

HeadlineZ

Newsletter from the
Independence Trust
Mental Health &
Wellbeing Services

Issue 13

Mindscape

“an outstanding success”

“inspirational”

“truly unique”

“thought provoking”

...are just some of the words visitors used to describe the Mindscape exhibition held at Nature in Art, Twigworth, Gloucestershire.

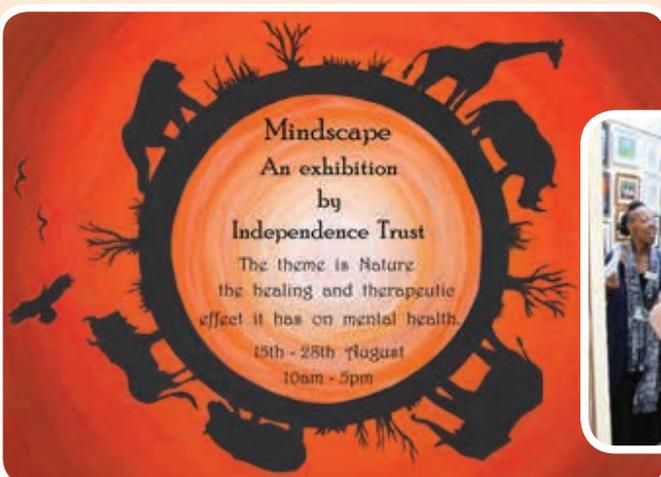
We saw the exhibition as an opportunity to take mental health into everyday life, and share what works to support good mental health as well as a unique chance to see what it is really like for some of us who have mental ill health. We wanted to give people an insight into what it's really like to live with voices and a small snapshot of what people who experience hearing voices live with on a daily basis.

Maybe with more people being aware, it will enable a better understanding of what some of us are living with.

Over sixty five percent of art was sold over the two week exhibition. “Never did I think I would be able to make something good enough to go into an exhibition, let alone someone buy it. I am so pleased.”

The exhibition featured clients telling their stories using an installation of spoken word, film, photography and the art they produced in workshops which spanned over a one year period culminating in the exhibiting at Nature in Art.

“Anni Daulton along with her team showed commitment and vision in producing a truly unique experience”.



Helen's Journey

"I've been coming to Independence Trust since February 2017, I'm really enjoying being with them and love doing the Bothy Nature in Art group in Cirencester on a Tuesday afternoon."

"I love the Bothy art space, it's light and airy and so well set up for an art group. I like our tutor Annie's enthusiasm. Whatever she gives you to do is achievable for the whole group and that's really lovely. I would hope I could be like Annie — she's such a lovely person."

"The peer lead programme is a revelation. I can see how it will take me forward and I can see where I'm going. The art group makes me feel I can go off at different angles. I'm not hemmed in and I can explore whatever I want. I feel comfortable and I can achieve. I'm amazed at how my skills have developed."

"I've had anxiety and depression for a long time. I went to my doctor and saw a counsellor but not working I was feeling: "Arrrgh!" My GP suggested art therapy. Wow, what a lovely idea! I'm a creative person, it's lovely to go and just be — with no-one telling you you're right or wrong."

"I've been a single parent of four, now grown up, children and have had my anxiety and depression for a very long time. Always throughout that period I was not able to speak to my own family as I grew up and had my own children."

"Before the art group my children gave me structure and purpose but they have grown up and have their own lives now. I'm very proud of them but I felt myself fall apart when they left home and my self-esteem



dropped. The Bothy Nature in Art group, has given me structure and brought purpose back into my life. My children have noticed the change in me too.

They tell me how much they like it for me."

"I do some art on a Monday morning and it helps me to get over a difficult weekend. I can make most days have some pleasure with my art. I can do it at home. I can concentrate now. I used to sit and feel it all caving in. It's so different now. I feel very comfortable with the Bothy art group, I feel we're not letting each other go and are very supportive as a group."

"I'm keeping my art close to me, it's how I need it to be. I can sink into it when I want.

