

LIGHT IN THE DARKNESS

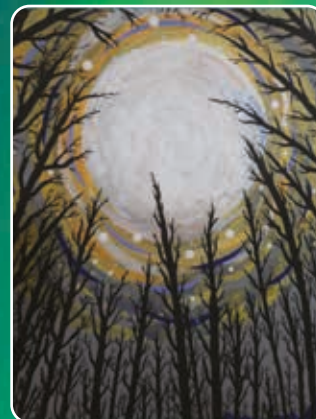
8th-20th February 2022

A collection of artwork celebrating light in the darkness created by people who have experienced mental ill health.

Experience our interactive installation

This coincides with the latest Wildlife photographer of the year exhibition in the main museum

Nature in Art, Twigworth, Gloucester GL2 9PA
Find us 2m north of Gloucester on main A38



Autistic adult drop-ins in Gloucester and Cheltenham

Hello everyone, my name is Lauren and I am the new Autism Peer Support Worker for the Community Autism Support and Advice Service (CASA).

My first task with the team has been to set up and facilitate two new drop ins for autistic adults or adults who might be seeking a diagnosis. Our initial goal was to get people interested in meeting up socially again post lockdowns at a place where they could feel comfortable, benefit socially and be able to access autism related information and sign-posting to other services with ease.

As we go into the New Year, I am pleased to say that we have had quite a few new members who come for

the full session to socialise and play tabletop games. We will continue to support those who drop in on an irregular basis for advice and support. We have plans in the future for members to hold their own interest/hobby taster sessions, and have professionals from other services come in to introduce themselves to the groups.

We currently have groups in Cheltenham and Gloucester which run bi-weekly and we are looking to set up in Stroud and the Forest of Dean in the New Year.

If you would like any further information, please

contact me on: **Mobile 0752 760 2786**

Email: lauren.woods@independencetrust.co.uk

Brave Becca on the BBC

The sun shone brightly and the grey, fluffy microphone of Tracy Miller, BBC reporter, resembled exactly the down of the cute grey cygnets that were bobbing in the nearby lake.

Stroud client, Becca, was sitting outside Slimbridge Wildfowl and Wetlands Trust and the microphone was pointed at her as she had agreed to be interviewed about her experience of their Blue Prescription pilot. This lasted over 6 weeks and involved two groups of Independence Trust clients going along to participate in different activities to measure their effect on their mental health.

She described how she enjoyed feeding the birds and learning about all the different species whilst watching them through binoculars, especially delighting in the vivid flashes of colour of the kingfisher flying to and fro from the reed bed. She thought the canoe safari was great fun and was glad the walk to the river hide involved a Landrover ride back, not to mention a nice picnic!

She said, "each week got better and better and I was with friends from Independence Trust and everyone found it beneficial."

In fact, clients were saying that it was the highlight of their week and they looked forward to it so much they wish it could have gone on longer.

The Welfare Officer at WWT, Dr. Jon Reeves, is trying to do exactly that by seeking out funding to extend the project on a permanent and more widespread basis : <https://www.bbc.co.uk/news/uk-england-gloucestershire-57271854>

The interview with Becca and Jon was broadcast on the BBC Points West news on Wednesday 26 May 2021.

Thank you - brilliant job!



How equine therapy has helped me

I was completely broken. I didn't care if I lived or died. Medication, counselling etc. didn't help me, it made things worse and the experience was horrific. I found it impossible to talk to anyone, or get across how I was feeling. I trusted no one anymore. My last hope was to ask for a referral for Equine Therapy, though at the time, I didn't even realise that there was such a thing. I was just thinking that I had more faith in animals than humans at that point.

On my first session, I arrived at the field with 2 others, as well as the Psychotherapist & Equine Therapist. We went into the field with no instruction given. I can only describe my experience as 6 sessions over the 6 weeks, as intense discussions with no words. The horses were completely in tune with me. They told it to me straight. I react, they react. I looked into their eyes, they looked into my soul. I didn't even have to say anything, they instinctively knew.

