Connexus logo.png 



**A - Z**

Prospectus

13 January – 9 April

**2020**



**Introduction**

***Welcome to your A-Z Activity Programme***

Happy New Year to you all and welcome to the first A-Z of 2020. Where does the time go? It is hard to believe that we are entering another decade.

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

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

Emma Royer 0345 863 8323 x3810

Sue Tomlinson 0345 863 8323 x3850

Simon Price 0345 863 8323 x3813

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

***Cynthia Kerr***

***Senior Operations Manager***



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**Registration Form Enclosed**

**Registration**

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

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

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

* **You must commit to the full course and if the course is paid for in advance, refunds will not be available.**
* **Please see individual items for costs for each session.**
* **Information is correct at time of publication.**



**Taster Sessions**

**For Taster Sessions, please check noticeboard or speak to your**

**Support Worker.**

**These may lead to further 12 week programmes.**

**Recovery**

**Cheltenham**

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| **Cognitive Behavioural Therapy**  *George Green*  Learn about how cognitive behavioural therapy can benefit your mental health | Gas Green Community Centre  6 Baker Street  GL51 9HQ | 7 February | 12:45pm-1:30pm |

**Volunteering**

**Forest of Dean**

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| **Many Varied Volunteering Opportunities**  Forest Voluntary Action Forum (FVAF) is a support and development agency for voluntary activity across the Forest of Dean. | Rheola House Bellevue Centre Cinderford  GL14 2AB | Call  01594 822073 | Contact:  FVAF on 01594 822073  Or email at  [contact@fvaf.org](mailto:contact@fvaf.org) |

**Gloucester**

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| **Furniture Upcycling**  -Turn old furniture into new.  -Learn or develop DIY skills.  -Use paints and fabrics- whatever you have in mind to give your furniture new life.  -All materials provided. | The Furniture Recycling Project Warehouse 5  West Quay, The Docks Gloucester  GL1 2EH | Call  01452 583800 | Adult Education Contact:  08005421655  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) |

**Education and Lifelong learning**

**Cheltenham**

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| **Creative Writing Workshops**  **A Quick & Slippery Animal**  *Oliver Smith*  Develop your plot & story making skills.  ***-£5 to book place, payable in advance (10 spaces available).*** (Money paid to book places is non-refundable) | Gas Green Community Centre  6 Baker Street  GL51 9HQ | 1 April  8 April | 11am-1pm |

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| **Needle Felting Sculpture for the Soul**  *Shelley Winnett*  Come along and try your hand at 3D felting  ***-£5 to book place, payable in advance (10 spaces available).*** (*Money paid to book places is non-refundable*) | Gas Green Community Centre  6 Baker Street  GL51 9HQ | 10 February | 1:30pm-3:30pm |

**Stroud**

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| **Impro**  *Hugo Poyser*  Develop acting skills through improvisation – Have fun creating your own original stories/plots (‘Whose Line Is It Anyway?’ etc.) – All abilities welcome | Stroud Mental Health & Wellbeing Centre, The Cross  Parliament Street Stroud, GL52HL | 14 Feb | 1pm-3pm |

**Accessing support networks**

**Cheltenham**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | Gas Green Community Centre  6 Baker Street  GL51 9HQ | See page 19 for details |

**Gloucester**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | Various venues | See page 26 for details |

**Forest of Dean**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | Various venues | See page 25/26 for details |

**Stroud**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | Stroud Mental Health & Wellbeing Centre, The Cross  Parliament Street Stroud, GL52HL | See page 48 for details |

**Dursley**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | Tyndale Centre  Dursley  GL11 4JX | See page 48 for details |

**Cirencester**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | The Bothy  Cirencester | See page 48 for details |

**Lechlade**

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| **Open session**  Drop in for a cuppa there is always someone to have a chat with. | St Birinus Court  Lechlade  GL7 3FA | See page 48 for details |

**Personal Health - Physical & Mental**

**Gloucester**

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| **Walking for Health**  Gloucestershire Health Walks is your local walking for health scheme.  -Our walks are ***no charge, fun and friendly*** – perfect to help you get active and meet new people.  -If you would like to take part, come along a few minutes early to the start point of one of our walks so that one of our trained walk leaders can take your details. Then you’re ***no charge*** to take part in as many walks as you like, as often as you would like. | [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk/) | [www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder) | [www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder) |





**Topics**

**Family, Friends and other Supporters / Carers**

**Understanding Mental Health issues**

**Developing Knowledge and Practical Skills**

**Living Well and Enjoying Life**

**Getting Involved**



**A-Z**

**Central District**

**Cheltenham, Tewkesbury, Moreton-in-Marsh**

**1 to 1 Gardening**

* Want to build a bit more confidence and learn a new skill? Practice your social skills?

