



# A - Z

Prospectus

17 January – 8 April

# 2022

# Introduction



Welcome to the first A-Z of 2022. We hope you all had a good Christmas and wish you all a very Happy New Year! Here's hoping that 2022 will be better than 2021 for you all.

Due to some of the ongoing restrictions, this is still not as full an A-Z as we have had before Covid. Hopefully it is something that will be built upon again as we move forward.

It will just be great to get people together to socialise, network and join in meaningful activity.

We will still be requesting that, as far as possible, social distancing and mask wearing where appropriate is adhered to. If in doubt, speak with one of the team who will only be too happy to discuss it with you.

If you wish to consider facilitating a group or have a suggestion for an activity which you would like to see in the A-Z, please speak to one of the Peer Team:

Bill Shearer – 0797 603 7700  
Holly Sidwell – 0787 522 1502

So, do come along and join in a group or activity that interests you - we look forward to seeing and catching up with most of you over the coming months.

***Cynthia Kerr***  
***Senior Operations Manager***

*These groups and activities are not an exhaustive list of what is going on peer support wise across the county. So much great community action and so many positive peer support initiatives have sprung up over the last year.*

*If you want support with running and developing these (or want help to build your own peer support group or project from scratch) then please contact the Independence Trust Peer Support Team through  
Bill Shearer – 0797 603 7700 or Holly Sidwell – 0787 522 1502*

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## Registration

- **To register on any of the enclosed groups / courses, please contact the Facilitator of the group to check on availability.**
- **You must commit to the full course and if the course is paid for in advance, refunds will not be available.**
- **Please see individual items for costs for each session.**





# Topics

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

**Understanding Mental Health issues**

**Developing Knowledge and Practical Skills**

**Living Well and Enjoying Life**

**Getting Involved**



# ZOOM, PODCASTING & ONLINE GROUPS

## ASC FAMILY AND FRIENDS

- A support group for the family and friends of adults diagnosed with autism.
- A safe space to ask questions and get advice about how best to support your autistic family member or friends.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	Contact Alan if you would like to join us by zoom and would like a zoom invite. <a href="mailto:alan.grist@independencetrust.co.uk">alan.grist@independencetrust.co.uk</a>	1 <sup>st</sup> Friday of every month. 7 January 4 February 4 March 1 April	11:30am-12:30pm	Alan Grist	15	No charge

## FACEBOOK COFFEE MORNING

- Meet with others who struggle with mental health difficulties to support each other, have a coffee together and ease feelings of isolation.
- Online peer support that helped many during Lockdown.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	Contact Lewis if you would like to join us by zoom and would like a zoom invite. <a href="mailto:lewis.saunders@independencetrust.co.uk">lewis.saunders@independencetrust.co.uk</a>	Tuesday	11am	Elsie Gritten	15	No charge

## LATE DIAGNOSIS AUTISM / NEURODIVERSE GROUP

Individuals diagnosed with autism as an adult, to receive:

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

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	Contact Alan if you would like to join us by zoom and would like a zoom invite. <a href="mailto:alan.grist@independencetrust.co.uk">alan.grist@independencetrust.co.uk</a>	2 <sup>nd</sup> Monday of every month <b>(evening time meet)</b>	6-7pm	Alan Grist	15	No charge
		4 <sup>th</sup> Wednesday of every month <b>(day time meet)</b>	1pm-2pm			

## ONLINE MAKATON GROUP – SIGN ALONG WITH ELSIE

- This group is for anyone who wants to learn some basic sign language.
- I am a peer support volunteer keen to meet other people with an interest in learning Makaton (sign language).
- This group is fully online via zoom.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	Contact Elsie if you would like to join us via zoom and would like a zoom invite:  <a href="mailto:elsieruthgritten@outlook.com">elsieruthgritten@outlook.com</a>  or 07584 897074	Every Thursday starting 6 January 2022	11am-11:45am	Peer Autism Volunteer Elsie Gritten	15	No charge