Over the 6 sessions thoughts, feelings, emotions that I didn't even know existed, were drawn out from me. I started to process and identify the problems and obstacles facing me. At the same time, I was also finding



myself trying to work out how to best manage and deal with them. At the end of such a short period of time, I had gone from someone not being able to know where to start (as I had just been going around in circles) to someone who was now able to find a path out going forward. The most powerful and effective result is that I can now see that I have everything to live for, thanks to the horses.

Three months later my Bridge Builder found me a volunteering opportunity at the fabulous Newbrook Stables where my confidence has increased so much I have managed to ride again **#Life Changer**

Kind regards, **Janet**

Children in Need

Hi I'm Gary

This year I raised money for Children in Need. We raised £869!

It all started on 13 November when I did a 25k with friends joining me. Then on 15 November, we did a Weight Sleigh Push Challenge, Bake Off and Cake Sale. The challenge was as if we were pushing it from Sports Direct Fitness to the Everlast Gym and back again. We completed the challenge of 220 laps with the amazing staff who also got involved. Then on the day of Children in Need (19 November) at Everlast Fitness, we did another Sleigh Push Challenge, but this time it was as if we were pushing it from Everlast Fitness in Cheltenham to the Everlast in Gloucester and back, again with all the amazing staff and members. We did 2178 lengths.

Without the help of everyone at Sports Direct and Everlast, I could not have done this. It was an amazing adventure and achievement. I will do future ones as Children in Need is a charity close to my heart.



Community support

My personality has always been bubbly, outgoing and sociable. I love to meet new people and travel the world living life to the full. This changed for me when I suffered psychotic symptoms when I was twenty. I needed support from the Crisis Team in Stroud and my family as I recovered in the community.

During this time, I did not leave my family home for some time and was very frightened about the outside world - very different to how I'd ever felt before. I recovered with help from the Gloucestershire Recovery in Psychosis (GRIP) Team, learned a lot about my trigger warning signs and generally reflected on my experience as I tried to process what had just happened to me.

I started to train as a nurse at Oxford Brookes University. I also had a job as a Health Care Assistant in a care home and also as an NHS Professional employee.

In my final year I became unwell again, but this time it was out of control. I was under the mental health team in Oxford because of my breakdown in 2011 and they had wanted me to be seen by the Oxford University Hospital (OUH) bipolar clinic. I refused to go because I was in denial. I did not want to be mentally ill like how I saw my mum through the years growing up. So, I progressively got less sleep, forgot to eat a lot, lost a fair amount of weight and my mood began to become extremely elevated.

I was diagnosed with bipolar disorder and hospitalised in 2016. Whilst in hospital I found that art and creative activity benefited my mental health, and since then I've completed Art Foundation Course at Stroud College achieving a distinction and 'Student of the Year Award' in 2018.



I am now half-way through my Illustration BA (hons) degree at Hereford College of Arts. I have ups and downs and decided to do my degree part time for my mental health to stay stable. I now live independently with support from the community psychiatric team. I have learned to do what I enjoy and feel good about it. I have worked really hard, recently completing a mosaic for Independence Trust Wellbeing Garden at Weavers Croft as part of a University module. I was very excited to give something back to Independence Trust because my mum has been a member for some time and has had great support from them through the years.

Jo, Stroud

Community Wellbeing Service – Stroud and Berkeley Vale

Many things affect our health and wellbeing, such as where we live, how we spend our time, our financial situation and our relationships with friends and family. The aim of the Community Wellbeing 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. Community Wellbeing Agents can help you with:

- **Mental health and wellbeing**
- **Long term health conditions**
- **General health and fitness**
- **Social isolation housing and environment**
- **Debt and finance**

How Independence Trust CWS and NHS make social prescribing in Berkeley Vale work

Julia and I started in our roles within weeks of each other in July/August and neither of us knew, when we said “yes” to our prospective jobs, that the other one had been recruited to do pretty much the same thing, but under a different funder! I remember the first time we met, at The Culverhay GP surgery, where we sat down and said, how are we going to make this work? By working together!

The benefits of collaboration include supporting each other by sharing ideas, sharing knowledge and best practice. Offering each other peer support – discuss difficult cases and talk through ideas. The wellbeing support for each other was invaluable especially important during Covid times. Being able to support and offer advice as we were unable to see people on a 1-1 basis made the job more challenging and we relied on each other to provide useful information as and when it appeared.

