



A - Z

Prospectus

26 September – 16 December

2022

Introduction



Welcome to the September 22 edition of the A-Z activity programme. We are still building our A-Z since having all Covid-19 restrictions lifted.

The activities are varied based on feedback from the client group and the skills and talents which people have to offer.

Hopefully you will find something that interests you. We are extremely grateful to those who facilitate groups and use their skills and talents to support others to build confidence in their own ability.

We are again entering a period of uncertainty and with the increasing cost of living, particularly gas and electric, this might be a good opportunity for you to get out, have a cuppa, keep warm and enjoy the company of others as well as participate in activities and try new things.

We hope to see many of you at one of the sessions. If you have a skill or talent that you would like to share with others we would love to hear from you.

If you require further information, contact the Facilitators directly, or Bill and Rachel our Peer Workers. They will be happy to help.

Bill Shearer – 0797 603 7700

Rachel Cowley – 0781 301 5760

Cynthia Kerr
Senior Operations Manager

These groups and activities are not an exhaustive list of what is going on peer support wise across the county.

So much great community action and so many positive peer support initiatives have sprung up over the last year.

If you want support with running and developing these (or want help to build your own peer support group or project from scratch) then please contact the Independence Trust Peer Support Team through:

Bill Shearer – 0797 603 7700 or Rachel Cowley – 0781 301 5760

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Registration

- To register on any of the enclosed groups / courses, please contact the Facilitator of the group to check on availability.
- You must commit to the full course and if the course is paid for in advance, refunds will not be available.
- Please see individual items for costs for each session.
- Kindly confirm your attendance 24 hours in advance with the Facilitator of your chosen group





Topics

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.
- Jointly run by Independence Trust and Gloucestershire Carers Hub.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ONLINE	Contact Lorna or Alan if you would like to join us online (Zoom) and would like an invitation. lorna.carter@peopleplus.co.uk alan.grist@independencetrust.co.uk	Monthly 7 October 4 November 2 December	12pm – 1pm	Lorna Carter Alan Grist 07870 810288	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.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
ZOOM	For further information please contact Sara Ackrill, Facilitator. sara.ackrill@wireddifferently.co.uk	See above	See above	Peer Volunteer Sara Ackrill	8-10	Donation to 'Wired Differently' 'Pay it Forward' if you would like to do so.

POST DIAGNOSIS AUTISM / INFORMATION GROUP

Individuals diagnosed with autism as an adult (18+), 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
ONLINE	Contact Lauren if you would like to join us online (Zoom) and would like an invitation. lauren.woods@independencetrust.co.uk	28 September 2 November 30 November 25 January 2023	1pm - 2pm	Lauren Woods	15	No charge
	Topics to be discussed during November and January: 2 November: Let's Talk About ... Managing Routine 30 November: Let's Talk About ... Your Physical Health (booking GP appointments, basic exercise, tips for hydration, etc) 25 January 2023: Let's Talk About ... Discussing helpful techniques to manage stress/mental health					

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
PODCASTING	Further enquiries to avbergonzi@rusberg.plus.com	Wednesday	Afternoon (time to be confirmed by interviewee)	Tony Bergonzi 07979 020789	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 Friday	Thursday -Art 10am-12pm -Art 12.30pm-2.30pm Friday -Art 10am-12pm -Printmaking 12.30pm-2.30pm	Shelley Winnett 07923 413607	8	£36 per term (4 sessions) includes materials

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other autistic individuals.
- We offer advice, support and signposting to other services.
- Food and drinks available to buy!

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	The Sober Parrot 7 St James' Square Cheltenham GL50 3PR	Tuesdays Fortnightly 4 October 18 October 1 November 15 November 29 November 13 December	12pm - 2pm	Lauren Woods Lauren.woods@independencetrust.co.uk	15	No charge

BEADING & JEWELLERY GROUP

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday	1pm - 3pm	Bill Shearer 07976 037700	10	Contribution towards the beading materials you have used.