## OWN MY LIFE COURSE

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

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

## TALK PODCAST

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

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





# Central District

Cheltenham, Tewkesbury, Moreton-in-Marsh

## ART FOR ALL

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Thursday	<b>Thursday</b> -Art 10am-12pm	Shelley Winnett 07923413607	8	£36 per term (4 sessions) includes materials
		Friday	-Art 12:30pm-2:30pm <b>Friday</b> -Art 10am-12pm -Printmaking 12:30pm-2:30pm			

## AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism
- Creates a space to meet other individuals with autism
- We offer advice, support and signposting to other services
- There will be access to lots of tabletop games, plenty of space for trading card games and cake/drinks available to buy!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Board N Bites (Board Game Café) 2 The Terrace Cheltenham GL503PE	Tuesday (bi-weekly) 11 January 25 January 8 February 22 February 8 March 22 March	12pm-2pm	Lauren Woods 07527602786	20	No charge



## BANNED MUSIC GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	2:30pm – 4pm	Jamie Eden 07727238063	10	No charge

## BEADING & JEWELLERY GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	1pm - 3pm	Bill Shearer 07976037700	10	Contribution towards the beading materials you have used.

## The BREAKFAST CLUB

- Following on from Voices Fellowship (see page 12).
- A Peer Support Group for all to chat and enjoy the delights of a cooked breakfast.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Sunrise Café 310 High Street GL50 3JF	Friday	11am-12pm	Ben Watkinson 07703140415	10	As purchased

## CRAFT GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	10am- 12pm	Peer Volunteer Claire Bradshaw 07392532441	10	Contribution towards any materials that you have used

## FOCUS ON ART

- To learn new skills and build on existing skills.
- To explore different styles of art and artists' work.
- To gain self-esteem and improve confidence alongside developing new skills.
- To gain confidence and self-esteem through self-expression.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday	1pm-3pm	Peer Volunteer Carolyn Ward (01242) 510351 Jamie Eden 07727238063	10	£2

## GARDENING & ALLOTMENT

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Moreton-in-Marsh</b>	Community Allotment White House Resources Centre Stow Road Moreton-in-Marsh GL56 0DW	Wednesday	10am- 12:30pm	Peer Volunteer Mike Brooks 07780377520	8	No charge

## LET'S GET CRAFTING!

- We welcome new crafting suggestions or demonstrations for the new year!
- There is a safe space for everyone to come and have a go at crafts regardless of skill level
- Tea and Coffee available

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre, 6 Baker Street Cheltenham GL51 9HQ	Tuesday (Bi-weekly) 4 January 18 January 1 February 15 February 1 March 15 March	9:30am- 11:30am	Peer Autism Volunteer Cathy Day 07879463592	15	£2 per session

## PEER TALKING

- Meet with a member of our peer team.
- Find out about peer support and peer volunteering. This is a space to discuss how we could work together towards building, co-producing and co-delivering the Independence Trust Peer services.
- A space to find out about and register for the peer support groups that you would like to attend.
- A space to speak up about what is important to you about your mental health support and how you would like to see peer services develop (but also a space to plan how we might act together to make this happen).

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

## POOL GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Hollywood Bowl The Brewery Henrietta St GL50 4FA	Wednesday	1:30pm– 3:30pm	Peer Volunteers Jamie Eden 07727238063	8	£1.20

## VOICES FELLOWSHIP (Hearing Voices Group)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cheltenham</b>	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	10:30am – 11:00am	Ben Watkinson 07703140415	10	No charge





# West District

Gloucester, Forest of Dean

## AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism
- Creates a space to meet other individuals with autism
- We offer advice, support and signposting to other services
- We will be discussing topics around autism, playing tabletop games and group members will be giving demonstrations/talks on their interests and hobbies.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	The Warehouse (Café) Parliament Street Gloucester GL1 1HY	Monday (bi-weekly)	10am-12pm	Lauren Woods 07527602786	20	No charge
		17 January				
		31 January				
		14 February				
		28 February				
		14 March				
28 March						

## DUDES & DOGS

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

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

## HPDA 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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Poplars Farm Lime Street GL19 4NX	Upon application	Upon application	Zeb Nawaz 07923934457	6	£30 refundable deposit

## PEER TALKING

- Meet with a member of our peer team.
- Find out about peer support and peer volunteering. This is a space to discuss how we could work together towards building, co-producing and co-delivering the Independence Trust peer services.
- A space to find out about and register for the peer support groups that you would like to attend.
- A space to speak up about what is important to you about your mental health support and how you would like to see peer services develop (but also a space to plan how we might act together to make this happen).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	Thursday	10:30am – 12:30pm (once a month this will tie in with the Peer Volunteer Social)	Peer Team	6 + whatever other space is available in the café on the day.	Must purchase a drink from the café.