Links with the surgeries and adult social care, alongside Clare’s experience of working with families and younger people, gave us a strong skill set to work across the vast array of patient referrals that come in. We also now have Kate the Community Wellbeing Agent and Hollie our Young Persons Health and Wellbeing Coach, and together as a team we continue to build positive relationships with all the community hubs and different groups and contacts across the Berkeley Vale.

Covid and health concerns have brought its own challenges, however we are committed to delivering

a solid Social Prescribing Service and been able to continue the running of the service throughout these difficult times. As Social Prescribing becomes more established across the NHS and nationally, we hope to build on what we have established as the future looks bright for Social Prescribing in Berkeley Vale.

Julia and Clare

Social prescribing in Frithwood and Painswick

Hi, I’m Toni a Social Prescriber covering Frithwood and Painswick. I have many conversations with clients who are referred into our service where I listen to each individual to fully understand any difficulties they may be experiencing in all aspects of their life. This can be by phone, email, text or face to face appointments depending on the preferred method of contact by each individual. There are many services, charities and organisations that specialise in different areas of support that is available to the community. My main goal as a Social Prescriber is to link people up with those support networks. Over the last eighteen months I have been able to support people in accessing online groups/courses, financial support, caring needs, linking carers up with additional support and peer support groups, local befriending services, local volunteer roles, housing support, fitness, wellbeing and counselling services. As restrictions have been lifted, I have been able to link people in with face to face social activities in their local area as they start to re-open such as walking groups, book clubs and many more.

Here is what one of my clients, Anne, got out of being referred into the Community Wellbeing Service:

Applying paint to paper

Lockdown was very difficult and isolating. I found doing my art work gave me something to do and fill my time. It was a good cheerful distraction during lockdown. As you can see in some of my art work I used lots of lovely bright colours which helped lift my mood.

I would like to say anyone can apply paint to paper so give it a go. I am a novice and do it for myself. Don't let barriers stop you. I now struggle to get out due to my mobility and find it difficult to access classes and groups, so I use self-help books so that I can continue to try different techniques and

designs. I also get inspiration from cards I receive and any pictures I come across.

I have great fun with my art work.

Anne of Painswick



I was at one of the lowest points in my life. I had been the victim of 2 years of anti-social behaviour from my neighbour and his lodger culminating in threats of violence, verbal abuse, attempts to smash my windows and kick in my door. I could go on.

It became all consuming, the first thing I thought of in the morning and the last thing I thought of at night. What would come next, was I going to be safe or have to deal with more trouble? Could I leave the house without being threatened in the street, would I get a peaceful night or day?

It seemed that all the people who should have been helping me or taking action about my complaints didn't want to help and I was on the verge of giving up and accepting this was how my life was going to be forever.

Eventually I was pointed in the direction of several organisations (and they all played their part) Victim Support, P3 and Independence Trust. The practical advice and guidance I got gave me hope that there were things I could do to change the situation, from supporting me emotionally to helping me with the officials and departments I came into contact with.

Eventually things started to look brighter. I registered on homeseekers and with help of P3 was placed in a silver banding, with the help of Victim Support that was changed to gold.

My support worker from Independence Trust did just that. She supported me through all the hurdles that came up. She told me what I should expect from organisations like the Council and my housing association, where/who to go to next and when I wasn't getting a response stepped in and sent emails on my behalf. She encouraged me to keep going and not give up.

I had to go through hell, at least that's how it felt, and okay it was me that had to move from my home, but that turned out to be the best thing that ever happened.

I now find myself living in the Forest of Dean in a beautiful home and I wake up every day happy and go to bed at night just as happy. I didn't think I'd ever be able to say that.

I won't say it has been easy getting here and still things come up which I would have struggled with in the past, but I now feel able to take in my stride. If I feel a little low I just walk into the forest and everything just melts away and reminds me how lucky I am to be here and no matter what I went through I got here in the end. Happy and safe, but also happy in the knowledge that the people who helped me will be there if I need them in the future.

I guess what I'd say is this. never give up, there are people and organisations out there who can and will help you, whatever you need.