Before I would have gone for a walk but now I feel I really achieve. I feel now I have a goal in sight. This gives me purpose I feel like I've been floating in the past. I couldn't have dreamt of this feeling of achievement before. I feel like I'm worth something and that's down to the support I get from Independence Trust."



Mosaic and Pottery Group Exhibition

Cheltenham Mosaic and Pottery Groups are hosting a

**Christmas Crafts Exhibition at the Garden Gallery in Montpellier, Cheltenham
20th–22nd December from 10:00am onwards**

Both groups have been steadily growing, and as this opportunity to exhibit their work has come up, this has given everyone a chance to show their creative ideas and knowledge, as well as a chance to raise funds to buy new equipment and materials.

Collectively and with a bit of encouragement by the tutor Vicky Hendzel, everyone enjoys themselves every week when we meet, sharing and swapping ideas both creatively and socially.

Please do come along and support the Exhibition.



BBQ Fundraiser

Cheltenham Independence Trust hosted their annual BBQ fundraiser, which was a huge success. I had the opportunity to share my love of music with a DJ performance. There was also Rikki Tyler, who performed his unique guitar and song writing skills and Helen Guy who performed her hilarious 'Toilet Rap'.

In addition to the excellent entertainment there was also great food prepared for everyone. All who attended had a great time and lots of money was raised.



Black History Month 2017

Shield Competition

As part of Black History Month 2017, Barnwood Trust in partnership with the African Community foundation launched a competition encouraging people across Gloucestershire to come together to design their own Community African Shield, incorporating in the design of the Shield what community means to them.

The prize for the winning group was a meal cooked in their community for up to 20 people. Groups wishing to take part needed to design and decorate their shield to include what community means to them. The rules were that it needed to be created by a group of at least four people including at least one person with a disability or mental health problem and all of the group members must live in Gloucestershire.

Here at Independence Trust in Cheltenham the task was taken on by members of the Mosaic Group which meets once a week for a two-hour group session. The group is led by Vicky Hendzel and contains up to 10 people. Some of the members have existing mental health issues, whilst others have had problems in the past.

The Mosaic Group at Independence Trust has been running for over a year and some of those taking part have been in it since the start. Everyone has been well trained by Vicky in the art of mosaics and they have all made mosaics of their own choice previously.

Before entering the contest, Vicky asked the group members if they wanted to take part and a unanimous decision was taken that we should do so. We were all asked what things we would like included in the shield design which would represent how we view the community. Subjects included sport, music, the local parks and floral displays and our enjoyment of the sunny summer weather. Vicky made a note of all these things and set to work designing the shield. She incorporated musical notes, sporting items, flowers and the sun and prepared the template on a piece of board. It was then down to the group members over the following six weeks to fill the board with thousands of small pieces of ceramic tile to make up the various objects and the background and border. Over the course of these weeks we all worked very hard and gradually the design took shape. Bright African colours were used where possible and eventually the shield was completed. It then had to be grouted and polished as the finishing touches.

Each person had a particular design in the shield for which they were responsible and we are very pleased with the finished item. The deadline for completing our entry for the competition was the start of September and our shield was delivered to Barnwood Trust's office by that date.



The shields were showcased at a celebration event on 30th September at St Matthew's Church, Cheltenham and we are pleased that the Independence Trust shield was awarded Third Place. It will now be displayed here at 340 High Street for everyone to appreciate. It has been a good experience for everyone here to be involved in this competition and we have had a lot of enjoyment in the process.

George Green

On behalf of the Mosaic Group

Born Broken

I am in the process of going through an assessment for Autistic Spectrum Disorder (ASD). I feel as if I have never fitted in - sometimes feeling like a round peg squeezing into a square hole. At really dark times it is difficult for me to even pick up a pen.

I am not a fan of digital technology - there is nothing like picking up a pen. I have issues with emotions and at college "discovering myself", I became aware that I have very intense emotional responses. I generally think badly of myself.