If the answer is yes, then come and spend some time with our resident on the spectrum gardener in Cheltenham. We can pot some plants, sow some seeds and talk about what’s going on for you right now. One to one sessions are now available when pre-booked with James.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Wednesday | 12:30pm- 14:30pm | James Walford  07813 015760  [James.walford@connexus-group.co.uk](mailto:James.walford@connexus-group.co.uk) | 1 at a time | Just materials if needed |

**Art for All**

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

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

**Artlift**

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

If you need a referral form please e-mail your postal address to [referrals@artlift.org](mailto:referrals@artlift.org) or telephone

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | The Wilson Gallery  Clarence St  GL50 3JT | Monday  (Painting & Drawing) | 2pm-4pm | External Tutor | 10  (waiting list) | No charge on referral by GP |
| Cheltenham West End Partnership  Community Resource Centre  Grove St  GL50 3LZ | Wednesday  (Visual Art) | 2pm-4pm | External Tutor | 10 | No charge on referral by GP |

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| **Tewkesbury** | Wheatpieces  Community Centre  Columbine Road,  Walton Cardiff  Tewkesbury  GL20 7SP | Thursday  (Arts & Crafts) | 10:30am-12:30pm | External Tutor | 10 | No charge on referral by GP |  |

**Badminton Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | The Gym  Gas Green Community Centre  6 Baker St  GL51 9HQ | Monday | 2pm–3pm | Group Led | 6  If a group are interested please contact Wilma on 07879 230834 before attending | No charge |

**BANNED - Music Appreciation Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Friday | 2:30pm–4pm | **Peer Led** Jamie Eden  07727 238063 | 10 | No charge |

**Community Autism Support & Advice Information Drop In**

* An opportunity for you to ask about our Community Autism Support & Advice Service

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |

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| **Cheltenham** | Gas Green  Community Centre  6 Baker Street  GL51 9HQ | Wednesday | 3:30pm– 4:30pm | James Walford  07813 015760  [James.walford@connexus-group.co.uk](mailto:James.walford@connexus-group.co.uk) | Unlimited | No charge |  |

**Community Café**

* Join with others for good company, conversation and warm grub.
* Enables social interaction, mental wellbeing and the chance to enjoy peer support around a meal.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Friday | 10am–3pm  (School Holidays:  12pm-4pm) | Sue and Cliff | 15 | £4 for two coursemeal.  50p a drink. |

**Community Drop-In**

* Promotes independence.
* Improves self-confidence.
* Improves social networks.
* Peer support.
* Raises self-awareness.
* Supports personal recovery.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Frog & Fiddle  313 - 315 High Street  GL50 3HW | Thursday | 2:45pm  onward | Peer Led | 10 | Cost of refresh  ments |

**Computer Basics Part 1**

* Adults 19 years+ with little or no understanding of computing.
* Those wanting to gain a practical understanding of computer use.
* Those looking to boost confidence and practical skills.
* Learn the basics of Windows.
* Practical applications.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Tewkesbury** | Tewkesbury Library  Sun St  Tewkesbury  GL20 5NX | 26 February  4 March  11 March  18 March  25 March  1 April | 1pm-3pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 10 | **\*\*** |

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

**Computer Confidence for Work Part 1**

* Brush up your computer skills to be confident in the workplace.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU | 14 January  21 January  28 January  4 February  11 February | 10am-12pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 10 | **\*\*** |

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

**Computer Confidence for Work Part 2**

* **Based on the assumption you have completed Part 1**.
* Develop your IT skills to a more advanced level, ready for the workplace.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Hesters Way Neighbourhood Project Community Resource Centre Cassin Drive GL51 7SU | 3 March  10 March  17 March  24 March  31 March | 10am-12pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 10 | **\*\*** |

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

**Cotswold Aspies Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | The Brown Jug  242 Bath Road  GL53 7NB | 3rd Tuesday of each month | 7pm | For information please contact [david.grocott@aol.com](mailto:david.grocott@aol.com) | Unlimited | Cost of your own drinks |

**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.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Wednesday | 10am-12pm | **Peer Led**  Claire Bradshaw  **(Mobile: 07507760407)**  Lara Elliot | 10 | Currently no charge. **Cost to be decided in the New Year** |

**Creative Expression**

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

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

**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.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Tuesday | 1pm-3pm | **Peer Led** Carolyn Ward  Jamie Eden  07727238063 | 2 places currently available | £2 |

**Forwards Employment Outreach Service**

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

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

**Gaming Group: ITG (Independence Trust Gaming)**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Wednesday **online** via Discord App.  *The group will also meet quarterly on Wednesdays at Gas Green by arrangement.* | 10am–12pm | **Peer Led** Luke Price Allan Davies | 10 | No charge |

**Gardening**

* The main focus of the group is about Keeping Fit and Peer Support.
* Activities can be taken at your own pace, but the main concept is to keep heart and muscles active.
* You do not need to have any experience as regards gardening skills or equipment, however, you will need to wear old, loose, protective clothes for outdoor work.

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

**Gardening Group**

* Want to build a bit more confidence and learn a new skill? Practice your social skills?

If the answer is yes, then try out the gardening group. We are a small quiet group that manages a garden on an NHS property. We grow vegetables, flowers, even chillies! There is absolutely no pressure on anyone in the group - you can do as much or as little as you like. Everyone is welcome.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Brownhill Unit  St. Pauls Medical Centre  Cheltenham  GL51 9EZ | Wednesday | 10am- 12pm | Cathy Day and  James Walford  07813 015760  [James.walford@connexus-group.co.uk](mailto:James.walford@connexus-group.co.uk) | 5 | Just materials as needed |

**Hearing Voices Support Group**

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

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

**Impro**

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

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

**Jobcentre Plus Drop in**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Jobcentre Plus  7 North St  GL50 4DJ | Every 3 weeks starting 29 January | 2pm-4pm | Independence Trust staff | 4 appointment slots per session (as arranged with Job Centre) | No charge |

**Let’s Get Digital Course**

* Improve your digital skills.
* Be savvy about using computers and other digital technology.
* **Please be aware this course starts early in the New Year**.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Hester’s Way Library  Goldsmith Rd  GL51 7RT | 15 January  22 January  29 January  5 February  12 February  4 March  11 March  18 March  25 March | 1pm-3pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 8 | **\*\*** |