## PEER VOLUNTEER SOCIAL

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Roots Coffee and Community Café 69 Alvin Street Gloucester. GL1 3AG	1 <sup>st</sup> Thursday of every month 3 Feb 3 March 7 April	10:30am – 12:30pm	Peer Team	15	Refreshments available

## TEA & CHAT

- These sessions offer an opportunity to work towards increasing confidence and social participation.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support with others who have experienced mental health difficulties.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Gloucester</b>	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	Monday	12pm-2pm	None	8	Must purchase a drink from the café





# South District

Stroud, Cirencester, Dursley, Tetbury, Lechlade

## The ARTISTS GROUP

- We are exhibiting at Nature in Art in February 2022.
- Be part of this exciting exhibition - an opportunity to show some of the brilliant work people have created.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Different venue decided within the group monthly	Date to be arranged with the group	11:30am	Lisa 07812395319	10	No charge

## BOARDGAMES GROUP

- Contemporary and classic board games. Everyone welcome.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	The Chantry Centre Long Street Dursley GL11 4JB	Thursday	2pm-4pm	Corinna 07948369355 <a href="mailto:corrina.chartier@outlook.com">corrina.chartier@outlook.com</a> Dave 07815878375	10	£2 per session

## COMMUNITY WELLBEING SERVICE @ INDE CAFÉ

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

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



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

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Paganhill Community Group Farmhill Lane Paganhill GL5 4BX	1 <sup>st</sup> Wednesday of the month	1pm – 3pm	Jane 07812395319	8	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Lechlade</b>	St Birinus Ct Lechlade GL7 3FA	1 <sup>st</sup> Tuesday in the month	10am -12pm	Linda Jane 07980923649 Louise (01452)52849 1	8	No charge

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Wotton-under-Edge</b>	The Keepers Community Hub Symn Lane Wotton-under-Edge GL12 7BD	Thursday	10am -12pm	Sue Clare Julia Kate 07870808629	8	£1

## DUDES & DOGS

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	The Grove Stroud GL5 5LW	Sunday	10am - 11am	Kieran Yarwood  Dog Dude from Dudes and Dogs	N/A	No charge

## GARDENING GROUP (Weavers Croft)

- 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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Weavers Croft Field Road GL5 2HZ	Tuesday	10am – 3pm	Dave Walters and Margarita 07815878375	Max 4 attendees per 1½ session due to Covid restrictions	£2

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

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	The Vibe 3 Parsonage Street Dursley GL11 4BW	Thursday	10am-12pm	Sue 07870808629	8	No charge

## INDE ART @ THE CAFÉ

- Small friendly group a chance to create and chat.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday Starts 1 February	Session One 10am-11.30am  Session Two 12pm-1.30pm	Margaret 07980923649	10	£2

## INDE CAFÉ

- Join us at the Inde Café - a space to talk, be listened to and share a home cooked meal using the fresh produce from our garden at Weavers, as well as a chance to build new friendships.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday Starts 1 February	10am to 1pm	John and Linda 07980923649	8	£3 to cover lunch cost

## MEN'S SHED (Weavers Croft)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Weavers Croft Field Road Stroud GL5 2HZ	Friday	10am-3pm	Dave Walters 07815878375	Max 4 attendees per session due to Covid restrictions	£2

## PEER SUPPORT GROUP FOR ALL

- These sessions offer an opportunity to work towards increasing confidence and social participation.
- Enables social interaction, mental wellbeing and the chance to enjoy peer support with others who have experienced mental health difficulties.
- To book onto a session, please phone Sue / Lisa between 11am and 12pm on the day.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Cirencester</b>	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	12pm – 3pm	Sue 07870808629 Lisa 07812395319	8	To cover purchase of refreshments