I felt like I had lost my soul through difficult times in my relationships. I lost all of me. I lost all of the joy and all of the passion.

I gradually brought myself back, being asked to be a part of a project with Independence Trust and Stroud College and found that I had something to focus on. This was my saving grace, as I was committed to do a project. Having this focus kept me from topping myself.

I had a difficult start in life, school was difficult, and I dropped out. I tried really hard, but school didn't work for me. I started work when I was fifteen which I really enjoyed but I lost my job at eighteen and then became really ill and couldn't draw.

I was offered Art Therapy through the Doctor. This was my saviour, and I had found art again. I became reclusive for several years and through coming to the Wellbeing centre people believed in me. A friend helped me to enrol at Stroud Art College and although I didn't have the basic qualifications one of the tutors asked to see my portfolio - they believed in me enough to let me on the course. "Don't Judge a Book by its Cover".

The tutors at college inspired me and I really want a



career in art. I was very open about my mental health issues and I was honest about how I felt. The staff were supportive and that was the best thing for me - being open and getting help.

I was in a corrosive relationship which really affected me, but now I feel as if I am on a fresh page starting a new project. I am drawing. I am with people and in new places. I have found that once you dip your toe in the colour it's a really good feeling, a really good buzz.

I am now going to enrol at the University of Gloucester, as I want to do a degree in illustration. I am able to do this now as I feel for the first time in a long time confident in my abilities.

I am leading an art group for Independence Trust in Dursley every week. I use my art skills to support other service users and this is helping me develop my own art further as well as helping me with my self-esteem and confidence. People believe in me and my abilities which is wonderful.

I think, sleep and eat my art now. It is therapeutic for me to be able to communicate through my practice and is very important to me.

I have got my magic and a piece of my soul back.

Confidence

I am married with two children and suffer with anxiety and depression. Following a visit to my doctor's surgery, I was informed about Independence Trust by a mental health nurse at the surgery and she recommended that I make a self-referral to the service. I did exactly that, although I was unsure what to expect. Independence Trust sent me an appointment quite quickly for an assessment. I then met my Bridge Builder in Gloucester and she explained that she needed to complete an assessment. I found this very hard to do but she made me feel at ease and one of the questions she asked was what my interest and hobbies were. As I do not have any interest or hobbies and have spent the last 10 years isolated, this was difficult to answer. It didn't matter though as my Bridge Builder then explained the wide range of

groups on offer in the community. I have never been part of a group before and I was lacking so much confidence. My Bridge Builder recommended that I attend the confidence building group which I did. This was brilliant as I was able to meet new people and build my confidence at the same time and by the end of the course I was more confident and ready to socialise more. I then attended the men's group which is fantastic as I meet up with the guys every week and it gives me something to look towards and gets me out from underneath my wife's feet! I have also had the opportunity to complete a CV by attending the First Steps course run by Independence Trust and can now apply for jobs. I no longer need Independence Trust as I'm more independent and confident to be amongst my community.

It's all going on at Weavers Croft



Flower Power

We're "branching out", excuse the pun. Flowers grown at our Weavers Croft garden are now being sold as cottage garden bouquets. Mike Wiseman owner of Fleurs De Rue (the funky little van outside the Subscription rooms in Stroud) is now stocking our beautiful blooms. Please call by and have a look.

Our plan is to be self-sustaining producing veg boxes, bouquets and wooden crafted items.

Weavers Garden Craft and Gardening Group took the opportunity to visit Westonbirt Arboretum

Cathi

"Invigorating and refreshing. Good teamwork as well as individual skills. Lovely to be in touch with Nature."

Bill

"Brilliant day out. Toasting marshmallows on the fire we made was my favourite part."

Maria

"Exciting because we messed about with fire.

I made fire without matches. What I learnt was everyone should have a jar of Vaseline with them for those emergency fire making issues.

Everyone got a real buzz out of getting a fire lit without using matches.

We even coppiced some trees; learning why it was necessary to clear trees on the 7 years plan.