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| **Tewkesbury** | Tewkesbury Library  Sun St  Tewkesbury  GL20 5NX | 8 January  15 January  22 January  29 January | 1pm-3pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 8 | **\*\*** |  |

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

**Literacy & Numeracy**

* The aim of the course is to build life skills; to increase confidence and social inclusion; to access education and training; to increase mental wellbeing and to enjoy peer support.
* These skills can also help lead to increased employment opportunities.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Moreton-**  **in-Marsh** | The Area Centre  GL56 0DR | Tuesday | 10:30am- 12pm | Sally Riches | 6 | £2 |

**Mosaics**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Monday | 1:30pm-3:30pm | Vicky | 10 | £35 for five sessions or £10 per session; £5 for a taster session  (cards accepted) |

**Music Production Software Lessons**

* Group lessons to learn how to use music midi sequencing software, Logic Pro.
* Using Logic Pro to create original music.
* Beat making, creating chord progressions etc.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Studio 340  340 Lower High Street  GL50 3JF | Monday  (Fortnightly by arrangement)  (Please contact Hugo Poyser 07527602786) | 12:00pm-1:30pm | External Tutor  Shivan | 6 | £10 per 1 hour session (Cost divided between attendees  **–** if one person attends, cost £5 for ½ hour session) |

**New Friends Network**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Tewkesbury** | Priors Park Community Church  Queens Road  Priors Park Tewkesbury  GL20 5EY | 1st Tuesday of the month | 12:30pm-2:30pm | Sam Dainty  Contact:  07900719108 | 10 | No charge.  Refreshments  provided |  |

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| **Cheltenham** | St. Michael’s Church Hall  School Road  Bishops Cleeve  GL52 8BA | Every 3rd Wednesday of the month  (not in school holidays) | 11am-12:45pm | Sam Dainty  Contact:  07900719108 | 10 | No charge  Refreshments  provided |  |

**Open Sessions (Drop-In)**

* The open sessions work towards increasing confidence and social participation.
* Enables social interaction, mental wellbeing and the chance to enjoy peer support.
* Community Café on Fridays. Join with others for some warm grub and good company. £4 for a hot meal and a desert.

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

**Philosophy and Mental Health**

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

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

**Pool Group**

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

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

**Pottery**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Monday  Wednesday  Friday | 10am-12pm  1:30pm-  3:30pm  1:30pm-  3:30pm | Vicky Hendzel | 10  20 (pm session) | £35 for 5 sessions or £10 per session;  £5 for a taster session (cards accepted) |

**Printmaking**

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

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

**Relaxation & Meditation**

* Establish relaxing techniques to reduce anxiety and stress.
* To create a safe and tranquil environment.
* Encourage participants to use the power of imagination as a coping strategy.
* To develop skills in order to practice relaxation at home.
* Explore a range of techniques, including: mindful meditation, positive affirmations, use of colour & music to promote wellbeing, creating and working with mandalas.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Gas Green Community Centre  6 Baker St  GL51 9HQ | Thursday  (Starts 16 January) | 10am-12pm | Ad Ed:  Amanda Zayan  (Contact Hugo for more details  07527602786) | 10 | No charge |

**Retro Gaming Group (Autism Supportive)**

* Do you love retro video games? Do you want to socialise with others who like to meet and play retro arcade games and pinball? If the answer is yes, then join our autism friendly group each month. You don’t have to be on the autism spectrum, just happy to include those who are. Everyone is welcome.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Smokey Joe’s  15-17 Bennington Street  GL50 4ED | 1st Wednesday of every month | 2pm–4pm | **Peer Led**  James Walford  07813 015760  James.walford@connexus-group.co.uk | 5 | Café prices for food & drinks and bring change to play the arcade machines |

**Screenwriting**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Smokey Joe’s  15-17 Bennington Street  GL50 4ED | Tuesday | 2pm-4pm | Peer Led - Guy Mortenson | 8 | Cost of a beverage |

**Women’s Group**

* Group aimed at developing & maintaining social skills, building life skills, confidence and self-esteem.
* Participants choose what to discuss and topics range from general to specific.
* This is a place to feel listened to as well as being supported by others.
* Commitment to attend is vital in order to obtain maximum benefit.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cheltenham** | Starbucks  The Promenade  Unit 1  GL50 1LN | Wednesday | 12:45pm-1:45pm | Peer Led | 12 | Cost of drinks at venue |



**A-Z**

**West District**

**Gloucester, Forest of Dean**

**Archery (Men’s)**

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

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

**Archery (Women’s)**

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

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

**Art Group**

* Supportive art group in a café environment.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Clean Plate  59 Southgate Street  Gloucester  GL11TX | Saturday | 2pm-4pm | **Peer Led**  (Supported by The Nelson Trust. If interested speak to Dan at The Clean Plate - daniel.doran@nelsontrust.com) | 5 | Café prices for drinks |

**Artlift**

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

If you need a referral form please e-mail your postal address to [referrals@artlift.org](mailto:referrals@artlift.org) or telephone

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Artspace  The New Mercury  3 Woodside St  Cinderford  GL14 2NL | Monday  (Printmaking) | 10am-12pm | External Tutor | 10 | No charge on referral by GP |

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| **Gloucester** | Gloucester Community Church Hall  St Luke’s  Stroud Road  GL1 5JR | Monday  (Drawing & Illustration) | 10am-12pm | External Tutor | 10 | No charge on referral by GP |  |