FACEBOOK COFFEE MORNING on ZOOM

A virtual Coffee Morning to catch up with like minded people for support and friendship.



AUTISTIC ADULTS DROP IN

A safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
A space to meet other individuals with autism.
Advice, support and signposting to other services.
Access to lots of table top games, plenty of space for trading card games and cake/drinks
available to buy.

Board N Bites
2 The Terrace
Cheltenham
GL50 3PE

PEER VOLUNTEER SUPPORT & GROUP SUPERVISION SESSIONS

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.
Also available on ZOOM if needed.



OWN MY LIFE COURSE on ZOOM

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.

WALK AND 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.



ART FOR ALL

To learn new or develop existing drawing and painting skills.
Visit exhibitions and exhibit work.

Gas Green Community Centre
6 Baker Street
Cheltenham GL51 9HQ

Community Allotment

White House Resources centre
Stow Road
Moreton-in-Marsh GL56 0DW

GARDENING AND ALLOTMENT

The main focus of the group is about Keeping Fit and Peer Support.



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.

Gas Green Youth & Community Centre
Baker Street
Cheltenham GL51 9HQ

The Star Anise Arts Cafe
1 Gloucester Street
Stoud
GL5 1QG

Roots Coffee & Community Cafe
69 Alvin Street
Gloucester
GL1 3AG

WOODWORK GROUP

A chance to meet with others and create through individual or group
woodwork projects.

Gas Green Youth & Community Centre
Baker Street
Cheltenham GL51 9HQ



BREAKFAST GROUP

Meet at 10am on Fridays at Gas Green to go for a breakfast and chat with greasy spoons.

Gas Green Community Centre
6 Baker Street
Cheltenham GL51 9HQ



POOL GROUP

Develop your pool playing skills
Socialise with others.
Pool Contests.

Hollywood Bowl
The Brewery, Henrietta Street
Cheltenham
GL50 4FA



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.

Gas Green Community Centre
6 Baker Street
Cheltenham GL51 9HQ



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**.

Poplars Farm
Lime Stret
Gloucester GL19 4NX

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.

Roots Coffee and
Community Café
69 Alvin Street
Gloucester GL1 3AG



THE ARTISTS GROUP

We are exhibiting at **Nature in Art** from 8th to 20th February 2022.
Be part of this exciting exhibition, an opportunity to show some of the brilliant work people have created.

Wellbeing Centre
Parliament St
Stroud GL5 2HL

WELCOME SPACE

A safe space, somewhere to have a cuppa. Someone to talk to. Peer support.
Limited spaces. Attendance only by pre-booking.



INDE ART @ THE CAFE

Small friendly group, a chance to create and chat.

Trinity Rooms
Field Road
Stroud GL5 2HZ

INDE CAFE

At **Inde Cafe** you can create a delicious freshly prepared meal using the produce from our own garden, a chance to chat and make new friends.



Trinity Rooms
Field Road
Stroud GL5 2HZ



WEAVERS GARDEN

The **Green Oasis** project at Weavers Croft Stroud - working together outdoors improves people's mental health and wellbeing, building friendships, reducing loneliness and isolation.

Weavers Croft
Field Road
Stroud GL5 2HZ

LECHLADE GROUP

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?
In partnership with Cotswold Community Wellbeing Service.

St Birinus Court
Lechlade GL7 3FA
1st Tue in the month



PEER SUPPORT GROUP FOR ALL

A safe space, somewhere to have a cuppa. Someone to talk to. Peer support.
Limited spaces. Attendance only by pre-booking.

The Bothy
12 Ashcroft Rd
Cirencester GL7 1QX

THE KEEPERS

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?



The Keepers Community Hub
Symn Lane
Wotton-under-Edge
GL12 7BD



MEN'S SHED (Weavers Croft)

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

Weavers Croft
Field Road
Stroud GL5 2HZ

Independence Trust Community Advice, Links & Mental Health Support Service (CALMHS)

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?