I was really surprised with the effectiveness of "a pruning saw". What I found was - using the correct tool makes life a lot easier.

Toasting marshmallows was a great hit. We all a good laugh."



"The colours were mind blowing. It felt like being a kid again - I thoroughly enjoyed the day.

I am glad to say we have been invited back again -to build shelters and make pizzas in the Forest Clay Pizza oven."

"Di celebrated her birthday with us - a chance for cake is always a winner. We all did stuff that was new to us. It was good to be in the great outdoors."



New Men's Group for Stroud

The need for a Men's Group has been identified through working with and listening to men. We recognise that providing a safe space to be able to discuss their mental health, meet like-minded people as well as regaining the feeling of being useful and having a purpose as well as producing an end product, supports good mental health. This we know to be beneficial from mild to moderate mental ill health to severe and enduring.

We plan for the Men's Independence Trust Group to work alongside the Weavers Independence Project (WIP), which we also run from the grounds of Weavers Croft and Park House. The WIP has become a very successful gardening group and has highlighted the need for a Men's Group. Both groups would complement and feed into each other. For example, the Men's Group could make wooden compost bins for the use of the Gardening Group, thus reducing the ongoing running costs of the Gardening Group. The Men's Group would also upcycle products such as old tools and used wood. They would make wildlife friendly products such as bird tables, boxes, feeders and bee hotels, which would be sold at the local Market in Stroud, together with plants, fruit and vegetables grown in the Weavers Independence Project. This would create an opportunity

to engage with the local community and reduce the stigma which surrounds mental ill health. Any profits made from the sale of this type of goods would be ploughed back into the project, to make it independently sustainable. Reclamation, Restoration and Re-use would feature strongly in all that the Men's Group do. If you're interested in finding out more about our group why not pop along to Stroud and see for yourself.



Funding from The Stroud League of Friends has made the Men's Group and Weavers Croft Gardening projects possible, and we are very grateful.

**A place for my mind to be quiet
A smile from a friendly face
A date on my calendar
A good cup of tea
A listening ear
A haven**



Dougal

I am a Guide Dog Puppy Walker and have had Dougal, a Labrador/Retriever cross, since he was 7 weeks old. He is now 10 months old with a lovely gentle personality.

I am a volunteer and my job is to train Dougal to a good level of obedience and socialise him. It costs £30,000 to train a Guide Dog and the charity receives no Government funding so relies on volunteers and donations.

Although Dougal has become a much loved member of the family it is not like having your own pet dog. In order for him to become a fully-fledged Guide Dog he is continually assessed and needs to meet all the criteria so no bad habits allowed! However, when he is at home he loves to have a little play with my own dog Bertie. They both always want each other's toys and even take them out of each other's mouths or end up having a tug of war. It is all very playful though.

We are now going out on buses and trains to busy cities and towns. Last week he was assessed by my supervisor in Swindon on coping with narrow spaces. She took us down a narrow alley way filled with wheelie bins, litter on the floor and a cat that usually terrorises the puppies! We then went along pavements with scaffolding, into a shop with narrow aisles and scary Halloween models that moved and then into a busy town centre. Dougal was a poppet and took



everything in his stride. The supervisor was absolutely thrilled with him.

Dougal is also a much loved member at the Dursley Wellbeing Centre where he settles down on his bed with his toys and is very content. He has also come with me on the Peer Support course, Mental Health First Aid and a First Aid course in Stroud.

I will have Dougal for, approximately, another 2-4 months depending on when the next level of trainers are free to take him on. They will train him for 2-3 months on how to guide a visually impaired person. If he passes that level I will be invited up for his Graduation.

I will really miss Dougal when he moves on to his next level but I will be so proud of him too. I also tell myself that he will change somebody's life and allow them to be able to live a more independent life too.

Dougal has changed my life too and helped with my recovery. He has increased my confidence and self-esteem and helped alleviate my fears when around a lot of people. By having Dougal at my side I have had to concentrate on him and his training so this has enabled me to use public transport, go into shops, busy towns and cities, something I never used to do.