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| **Gloucester** | Brockworth Free Church URC  103 Moorfield Road  Brockworth  GL3 4JQ | Thursday  (Painting & Drawing) | 1:30pm-3:30pm | External Tutor | 10 | No charge on referral by GP |  |

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| **Gloucester** | Abbeydale Community Centre  Glevum Way  Abbeydale  GL4 4BL | Monday  (Arts & Crafts) | 11:30am- 1:30pm | External Tutor | 10 | No charge on referral by GP |  |

**Artists in Recovery (AIR)**

* Bring any art supplies that you would like to use and enjoy a time of being creative while having a chat over tea / coffee.
* Some art materials will be available.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | St Mary Decrypt Church  Southgate Street  GL1 1TP | Thursday | 10am-12:30pm | Jo Smith  07950 665095 | 6 | No charge |

**Cinema**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | The Palace  Bellevue Road  Cinderford  GL14 2AA | Monday  Wednesday  Thursday  Friday | Usually 2:30pm  performance | Robert Hatch  [07870 808710](tel:07870%20808710) | Unlimited | £3.50 |

**Coffee/Tea, Info & Advice Drop-In**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | 61 Newerne Street  Kaplan's Restaurant Lydney  GL15 5RA | Monday | 1:45pm-  3:15pm | Robert Hatch  [07870 808710](tel:07870%20808710) | Contact: Robert | Cost of your own refreshments |

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| **Forest of**  **Dean** | 16 Café  Coleford  GL16 8BA | Tuesdays | 1pm–3pm | Simon Price  07718 051368 [simon.price@connexus-group.co.uk](mailto:simon.price@connexus-group.co.uk) | Contact: Simon | Cost of your own refreshments |  |

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| **Forest of Dean** | Café 31  Market Street  GL14 2RT | Wednesdays | 1pm-2pm | Robert Hatch  [07870 808710](tel:07870%20808710) | Contact:  Rob | Cost of your own refreshments |  |

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| **Gloucester** | The Cavern  56 Westgate St Gloucester  GL1 2NE | Monday  Fridays | 1pm-4pm  2pm-4pm | Staff, Peer Support and Volunteers | Unlimited | Donations requested to help cover the cost of the use of the space.  Beverages available.  (Café prices) |  |

**Community Outdoor Project**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | St. James City Farm 23 Albany Street  GL1 4NG | Second Thursday of the month | 10am-4pm | Contact:  James Aldridge:  07900 719093 | 10 | No charge.  Lunch provided |

**Computer Basics Part 1**

* Achieve a basic grounding in the use of the computer keyboard, mouse, Windows and file management.
* Beginners Level.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Adult Education  Learning Centre  4-6 Commercial Rd Gloucester  GL1 2EA | 7 January  14 January  21 January  28 January  4 February  11 February | 10am–12pm | Adult Ed  01452 583800 **Be aware this course starts early in the New Year** | 10 | **\*\*** |

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

**Computer Basics Part 2**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Adult Education  Learning Centre  4-6 Commercial Rd Gloucester  GL1 2EA | 25 February  3 March  10 March  17 March  24 March  31 March | 10am–12pm | Adult Ed  01452 583800 | 10 | **\*\*** |

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

**Computer Confidence for Work Part 1**

* Brush up your computer skills to be confident in the workplace

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Adult Education  Learning Centre  4-6 Commercial Rd Gloucester  GL1 2EA | 17 January  24 January  31 January  7 February  14 February | 10am-12pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 10 | **\*\*** |

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

**Computer Confidence for Work Part 2**

* Develop your IT skills to a more advanced level, ready for the workplace.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Adult Education  Learning Centre  4-6 Commercial Rd Gloucester  GL1 2EA | 6 March  13 March  20 March  27 March  3 April | 10am-12pm | Adult Education Contact:  08005421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) | 10 | **\*\*** |

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

**Crafty Creations Art Group**

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

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

**Five–A-Side Indoor Football**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Gloucester Leisure Centre  Bruton Way  GL1 1DT | Tuesday | 12pm-1pm | James Aldridge  07900 719093 | **Fully booked at present** | No charge |

**Flow Yoga (Roots Café)**

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

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

**Forwards Employment Outreach Service**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Friendship Café  Chequers Bridge Centre  Painswick Road  GL4 6PR | Every Wednesday morning | 10am-12:30pm | Forwards Employment  Ben Waters  07760164735 | Unlimited | No charge |

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| **Forest of Dean** | Sixteen Community Café  16 Bank Street  Coleford  GL16 8BA | Every Thursday morning *(apart from last Thursday of each month)* | 10am-12pm | Forwards Employment  Neil Hampton  07586548610 | Unlimited | No charge |  |

**FRED (Forest Read Easy Deal)** [www.forestreadeasydeal.org.uk](http://www.forestreadeasydeal.org.uk/)

* **FRED** provides **NO CHARGE**, confidential, one-to-one reading coaching to adults. Trained reading coaches are matched with learners and because the training is one-to-one, learners can progress easily at their own pace. **FRED** is flexible too, using various resources to suit the learner’s needs. Typically, learners and coaches meet for 2 thirty minute sessions each week at a place that suits them both.
* This is what some of our learners said about **FRED**:
  + “I had tried learning to read before but having one-to-one help really made a difference.”  **FRED**learner aged 56.
  + “I was very nervous when I went to my first session but I soon felt comfortable and liked the venue where we met.  I was able to borrow books from the library and could take worksheets home to do which gave me practice in between sessions.” **FRED** learner aged 21.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | [info@forestreadeasydeal.org.uk](mailto:info@forestreadeasydeal.org.uk)  or 07746371353 | Flexible days | Flexible times | External Tutors | Unlimited | No charge |