CALMHS
3 Parsonage Street
Dursley
GL11 4BW
Thursdays 10am-12pm

John's story

I first went to my doctor as my mood was very low. I'd stopped working and I turned to my doctor for help. He referred me to the Community Wellbeing Service (CWS) where I met my Community Wellbeing Agent. I hadn't worked for over a year and things were getting a bit much. I was getting stuck in my ways watching TV all day and no one to talk to. After getting to know me a little, the Community Wellbeing Agent referred me to the Men's Shed in Stroud.

I live on my own and I haven't really got a social life, my world was very small.

Talking to a Bridge Builder at the Men's Shed, we discussed what I enjoyed. I told him about my model vehicle collection. I have over 600 in my collection and have been collecting since I was a child. We spoke about what I would like to do. I needed somewhere to store my collection. I've never made anything in my life, but I came to the shed and gave it a go.

The Men's Shed gives me a break

from life. I have made new friends. They have helped me learn new skills and we talk about all kinds of stuff. I had felt distant from people before, but now I feel I am part of something. I haven't been back to my doctor and I don't feel I need to as I'm in a better place now. The Bridge Builder is very welcoming and down-to-earth.

You can come in and get on with your own thing - no pressure. It's good to be able to talk to like-minded people. I would recommend it. It gives me a sense of achievement. I'm really pleased I came to the Men's Shed.

I hope sharing my story will help someone see there is help out there.

John



Pay it forward

Thank you to the lovely and amazing lady to whom I shared a conversation with in the Co-op this morning about how cold it was and also how cold my 10-mile bike journey to work was going to be.

After my shopping, I returned to my bike to find a pair of gloves had been left for me. This is such a thoughtful, kind thing to do.

"Thank you so much for the gloves. My hands stayed so warm and got me through the 10 miles perfectly. From the bottom of my heart, Thank You!"

Don from Stroud

Gloves left on my handle bars



Let me share what happened to us

Let me share what happened to us. I say "us" as I feel there is a connection even though these experiences are shared by people with the majority never coming into contact with each other, but the thread is Mental Ill Health. Here are the voices of us - people lucky enough to find their way to a listening ear, a place to be heard and believed, someone that will not judge but gently encourage and sometimes challenge.

Embarking on change wasn't something I'd planned on earlier this year. Quite ironic how direction can change when not expecting it to.

I completed the 3Ps workshop (Positive Change - Positive actions - Positive interactions).

The workshop focused on choice - something which when you struggle with emotional dysregulation, disassociation, anxiety and depression is often not an option.

I learnt that we can decide how we manage our days, hours, down to minutes and how we feel by being compassionate to ourselves.

Choice opens so many doors and empowers us to be our best, when often that is just waking up or taking meds.

Now I know I have a choice, I am embarking on a mission to learn why I respond to stress the way I do and how I learnt this way to cope when I was a child.

I know this will be hard but will give me a more stable way of life for the better.

Thanks, **Rebecca**

I was in a dark place and really quite lost when I reached out for help and Independence Trust thrust out a hand for me to hold onto. I am in the early stages of finding my way, but the understanding and empathy shown to me by my worker has given me a chance to begin to take care of me for the first time in many, many years. The approach is so holistic and gentle. We are exploring many options for further help at a pace that works for me, and my worker has access to so much information that is helping me find a better way to survive. I am supporting a loved one with mental health challenges too and this has taken its toll on me, but I feel like I am finally finding a way to keep my head above water. I am finally learning to breathe again and can see a chance of a happier future.

I cannot thank you enough. You really cannot imagine what a difference you have made. I have absolutely no one else to turn to, no family, no friends. I am totally alone in the world. Just writing these words makes me feel empty, but you stepped up to help me. The words thank you is not enough but, Thank you.

Pandemic Rainbow

Photographed
by Don Wilde



Sam the angel

The garden at Weavers Croft has helped me a lot. I'm a big believer in Occupational Therapy and interaction with nature. After my life was so callously destroyed last Summer, regenerating confidence has been a slow process. Although it is clear that psychiatrists have a different take on it, Occupational Therapists know their value, and the chance to meet people in a relaxed natural setting, where it is possible to reconnect with the world of which we are a part, has been something that has shown me that not everyone wants to kidnap you and lock you up for no reason.