Sharon Green
Cirencester

Mental Health First Aid

Mental Health First Aider I now qualify
Ever so pleased
Not ever
Thinking I would
And everybody has been so kind and
Lovely

Having learnt so much about M.H.F.A
Each week
Also taking part
Listening,
Talking and
Having

Faith
In myself and have
Reassurance from
Simon, Anne, Sharon and the rest of
our
Team

And
Identifying,
Dealing with
Every day Mental Health First Aid and
Really happy that I remained in the
group and qualified.

Sally Hayward
October 2017



Kay's Story

Having recently qualified as an Adult Mental Health First Aider (organised by Independence Trust) I'd like to tell a little bit about my experiences within the Trust so far.

My name is Kay. I am passionate about using my own experience of mental ill-health to help others. I have previously worked in the Expert by Experience role within 2gether Trust. I have been a peer-facilitator with Recovery College. I have co-facilitated Tier 1 personality disorder training for staff at 2gether Trust and am a KUF trainer working across the South West to deliver Personality Disorder awareness level training to frontline services.

I met Simon Price through Recovery College and he gave some peer lead training and support to the facilitators. Following on from that I came along to Independence Trust to see if there would be further opportunities for me to develop my passion. I did a further peer leader course with a view to gaining confidence in running groups. During this course I met some fantastic peers who have inspired me to get more involved.

Then I signed up for the Mental Health First Aid (MHFA

England) 2 day adult course. We grew together as a group and I have made new friends from sharing our experiences. This took place in Stroud.

I am now in the process of developing some staff training, with the potential for peers to attend, specifically for personality disorder awareness. This is the first time I have been given the freedom to apply my knowledge and skills (I used to be a teacher!) to deliver a training package that I've developed myself. It's an exciting opportunity that I'm sure will lead to many more doors opening for me.

What began as an illness, developed into a passion for helping others. I have been on a very long and difficult journey and now thanks to Independence Trust, I can see what direction I need to go in to keep on moving forwards.

Kay Mathias



Peer Leading taken to New Heights

On the 21st June 2017 something new and exciting happened. Peer leading was taken to a new high. Instead of peer leading a group a new project was started. In 2016 I completed the peer lead training with Independence Trust and then went on to facilitate a karaoke group. Early this year I was approached by Mrs M. Chyll the Manager of my supported housing organisation, Carmel Domiciliary Care Ltd., to ask if I would consider delivering some training to the staff around psychosis.

So with the support of Independence Trust and much hard work from both myself and Simon Price, we successfully delivered a workshop entitled 'My Experiences of Psychosis'.

The workshop is divided into three sections. The first described my experience of psychosis and the second section covered my experience of being on a 136. In the final section I talked about the side effects of anti-psychotic medication.

I delivered the workshop in the community at my supported housing and all who attended agreed that it went very well. We had excellent feedback and due to the success I was asked if I would repeat the session on the 20th July to include more staff. This session was also attended by Dr Kofi Nyero, Director

of Operations, who thanked me for delivering the session so wonderfully. He also thanked Independence Trust's Peer Coordinator for supporting me with the presentation which he stated 'was very educative, practical and beneficial to all the staff in their practice.' He also said he would look at promoting it across the organisation.

I really enjoyed the day and would like to thank Independence Trust for helping me to build my confidence through participating in Creative Writing which has given me confidence to put things together and the Impro group which has enabled me to get up and talk/perform in front of people. I have also had support around ICT skills which helped me to produce the power point along with help from the Peer Coordinator which has all helped me to deliver the workshop.

I am looking forward to what the future holds in terms of delivering these sessions, and would like to purchase a laptop to enable me to prepare for these presentations more independently and I am currently looking at funding for this.