**HHPDA Group Equine Assisted Psychotherapy**

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

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

**Karaoke Night**

* Come along and show off your vocal talent.
* Research shows that singing is very beneficial for mental health.
* All abilities welcome.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  Gloucester GL1 2NE | Sunday | 7pm–9pm | Cavern Staff | Unlimited | No charge |

**Kingsholm Mindfulness Group (Roots Café)**

* Mindfulness is paying attention to all our experience moment by moment.
* With practice you can improve your relationships with yourself and with those around you.
* A friendly, inclusive group where you will be made very welcome.
* Some meditation cushions available. If you have your own cushion and / or mat, please bring them along.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Roots Café  69 Alvin Street  GL1 3EH | Every second Tuesday | 6pm-7pm | For more information contact Marianna on 077759829095  Or email: kmgloucester@yahoo.co.uk | | £3 donation towards room hire or what you can afford. |

**Knit & Natter (Roots Café)**

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

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

**Knit & Natter**

* All ages and abilities welcome.

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

**Let’s Get Digital Course**

* Improve your digital skills.
* Be savvy about using computers and other digital technology.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Adult Education  Learning Centre  4-6 Commercial Rd Gloucester  GL1 2EA | 22 January  29 January  5 February  12 February  11 March  18 March  25 March  1 April | 1:30pm-3:30pm | Adult Education Contact:  08005 421655  01452 583800  [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)  **(Please be aware this course starts early in the New Year)** | 8 | **\*\*** |

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

**Make & Take Craft Activity**

* Take part in various craft activities
* All abilities welcome
* Social inclusion

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Treasure Seekers Hub  52 Westgate Street  Gloucester  GL1 2NE | Monday to Saturday | 10am–4pm | Treasure Seekers Staff  To book a place go to: <https://www.kftseekers.org.uk/make-and-take-bookings> | 10 | £5 per item – includes a free drink |

**Mitcheldean Aspergers Support Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of**  **Dean** | Mitcheldean Library  High Street  Mitcheldean  GL17 0HN | 2nd Tuesday of each Month | 1:30pm | For information please contact Irene on  01594 543978  [sonofcoker@hotmail.com](mailto:sonofcoker@hotmail.com) | Unlimited | No charge |

**Monthly Meet Up Eat Up Cooking Groups**

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

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

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

**Music Room**

* A group for recovering addicts and/or adults with mental health issues to encourage people back to music.
* All abilities welcome.
* Playing music together in a group.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  GL1 2NE | Wednesday | 12pm–2pm | The Cavern staff | Unlimited | No charge |

**New Friends Network**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Northgate Hall  St. John’s Lane  GL3 2DB | Last Thursday  of the  month | 12:30pm-2:30pm | Sam Dainty  Contact: 07900719108 | 10 | No charge.  Refresh  ments  provided |

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| **Forest of Dean** | British Legion  Hill Street  Lydney  GL15 5HW | Every 1st Tuesday of the month  (not in school holidays) | 12:30pm- 2:30pm | Sam Dainty  Contact: 07900719108 | 10 | No charge.  Refresh  ments  provided |  |

**Open Mic Night**

* Come along and show off your musical skills.
* Opportunity to perform your latest musical renditions.
* All abilities welcome.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  GL1 2NE | Wednesday | 7pm–9pm | Cavern Staff | Unlimited | No charge |

**Peer Led Mental Health Support Group and Information Drop In**

* Peer Led Mental Health Support Group.
* Small groups which provide an opportunity for those who have or have had a mental illness to meet in a secure environment to find information, have fun and enjoy one another’s company.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Rollercoaster  Sixteen Café  16 Bank St  Coleford  GL16 8BA | Tuesday | 1pm-3pm | **Peer Led**  Andy Jenkins  07817006664  [andycjenks@gmail.com](mailto:andycjenks@gmail.com) | Unlimited | Donation for drinks |

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| **Forest of Dean** | Rollercoaster  Café  31  Market Street  Cinderford  GL14 2RT | Thursday | 10am–12pm | **Peer Led**  Andy Jenkins  07817006664  [andycjenks@gmail.com](mailto:andycjenks@gmail.com) | Unlimited | Café prices for drinks |  |

**Performers Night**

* Come along and enjoy free musical and theatrical performances

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  GL1 2NE | Saturday | 7pm–8:30pm | Cavern Staff | Unlimited | No charge |

**Roots English Practice (Roots Café)**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | Roots Café  69 Alvin Street  GL1 3EH | Thursday | 1pm-3pm | Roots Café  01452 524674  <https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/service.page?id=jk1zlS4SrH0> | | No charge |

**Self-Management: Live Better to Feel Better**

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

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

**Support at the Cavern**

* Support and listening advice for adults with mental health issues.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  GL1 2NE | Everyday | 6pm–11pm | The Cavern staff | Unlimited | No charge |

**Survivors Friendship Group**

* “A chance for female survivors of rape, sexual assault and abuse to meet informally”.

