloucestercathedral.org.uk">Lizzy.hathaway-white@gloucestercathedral.org.uk</a>  Bill Shearer 07976 037700	No limit	No charge

## BEADING

- Join us for an afternoon of creative jewellery beading in a friendly relaxed atmosphere

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Westgate Residents Groups Room 6 Clare Street  (Use the entrance round the back of the building)	Thursday	1pm – 4pm	Bill Shearer 07976 037700	No limit	Contribution towards the beading materials you have used.

## ACCESSIBLE RUGBY FOR ALL

- Take part in an hour of gentle, accessible walking rugby
- Meet new people and enjoy some gentle exercise
- Free of charge, no booking required. All welcome

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Gloucester Cathedral College Green GL1 2LX	Monday's	11.30 am – 12.30pm	<a href="mailto:Lizzy.hathaway-white@gloucestercathedral.org.uk">Lizzy.hathaway-white@gloucestercathedral.org.uk</a>  Bill Shearer 07976 037700	No limit	No charge

	Meet at the cathedral entrance					
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### Mental Health Support Drop In

- Come along and have a cuppa and a chat in our safe space
- An opportunity to seek Information Advice and Guidance in regards to your mental health.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cinderford</b>	CANDI, 31A Market Street, Cinderford, GL14 2RT	3 <sup>rd</sup> Thursday of every month.	10.30 am– 11.30am	01452 317460	15	No Charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Lydney</b>	Four Seasons Coffee Shop, Bathurst Park, Whitecross Road, Lydney, GL15 5DQ	2 <sup>nd</sup> Wednesday of each month, Starting 8 <sup>th</sup> November	10.30 – 11.30	01452 317460	15	No Charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Coleford</b>	The Main Place, Old Station Way, Coleford, GL16 8RH	3 <sup>rd</sup> Wednesday of every month	12 – 2.30pm	01452 317460	15	No Charge



## South District

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

### Tackling Stigma –Loneliness Exhibition

- An opportunity to hear the voices of lesser heard people, an understanding how loneliness can reach into all of our lives and how it can affect our mental health and wellbeing. This collaborative and unique piece of work shines a light on this insidious enemy.
- Along side the exhibition will be a chance to speak to partner agency's supporting people in the local area. Stroud Food Bank, Community Wellbeing Service and Local Community Hubs, an opportunity to speak to people face to face for advice and guidance.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Five valleys shopping centre King St, Stroud GL5 1RR	Monday 13 <sup>th</sup> -18 <sup>th</sup> November	9.30- 4.30	Sue Tomlinson 07870808629	No limit	No cost

### SOCIAL GROUP

- Do you want to make new friends, and socialise over a drink, some food and play a few games of pool or bowling etc? Then come along to our social group and enjoy good company with like minded people for the evening

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Stroud Bowl Top Floor Stroud GL5 1QA	Wednesday	5.30 pm – 7.30pm	Rachel 07813015760	10	£4.50 per person per game if bowling



## ARTS AND CRAFTS

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- Small friendly group a chance to create and chat.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	11.30am – 1.30pm	Cathy and Angela Rachel - 07813015760	10	No Charge

## ART @ THE COMMUNITY ROOMS

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- Small friendly group a chance to create and chat, Wycinaki the art of papercutting No experience needed, join this small friendly group to make truly inspiring art.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	Community Rooms (Next door to the Vibe) GL11 4BW	Starts Thursday September 7 <sup>th</sup> . Runs for 6 weeks	10am – 12	Anni and Rachel 07813015760	10	No Charge

## ART @ THE BOTHY

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- Small friendly group a chance to create and chat, Wycinaki the art of papercutting No experience needed, join this small friendly group to make truly inspiring art.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cirencester</b>	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday September 5 <sup>th</sup> , running for 6 weeks	10.30 – 12.30	Anni and Rachel 07813015760	10	No Charge

## THE BOTHY

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- 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. We need you to commit to at least 3 sessions if you are thinking of joining.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cirencester</b>	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	10am – 12pm	Jim & Rachel 07813015760	10	No Charge

## ART @ THE KEEPERS

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- 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. We need you to commit to at least 3 sessions if you are thinking of joining.
- Be part of creating a unique piece of art to be exhibited in October with the theme of Loneliness for World Mental Health Day

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Wotton- Under - Edge</b>	The Keepers Community Hub Symn Lane Wotton-under-Edge GL12 7BD	Thursday	1.30 pm – 3.30 pm	Rachel & Deb 07813015760	10	No Charge

## INDE CAFÉ @ THE TRINITY ROOMS

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- A chance to chat and share a wholesome bowl of homemade soup

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	1030am – 1230pm	John & Jean Rachel 07813015760	10	Contribution to cover the cost of meal