Helen
Gloucester

You're still a good parent

You didn't take them out today.
But you listened to every word they said to you.
You're still a good parent

You fell asleep watching a movie, only saw twenty minutes and you got told off.
But they lay up against you for the whole length of the film, comforted by your warmth and the sound of your heartbeat.
You're still a good parent

You were so tired that you fed them 'chuck in the oven' food today.
But you sat with them whilst they were eating their tea and told you about their day.
You're still a good parent

You couldn't face the other mothers today, you felt too anxious, too stressed to mix.
But you played board games at home and laughed and laughed.
You're still a good parent

You had no choice but to work today.
But you took the time to leave them with someone who you trust and you put a little something special in their lunchbox.
You're still a good parent

You couldn't afford to go on holiday. But you still made special memories together walking in the woods and camping in the garden.
You're still a good parent

You were too ill to get out of bed today.
But you asked your friend to step in who they love dearly.
You're still a good parent

You just can't cope with the guilt you carry because you don't feel good enough. You feel like you can't go on.
But you still carry on regardless.
You're still a good parent

You gave them sweets so you could get some peace to recharge your batteries.
But you took the time to recharge your batteries so you could be there for them everyday.
You're still a good parent

Anxiety comes in lots of different forms.
This is to all the parents out there that are struggling with guilt, the feeling of failure, not feeling up to the job.
You are precious, you are important. And most of all, 'You are good enough'

Kate xx



Beacon of Hope

In November 2015, Gloucester mum of five Carrie Godwin decided to start a support group for people with depression. A sufferer herself since her teens, she recognised the need for such a group, and the huge positive impact it could have. She got a few people together to be trustees and supporters, applied for funding from various sources such as The Barnwood Trust and Your Gloucester, and made other necessary arrangements, and The Beacon was born! It was a very daunting time for Carrie, who had never organised anything like this before and of course, as a sufferer herself, has good days and bad days. But she is both determined and passionate about the cause. January 2016 saw the first meeting, on a freezing cold morning in The Ramblers community building in Podsmead (the group later moved to more homely surroundings, at The Duke of Beaufort Court before moving again to nearby Badgervale Court). Several stalwarts turned up that day who are still very much part of the group today. The first meeting took the form of a coffee morning, which was a great opportunity for people to just 'drop in' and bring a friend with them if they wanted to, as Carrie and the team very much recognise how daunting it is to attend any group for the first time, particularly for sufferers of depression, anxiety or other mental health conditions.

Since that first meeting the group has gone from strength to strength, and there are around 20 members. Members enjoy craft sessions, outings and short courses provided by organisations such as Adult Education Gloucestershire and Independence Trust, on subjects such as photography and mosaics, as well as wellbeing/ self-care and healthy eating. They even had a few days away at a retreat recently. But the main point of The Beacon is that people who suffer from mental health conditions, who may otherwise be quite isolated (often a feature of these types of conditions particularly if the sufferer is too ill to be in work) can come together and offer mutual support and understanding. Members also gain a lot from being able to give support; to feel like you have made a difference to someone is such a valuable feeling to any of us, not just those with mental health conditions. Several members have described the group as "Not a group – but a family."

One member had the following to say:

"When I first heard about The Beacon back last April I was in a very bad place. I thought there was no help and that a group environment wasn't for me. This was due to bad mental health problems and I was at my wits end. I couldn't even see a future for myself. That first session I felt way out of my depth, but I was so overjoyed afterwards, as everybody was so understanding and actually listened and had many tips and advice. I had some weeks I felt couldn't attend and talked with group at Check-ins regarding this. Without the group I wouldn't be here now. The amount of support and the courses I've attended through group has been nothing but a lifeline. It's not just a group to me, it's family, who all understand me. I'm now on a better life path, and see a future. No matter what I write it will never be enough describe how thankful I am. It's emotional trying write this. It's a godsend and I look forward to each week's session."

The group has evolved and expanded since those early days, and whilst it started out as just two hours on a Thursday morning, it is about to embark on a trial of a lunch club. Members who wish to stay for lunch will pay a small amount extra just to cover costs and a simple, healthy meal will be prepared for them to enjoy together.