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

**Tastelife**

* Tastelife is a supportive and educational charity that aims to inform about eating disorders.
* It provides tools for recovery for those who suffer and those who care.
* Some session titles are:
  + Living to eat or eating to live
  + Self-image and addiction
  + Mind Matters
  + Bad days and good friends
  + The “F” word – Food – Friend or Foe?
* 8 session weekly group course.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Forest Community Church  Parragate Road  Cinderford  GL14 2LY | Monday  Starting 3 February | 6:45pm-9pm | Niki or Susie  07947 785117 or email  [fod@tastelifeuk.org](mailto:fod@tastelifeuk.org) | 12 | The tastelife course is **free**, though we do ask for a £5 donation per person per session to cover costs. |

**The Cavern Autism Social Club**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  Gloucester GL1 2NE | Third Thursday of every month | 2pm–4pm | James Walford  07813 015760  [James.walford@connexus-group.co.uk](mailto:James.walford@connexus-group.co.uk) | Unlimited | Just food and drinks for yourself. |

**The Forest Fibro & Chronic Pain Warrior Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Forest of Dean Salvation Army  43 North Road Broadwell  GL16 7BX | Last  Wednesday  of every month | 11am-1pm | Emma Cornish  07804506395  [ffcpw1@gmail.com](mailto:ffcpw1@gmail.com) | 8 | Your own refresh  ments |

**This Way Forward**

* A new peer support group for the Forest. For the residents of Lydney and its surrounding areas.
* Providing a friendly and safe environment for people to meet, make new friends and get as much support as they need from a team of qualified and experienced volunteers.
* We are a support for anyone who is struggling. We have many ways of getting people back on track whilst supporting them and helping them to access the right professional support for their situation.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of**  **Dean** | Kaplans Café (upstairs)  61 Newerne Street  Lydney  GL15 5RA | Thursdays  Launch date and launch event is on 7 February | 11am–2pm | **Peer led**  Niki, Mark, Emma  Niki  07484314153 | 10 | Café coffee refreshment prices. Attendees are asked to purchase one drink. |

**Walking Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Main Place  Old Station Way  Coleford  GL16 8RH | Mondays | 10am-12:30pm | Scott Clements  &  Robert Hatch  [07870 808710](tel:07870%20808710) | 10 | No charge |
| Coleford Library  Main Place  GL16 8RH | Every 3rd Thursday of the Month | 1pm–3pm  Rambling Rog & The Amblers Rambling | James Aldridge  01452 726951  07900 719093 | 10 | No charge |
| **Gloucester** | Meet outside Shire Hall  Westgate Street | First Monday of the Month | 10am-11:30pm | James Aldridge  01452 726951  07900 719093 | 10 | No charge |

**Walking for Health** [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk/)

* Gloucestershire Health Walks is your local walking for health scheme.
* Our walks are No charge, fun and friendly – perfect to help you get active and meet new people.
* If you would like to take part, come along a few minutes early to the start point of one of our walks so that one of our trained walk leaders can take your details. Then you’re No charge to take part in as many walks as you like, as often as you would like.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Forest of Dean** | Main Place  Old Station Way  Coleford  GL16 8RH | Wednesdays | 10:30am | Diane  01594 810321 | 10 | No charge |
| Chill Out Zone Community Café Broad St Newent  GL18 1AJ | Thursdays | 10am | Margaret Highton  01531 820245 | 10 | No charge |

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| **Gloucester** | Hartpury  Village Hall  Over Old Road  GL19 3BJ | Wednesdays | 10am | Susan  01452 700707 | 10 | No charge |  |

**Women’s Coffee Morning**

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

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

**Wood Craft Group**

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

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

**Yu-Gi-Oh Tournaments**

* Take part in Yu-Gi-Oh Trading card game tournaments.
* It is based on the fictional game of ***Duel Monsters*** created by [manga artist](https://en.wikipedia.org/wiki/Mangaka) [Kazuki Takahashi](https://en.wikipedia.org/wiki/Kazuki_Takahashi_(manga_artist)).
* For more info go to: <https://en.wikipedia.org/wiki/Yu-Gi-Oh!_Trading_Card_Game>

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Gloucester** | The Cavern  56 Westgate Street  GL1 2NE | Saturday | 2pm–7pm | Cavern Staff | Unlimited | No charge |



**A-Z** 

**South District**

**Stroud, Cirencester, Dursley, Tetbury, Lechlade**

**Art for Health**

* All abilities welcome, whether you have experience within the arts or just fancy trying something new.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament Street  GL5 2HL | Monday | 1pm–3pm | **Peer led** Angela Hoskins | 12 | £3 |

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| **Cirencester** | The Bothy  Ashcroft Road  Cirencester  GL7 1QX | Tuesday | 1:30pm–3:30pm | **Peer led**  Helen Humphries | 12 | £2 |  |

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| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | Thursday  30 January for 8 weeks | 10:30am-12:30pm | Adult Education  0800 542 1655 | 12 | £3 |  |

**Artlift**

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

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

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cirencester** | Churn Project  14 The Waterloo  Cirencester  GL7 2PY | Monday | 3pm-5pm | External Tutor | 10 | No charge on referral by GP |

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| **Nailsworth** | Price’s Mill Surgery  New Market Rd  Nailsworth  GL6 0DQ | Wednesday | 10am-12pm | External Tutor | 10 | No charge on referral by GP |  |

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| **Stroud** | Museum in the Park  Stroud  GL5 4AF | Tuesday | 1pm-3pm | External Tutor | 10 | No charge on referral by GP |  |