**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
<b>Stroud</b>	Paganhill Community Group Farmhill Ln Paganhill Stroud GL5 4BX	1 <sup>st</sup> Wednesday of the month	1pm - 3pm	Jane 07790 849996	8	No charge
<b>Lechlade</b>	St Birinus Ct Lechlade GL7 3FA	1 <sup>st</sup> Tuesday of the month	10am - 12pm	Linda Jane 07980 923649	8	No charge
<b>Wotton-under-Edge</b>	The Keepers Community Hub Symn Lane Wotton-under-Edge GL12 7BD	Thursday	1.30pm – 3.30pm	Rachel 07813 015760	8	No Charge

## 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
<b>Stroud</b>	Weavers Croft Field Road GL5 2HZ	Tuesday	10am – 3pm	Rachel and Margarita 07813 015760	Max 15 attendees	No Charge

## ART @ THE VIBE

- Be part of creating a unique piece of art to be exhibited in October with the theme of Loneliness for World Mental Health Day

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	The Vibe Parsonage Street Dursley GL11 4EA	Thursday's 6 <sup>th</sup> 13 <sup>th</sup> 20 <sup>th</sup> & 27 <sup>th</sup> July, 3 <sup>rd</sup> & 18 <sup>th</sup> August	10am – 12pm	Anni & Rachel 07813015760	10	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
<b>Dursley</b>	The Vibe 3 Parsonage Street Dursley GL11 4EA	Thursday	10am – 12pm	Rachel 07813 015760	8	No Charge

## INDE ART @ THE CAFÉ

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- Small friendly group a chance to create and chat.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	10.30am – 12.30pm	Margaret 07980 923649	10	No Charge Contribution to materials used

## MEN'S SHED (Weavers Croft)

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- 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
<b>Stroud</b>	Weavers Croft Field Road Stroud GL5 2HZ	Friday	1pm - 3pm	Joe Knock Rachel - 07813 015760	10	No Charge

## TACKLING STIGMA GROUP

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- Tackling stigma together
- A non-judgemental space to air our thoughts and feelings about mental health/illness look to go out into the community highlighting Mental Health signposting support for people experiencing Mental ill health and their family's

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Wellbeing Centre Parliament St Stroud GL5 2HL	First Friday of the month	10.30 am 11.30 am	Sue & Rachel 07870808629	Max 8 attendees	No Charge

## WELCOME SPACE

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- A safe space – somewhere to have a cuppa.
- A chance to have a chat in our warm and wonderful wellbeing centre.
- Limited spaces.
- Call from 9am on the day (01453) 767999.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	10.30am - 12.30pm	Jo Sharon Rachel 07813015760	12	No Charge





## Useful Contacts

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

<b>Barnwood Trust</b>	A charitable foundation that provides grants to people in Gloucestershire with disabilities, mental health challenges.	01452 614429
<b>Gloucestershire Carers Hub</b>	A wide range of services, practical and emotional support to help in a caring role.	0300 111 9000
<b>CGL</b>	Drug & Alcohol	01452 223014
<b>Citizens Advice Bureau, Gloucester / F.O.D.</b>	Free, confidential & impartial advice to everyone on their rights	01452 527202 01594 823937
<b>Community Based Support</b>	Support for Housing issues	
<b>CCP P3</b>	-Gloucester, Tewkesbury, Forest of Dean -Stroud, Ciren, Dursley, Chelt, North Cots	0300 365 2002 0808 168 2443
<b>Community Wellbeing Service</b>	Extra support when coping with a short or long-term health situation, or with other challenges of life.	
Stroud & Berkeley Vale Cheltenham & Tewkesbury  Cotswolds (North & South) Gloucester Forest of Dean	Independence Trust	01452 317460
	CCP	0300 365 6463 01242 694534
	Gloucestershire Rural Community Council	01452 528491
	Home Group	0300 131 0024
	Forest of Dean District Council	01594 812447 01594 812399
<b>Cruse</b>	Bereavement Counselling	01242 252518
<b>FRED</b>	Reading and literacy support	0774 637 1353
<b>FVAF</b>	Volunteering in FoD	01594 822073
<b>Independence Trust</b>	CALMHS CASA	01452 317460
<b>Talking Therapies</b>	Support for mental health conditions e.g. depression, anxiety, panic disorder, PTSD, phobias. <a href="http://www.letstalkglos.nhs.uk">www.letstalkglos.nhs.uk</a>	0800 073 2200
<b>National Autistic Society Gloucestershire</b>	<a href="http://www.nas-gloucestershire.com/">http://www.nas-gloucestershire.com/</a>	0808 800 4104
<b>National Autistic Society</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a> Email: <a href="mailto:autismhelpline@nas.org.uk">autismhelpline@nas.org.uk</a>	0808 800 4104
<b>Powher Advocacy</b>	Information, advocacy and advice services across England.	0300 456 2370
<b>HWB</b>	Recovery college provides courses and educational workshops that teach people to become experts in their own recovery and self-care.	01452 894204