The Beacon provides ongoing support, rather than just a short term approach. Ongoing support is often needed for these types of conditions, which the wonderful yet struggling-for-resources NHS is unable to provide. As one member says:

"The Beacon is a real lifeline for me. A group of like-minded people all with different mental health conditions. I know I can get the emotional support at group."

There are many success stories amongst group members who have come out of their shells and gained confidence and friendships. Some have begun new jobs and a couple have set up a small business together. Indeed one of the success stories is that of Carrie herself:

"The Beacon has given me a purpose in my life. It enables me to do good for others and gives me routine and a sense of pride. I also relish the relationships I have with every attendee, volunteer and trustee. They help me manage my own mental illness. This has saved the NHS resources, as I very rarely go to the GP anymore regarding my mental illness; whereas I used to go at least twice per month. The Beacon to me means family, united by a common issue - mental health."

Carrie hopes that in the future, other branches of The Beacon could open up in other areas, but for now, The Beacon is based just in Podsmead. Thursdays are the highlight of the week for many of the attendees and volunteers alike. We hope The Beacon will continue to thrive!

Sarah's Story

I was originally referred to Independence Trust by the Mental Health Intermediate Care Team. When I met my worker I didn't feel that the organisation would be able to help me as I felt that I had been let down by so many others in the past.

When I started with IT I did not leave my home without my dog which made it impossible to catch buses into town. I had to discuss how I could work with someone when they were not supposed to come into my home. Initially it was agreed that my worker would come out to complete my recovery star at home and then we would meet on the doorstep and go for short walks to build up my confidence and reduce my anxiety.

Where I am now.....

I completed the Recovery College successfully and I really enjoyed it. It didn't answer all the questions I had, but it helped me learn a lot about myself. After a relapse I am starting to work at stretching how far I can get from home on my own without the dogs.

I have continued to catch the bus on my own. I have also now joined the local church and I am loving rebuilding my faith in Christianity and starting to make new friends in real life rather than just in the online games I still play.

At my graduation after Recovery College I met with two of the tutors from adult education and I have been working on an art project at Gloucester Cathedral for suicide awareness week in September. That has to be one of the most emotionally challenging things I have ever undertaken. My Nan (who was my closest friend) died a few months into the project which (for timing) was a saving grace in a way as it forced me to keep painting and gave me a positive outlet and stopped me imploding.

The group from the project are going to remain a group and we meet on a weekly basis to do art, have social time and fun. That's been so much fun and given a positive reason to keep getting out the house each week and mixing with likeminded people.

They have influenced my art work so much and it has definitely changed for the better. Everyone is loving my new style and how my emotional state has changed for the better.

I am now going on to a business management course for artists through Adult Education and that will hopefully give me the skills to finally set up my artwork as a business. I am also planning on going back to the Recovery College to study leadership training.

After that who knows!

My mother and I are continuing to slowly rebuild our relationship more now too. That's largely thanks to my Bridge Builder who helped my mother understand me in way she never could before which has helped our relationship in so many ways – it's priceless. Thank you so much for that. I can never thank you enough for helping start to heal a relationship I never dreamt could be helped.

I am also repairing another friendship and I am slowly making progress which is relief as I miss her. Oh and I am dating someone now too!

My family can't believe how much I have moved forward and kept up where you left off.

I think it is safe to say onwards and upwards. Thank you so much for all your help. If I am honest, thank you just doesn't seem like a big enough word for the gratitude I feel.

Sarah
Gloucester

Our addresses are below:

Gloucester	1 Mill Place, Bristol Road	(01452) 317460
Cheltenham	340 High Street	(01242) 512812
Forest of Dean	Colliers Court, Latimer Road, Cinderford	(01452) 317460
Cirencester	Ashcroft Rooms, 21 Ashcroft Road and The Bothy, Ashcroft Road	(01453) 767999
Dursley	Tyndale Centre	(01453) 767999
Moreton-in-Marsh	50 Jameson Court	(01242) 512812
Stroud	Parliament Street	(01453) 767999

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