**Bee Friendly Group**

* Cultivating bee friendly plants and flowers.
* Creating bee friendly arts & crafts products.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Weaver’s Croft  Field Road  Stroud  GL5 2HZ | Friday | 1pm-3pm | **Peer Led**  Helen Humphries | 8 | £2 |

**Board Games**

* A chance to find a partner for a game, or maybe learn how to play a new game. All abilities welcome.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament Street  GL5 2HL | Monday | 1pm-3pm | **Volunteer**  John Ward | 6 | £3 |

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| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | Thursday | 10:30am-12:30pm | **Client led** | 6 | £3 |  |

**Book Club**

* Monthly meet up for book fans in a relaxed café environment.
* A book will be chosen amongst the group and discussed at monthly meetings.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cirencester** | Ashcroft Rooms  Ashcroft Road  Cirencester  GL7 1RA | First Friday of the month | 11am-  12pm | Jo Timpson | 8 | Cost of a drink in the café |

**Café Society**

* A chance to meet once a week for a coffee and chat.
* A short walk around the local area.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | The Bank Café  80 Parsonage St  Dursley  GL11 4AB | Tuesday | 1:30pm-2:30pm | **Peer led**  Irene Kelly | 8 | Cost of beverage from café |

**Community Autism Support & Advice Information Drop In**

* An opportunity for you to ask about our Community Autism Support & Advice Service

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |

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| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross Parliament Street  GL5 2HL | Every second Thursday of the month | 10am-12pm | Alan Grist  07870810288  [alan.grist@connexus-group.co.uk](mailto:alan.grist@connexus-group.co.uk) | Unlimited | No charge |  |

**Client Voice and Involvement Sessions**

* A forum for you to discuss what you would like to see & help to make happen in the Wellbeing Centres.
* A chance to plan and build future activities – to discuss what’s working and what’s not.
* Held on a monthly basis. See client notice board for corresponding dates.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross Parliament Street  GL5 2HL | 1st Friday in the month | 11:30am | Jo Timpson | 20 | No charge |

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| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | 1st Thursday in the month | 1pm | Georgie McClory | 20 | No charge |  |

**Community Café**

* The Community Café is a safe space within the community.
* People cook & share a meal, learn budgeting skills and sometimes take a nutritional lunch home.
* Vegetables are grown to be used in the kitchen.
* A chance to meet new people.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Open House  Delmott’s Lot  High Street  GL5 1AG | Monday | 10am-12pm | John Ward and Linda Carter | 10 | Cost of food split between group |

**Cotswold Aspies Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Cirencester** | The Fleece Pub  Market Square  GL7 2NZ | First Wednesday of every other Month  January / March | 7pm | For information please contact [david.grocott@aol.com](mailto:david.grocott@aol.com) | Unlimited | Cost of your own drinks |

**Crafty Art**

* A chance to be creative with a focus.
* Try your hand at different Arts & Crafts.

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

**Discussion of the day**

* A chance to review topical news items of the day.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross Parliament St  GL5 2HL | Monday | 10am-12pm | **Volunteer led** Chrissie Davies  Alex Bryant | 10 | £3 |

**Dursley Gardening Group**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | Tyndale Garden  The Slade  Tyndale  GL11 4JX | Thursday | 12pm-  2pm | Kevin | 10 | £2 |

**Find Out More about Qwell** (Qwell Online Counselling and Wellbeing for Adults)

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | Thursday  26 March | 10:30am-11:30am | Wilma | 15 | No  charge |

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| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament Street  GL5 2HL | Monday  3 February | 1:30pm-2:30pm | Lewis | 15 | No charge |  |

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| **Cirencester** | The Bothy  Ashcroft Road  Cirencester  GL7 1 QX | Tuesday  24 March | 10:30am-11:30am | Wilma | 15 | No charge |  |

**Garden Crafts**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Weaver’s Croft  Field Road  Stroud  GL5 2HZ | Friday | 10am–12pm | **Volunteer**  Margaret Westmore and **Peer Led** Rebecca Hauton | 8 | £2 |

**Invisible Illness Group**

* Offering support and activities to anyone who suffers from an illness that is not visible.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | GL11 Community Hub  Fairmead  Cam  GL11 5JS | Monday  (Term time only) | 1pm-3pm | **Peer Led**  Tim and Kathy | 10 | £2 |

**Jigsaw Group / Games Group**

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

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

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| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament Street  GL5 2HL | Monday | 10am-12pm | **Client led** | 6 | £3 |  |

**Jobcentre Plus Drop in**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Jobcentre Plus  Unicorn House Cornhill Shopping Centre  GL5 2JT | 1st Wednesday in the month | 1pm-3pm | Independence Trust staff and **Peer Lead**  Jo Timpson | 4 appointment slots per session | No charge |

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| **Cirencester** | Jobcentre Plus  Council Offices  Trinity Road  Cirencester  GL7 1TE | 1st Tuesday in the month | 9:30am -1pm | Independence Trust staff and **Peer Lead**  Jo Timpson | 5 appointment slots per session | No charge |  |

**Journaling**

* Try out various journaling techniques.
* Therapeutic writing.
* 6 week course.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross Parliament St  GL5 2HL | Friday  28 February | 10:30pm -  12:30pm | Adult Education  Please contact Hugo for more details on 07527602786 | 10 | £3 |

**Knitting and Crochet**

* Knitting to help others - creating squares and blankets for Premiees UK and Teckles Animal Sanctuary.