## PEER TALKING

- Meet with a member of our Peer team.
- Find out about peer support and peer volunteering. This is a space to discuss how we could work together towards building, co-producing and co-delivering the Independence Trust peer services.
- A space to find out about and register for the peer support groups that you would like to attend.
- A space to speak up about what is important to you about your mental health support and how you would like to see peer services develop (but also a space to plan how we might act together to make this happen).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	The Star Anise Arts Café 1 Gloucester Street Stroud GL5 1QG	Wednesday	10:00am - 12pm	Peer Team	6 + whatever other space is available in the café on the day	Must purchase a drink from the café

## WALKING GROUP

- Walk and talk with others who have lived experience of recovery and mental health difficulties.
- Respond to isolation and loneliness by getting out, getting active and enjoying some fresh air with others.
- It's up to you how far you walk or how long you join us for on each walk.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Dursley</b>	Bank Café 80 Parsonage Street Dursley GL11 4AB	Tuesday	10am (to leave the café by 10:30am)	Peer Volunteer Kevin Hall 07713066132	N/A	Must purchase a drink from the café.

## WELCOME SPACE

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
<b>Stroud</b>	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	10:30am – 12:30pm	Sharon Jo	8	No charge





# Useful Contacts

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

<b>Barnwood Trust</b>	A charitable foundation that provides grants to people in Gloucestershire with disabilities, mental health challenges.	01452 614429
<b>Gloucestershire Carers Hub</b>	A wide range of services, practical and emotional support to help in a caring role.	0300 111 9000
<b>CGL</b>	Drug & Alcohol	01452 223014
<b>Citizens Advice Bureau, Gloucester / F.O.D.</b>	Free, confidential & impartial advice to everyone on their rights	01452 527202 01594 823937
<b>Community Based Support</b>	Support for Housing issues	
<b>CCP P3</b>	-Gloucester, Tewkesbury, Forest of Dean -Stroud, Ciren, Dursley, Chelt, North Cots	0300 365 2002 0808 168 2443
<b>Community Wellbeing Service</b>	Extra support when coping with a short or long-term health situation, or with other challenges of life.	
Stroud & Berkeley Vale	Independence Trust	0345 863 8323
Cheltenham & Tewkesbury	CCP	0300 365 6463 01242 694534
Cotswolds (North & South)	Gloucestershire Rural Community Council	01452 528491
Gloucester	Home Group	0300 131 0024
Forest of Dean	Forest of Dean District Council	01594 812447 01594 812399
<b>Cruse</b>	Bereavement Counselling	01242 252518
<b>FRED</b>	Reading and literacy support	0774 637 1353
<b>FVAF</b>	Volunteering in FoD	01594 822073
<b>Independence Trust</b>	CALMHS CASA	01452 317460
<b>Let's Talk</b>	Support for mental health conditions e.g. depression, anxiety, panic disorder, PTSD, phobias.	0800 073 2200
<b>Mears Group</b>	Homeless support	01452 634634
<b>National Autistic Society Gloucestershire</b>	<a href="http://www.nas-gloucestershire.com/">http://www.nas-gloucestershire.com/</a>	
<b>National Autistic Society</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a> Email: <a href="mailto:autismhelpline@nas.org.uk">autismhelpline@nas.org.uk</a>	0808 800 4104
<b>Powher Advocacy</b>	Information, advocacy and advice services across England.	0300 456 2370
<b>Recovery College</b>	Recovery college provides courses and educational workshops that teach people to become experts in their own recovery and self-care.	01452 894204
<b>Samaritans</b>	Confidential support for anyone who needs someone to talk to.	116 123
<b>Suicide Crisis Centre</b>	Offers a safe place where you will be supported and helped through your crisis.	07975974455
<b>Your Circle</b>	A directory to help you find your way around care and support and connect with people, places and activities in Glos. <a href="https://www.yourcircle.org.uk/">https://www.yourcircle.org.uk/</a>	