There are few expectations made on people, and some simply enjoy the company and fresh air. Others gain the benefit of getting their blood pumping with the exercise of digging. It's a lot better value than a gym membership. For those who live in less picturesque Stroud districts, it is nice to have a reason to regularly travel to one of the more beautiful spots in the town. I'll be going there today as it's such a lovely day. Many therapies have strict requirements, but the garden has been something I could feel relaxed about missing on the last two occasions when it was not pleasant weather.

This is valuable - the fact that things are so relaxed.



Nature is instinctive and flowing. Being part of something joyfully and peacefully is natural, and it is what we have evolved for. The vast majority of people are forced to live unnatural lives, outside the scope of evolution, generally for no good reason. The chance that the Weavers Croft garden gives, to return to a more natural way of interacting with people and the world, is the sort of thing that should be made a more common opportunity for everyone.

Samael

Thank you

My enhanced rate of PIP has been awarded, back dated to 25 September 2020 to 15 July 2023!

Hopefully I'll be back to normal well before then, working and not needing pips - but it certainly takes the pressure off.

The jump from 2 points to 13 points is astounding, but also sickening thinking about how many others have been refused the help they needed but didn't appeal.

I'd decided I couldn't face another appeal, and wouldn't have been able to make the original application or the appeal without your patience and encouragement. What you and Independence Trust do is life changing. From funding my feline



companions, a weekly contact with a lovely supportive, friendly voice (especially through lockdown) and latterly being coerced into your gardening scheme getting me out in the fresh air, I am finally seeing some light at the end of the tunnel.

I got jaw ache a few days ago, and realised it was from smiling! I hadn't used those muscles for a couple of years!

I'm not sure how I came to be referred to you, probably by my GP? It's a shame more people don't know about the work you do.

Anyway, it's lovely to be able to share some good news at last. Feel free to share this with your colleagues.

Very best wishes. **Jill**

MP for Stroud Christmas Card Competition

We were very pleased to be one of the winners in: Siobhan Baillie, MP for Stroud, Christmas Card Competition.

The photo for the Christmas Card was taken from the Stroud Wellbeing Centre of a snowy Stroud... very festive.



Calvin, who is supported by our CASA team, met up with his Bridge Builder...

"I am on a journey. I started painting 20+ years ago. I find it calming and gives me a sense of purpose.

I get a tremendous kick from the compliments I get about my paintings and I have sold a few over the years.

I would love to be in an evening painting Group (as I work 5 days a week) to exchange ideas and learn more about different techniques. Painting has also led me to experiment with different ways of painting like Gouache and I am currently learning how to airbrush."

Calvin



Marvellous support

Independence Trust has supported me on and off over the past 3-4 years. The pandemic has caused me a lot of problems.

The idea behind this relationship was to reintroduce me to the public sector, in other words going out and being able to mix with other people.

I am an actual agoraphobic so find it very difficult to go out but have been able to, with my Independence Trust Bridge Builder. I feel that there is still a way to go, but don't know how long I have left with the service.

It has been a great experience and has given me a good foundation from which I can work from.

My Bridge Builder has been a marvellous example of Independence Trust and it has been a joy to work with her, especially when you consider all the red tape and safety precautions that have been put in place due to the Covid pandemic. But we have got through it.

I hope to continue with Independence Trust sometime in the future with respect to progressing to going down the Bath Road and beyond.

Jason

Welcome space

If you feel isolated, lack motivation or experience difficulty coping...

If you would like space to talk and to be listened to ...

If you would like a chance to build new friendships ...

Then please read about one person's experience of The Keepers Welcome Space Group



I want you to know that I am pleased
To be a part of this group and feel at ease
The inspiration you give each week
With positive thoughts that you can keep
To see you now from where we started
I know this group will not be parted
You came together at The Keepers
To learn new skills and not be sleepers
The skills we use within the group
You take home with you and recoup!
Each week we share Our laughter
Making our days that little bit brighter

Our addresses are below:

Gloucester	31 Worcester Street	(01452) 317460
Cheltenham	Gas Green Community Centre, 6 Baker Street	(01242) 512812
Stroud	Parliament Street	(01453) 767999

info@independencetrust.co.uk www.independencetrust.co.uk