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

**Living Well Group**

* Do you aspire to be fabulously fit?
* Do you want to learn how to cook delicious dishes?
* A chance to join a small supportive group with a focus on looking and feeling good.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | Thursday | 10:30am-12:30pm | **Peer led**  Georgie McClory | 8 | £3 |

**Men’s Shed**

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

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

**No Pressure young person’s group**

* A group for young people.
* Rediscover and maintain good mental health.
* Be social and meet up weekly, a chance to go to the cinema, bowling or a fun activity

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Curio Lounge  Stroud  GL53BX | Wednesday | 7pm | **Peer led**  Contact Lewis on 07870808729 if you would like to attend or would like more details | 10 | Cost of beverage |

**Open Sessions**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Dursley** | Tyndale Centre  Dursley  GL11 4JX | Thursday | 10am-3pm | Eileen  Georgie  Dave  Irene | 20 | £3 |

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| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament Street  GL5 2HL | Monday  Friday | 10am-3pm  10am-1pm | Martin | 20 | £3 |  |

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| **Lechlade** | St Birinus Court  Lechlade  GL7 3FA | 1st Tuesday of the month | 10am-1pm | Linda / Jane | 15 | £2 |  |

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| **Cirencester** | The Bothy  Ashcroft Road  Cirencester  GL7 1 QX | Every Tuesday except the 1st of the month | 10am-12pm | Wilma, Tom, Simon | 20 | £2 |  |

**Peer Led Arts & Crafts**

* This will give you the time to socialise in a friendly, non-judgmental group.
* Gain self-esteem.
* A chance to improve your confidence as well as to learn new skills or share old ones.
* To meet like-minded people.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Tetbury** | Coombe House  Church Street  GL8 8DS | Tuesday | 10am-12pm | **Peer Led**  Rose McCoy | 8 | £2 |

**Photography group**

* All abilities welcome.
* For anyone who would like to discuss photography and share an interest in cameras.
* Bring your own camera. Regular walks out and sharing of photography and editing skills.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross Parliament Street  GL5 2HL | Friday | 1pm-2:30pm | **Peer Led**  Matt Archibald | 4 | No charge |

**Pottery at the College**

* A small supportive pottery group**.**

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud College  Stratford Road  GL5 4AH | Thursday | 3pm and 6pm | Stephen Brooking | 8 | £10 |

**Relaxation Group**

* A range of relaxation and mindfulness techniques to help you unwind

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament St  GL5 2HL | Friday | 12:30pm-1pm | **Peer Volunteer** Rose McCoy;  **Volunteer** Louise Pugh | 10 | £2 |

**Saturday Social**

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

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

**Walk and Talk**

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

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Black Books Café  2 Nelson Street  GL5 2HL | Every  Thursday | 10:30am-  12:30pm | **Peer Led** Katherine  Sharon | 8 | No charge |

**Weaver’s Croft Gardening Group**

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

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

**Women’s Holistic Wellbeing Group**

* Relaxed group.
* Build confidence self-esteem while in the 'safe space' of the centre.
* Participants choose the topics discussed and these range from general to specific topics.
* This is a place to feel listened to as well as being supported by others.

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| **Locality** | **Venue** | **Day** | **Time** | **Facilitator** | **No. of places** | **Cost** |  |
| **Stroud** | Stroud Mental Health & Wellbeing Centre  The Cross  Parliament St  GL5 2HL | Friday | 1pm-2:30pm | **Peer Volunteer** Rose McCoy  **Volunteer** Louise Pugh | 10 | £3 |

**Useful Contacts**

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

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| **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**](https://www.carersgloucestershire.org.uk/find-support/) to help in a caring role. | 0300 111 9000 |
| **CGL** | Drug & Alcohol | 01452 223014 |
| **Citizens Advice Bureau, Gloucester / F.O.D.** | Free, confidential & impartial advice to everyone on their rights | 01452 527202  01594 823937 |
| **Community Wellbeing Service**  Stroud & Berkeley Vale  Cheltenham & Tewkesbury  Cotswolds (North & South)  Gloucester  Forest of Dean | Extra support when coping with a short or long term health situation, or with other challenges of life. |  |
| Independence Trust | 0345 863 8323 |
| CCP | 0300 365 6463  01242 694534 |
| Gloucestershire Rural Community Council | 01452 528491 |
| Home Group | 0300 131 0024 |
| 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 | 0787 081 0288 |
| Simon Price | 0771 805 1368 |
| **Let’s Talk** | Support for mental health conditions e.g. depression, anxiety, panic disorder, PTSD, phobias. | 0800 073 2200 |
| **Mears Group** | Homeless support | 01452 634634 |
| **National Autistic Society Gloucestershire** | http://www.nas-gloucestershire.com/ |  |
| **National Autistic Society** | www.autism.org.uk  Email: [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk) | 0808 800 4104 |
| **P3** | Support for Housing issues (Stroud, Ciren, Dursley, Chelt, North Cots). | 0808 168 2443 |
| **Powher Advocacy** | Information, advocacy and advice services across England. | 0300 456 2370 |
| **Recovery College** | Recovery college provides courses and educational workshops that teach people to become experts in their own recovery and self-care. | 01452 894204 |
| **Samaritans** | Confidential support for anyone who needs someone to talk to. | 116 123 |
| **Suicide Crisis Centre** | Offers a safe place where you will be supported and helped through your crisis. | 07975974455 |
| **Your Circle** | A directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire.  <https://www.yourcircle.org.uk/> |  |

**Your notes**

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