The BREAKFAST CLUB

- Following on from Voices Fellowship (see page 11).
- 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
Cheltenham	Sunrise Café 310 High Street GL50 3JF	Friday	11am- 12pm	Ben Watkinson 07703 140415	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
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Wednesday (not during school holidays)	10am- 12pm	Peer Volunteer Claire Bradshaw 07392 532441	10	Contribution towards any materials that you have used

CREATIVE MUSICIANS AND SONGWRITERS WORKSHOP

- Bring and learn to play an instrument of your choice in a safe, friendly environment.
- Gain confidence, meet new people and have fun.
- Explore new musical arrangements and styles and compose your own new music.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Friday	2.30pm – 4.30pm	Tony Bergonzi avbergonzi@ru.sberg.plus.com	8	No charge

CREATIVE WRITING FOR PLEASURE AND WELLBEING

- Why not come along to see how crafting a short story can benefit your mental health.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	2 nd Tuesday of the month, starting 11 October 2022	2pm-3pm	Sarah Scotford- Smith (contact Bill Shearer – 07976 037700)	10	No charge

COMMUNITY WALK

- Enjoy a walk in Cheltenham along some of its scenic routes.
- Join a sociable group for good company and conversation.
- Gain the physical and mental benefits from some gentle exercise.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Neptune's Fountain 83 Promenade Cheltenham GL50 1PJ	Friday	1pm - 2.30pm	Jaime Eden 07727 238063	No limit	No charge

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
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Tuesday	1pm- 3pm	Peer Volunteer Carolyn Ward (01242) 510351 Jamie Eden 07727 238063	10	£2

GARDENING & ALLOTMENT

- 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
Moreton-in-Marsh	Community Allotment White House Resources Centre Stow Road Moreton-in-Marsh GL56 0DW	Wednesday	10am- 12.30pm	Peer Volunteer Mike Brooks 07780 377520	8	No charge

INTRODUCTION TO POETRY

- Explore poetry for fun and therapy in a relaxed, friendly atmosphere.
- Meet and enjoy the company of new people and share creative ideas.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ	Monday	1pm – 3pm	Benji Watkinson 07703 140415	10	No charge

MINDFULNESS PHOTOGRAPHY

- Learn the fundamentals of digital photography including composition and exposure at your own pace in an easy-going environment.
- Emphasis is on outdoor photography with the option of post processing at the premises at Gas Green in Cheltenham.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker St GL51 9HQ And surrounds	Thursday	2.30pm – 4pm	Matt Archibald mattarch44@gmail.com	5	No charge

PEER TALKING / TEA AND CHAT

- Meet with a member of the Peer Team and talk about what is important to you in terms of your mental health, how the Peer Service could be developed and how to act together to make it happen.
- Discuss Peer Support and Peer Volunteering and how to work together to deliver Peer Services.
- Meet and talk to increase confidence and social participation.
- Improve mental wellbeing and enjoy peer support with others on their own mental health journeys.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	10am – 12pm	Peer Team 07976 037700 Bill Shearer	15	No charge

VOICES FELLOWSHIP (Hearing Voices Group)

- Safe space to share experiences.
- This will be followed by The Breakfast Club (see page 8).

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cheltenham	Gas Green Community Centre 6 Baker Street Cheltenham GL51 9HQ	Friday	10.30am – 11am	Ben Watkinson 07703 140415	10	No charge





West District

Gloucester, Forest of Dean

AUTISTIC ADULTS DROP IN

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism.
- Creates a space to meet other Autistic individuals.
- We offer advice, support and signposting to other services.
- Food and drinks available to buy.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	GL3 Community Hub Cheltenham Road East Churchdown Gloucester GL3 1HX	First Thursday of the month 6 October 3 November 1 December	6.30pm - 8pm	For all enquiries, please email Rachel / Lisa info@gl3communityhub.org.uk	20	No charge
Gloucester	The Warehouse Climbing Centre (Café) Parliament Street Gloucester GL1 1HY	Monday Fortnightly 26 September 10 October 24 October 7 November 21 November 5 December	10am – 12pm	Lauren Woods lauren.woods@independencetrust.co.uk	15	No charge
Forest of Dean	Sixteen Community Café 16 Bank Street Coleford GL16 8BA	Mondays 3 October 7 November 5 December	10am – 12pm	Alan Grist alan.grist@independencetrust.co.uk	10	No charge

COMMUNITY WALK

- Enjoy a walk around Gloucester Park or any agreed route in Gloucester.
- Join a sociable group for good company and conversation.
- Gain the physical and mental benefits from some gentle exercise.
- Participants may like to bring something to drink.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Gloucester Park Band Stand Gloucester Park Trier Way Gloucester GL1 1LB	Tuesday	1.00pm – 2.00pm	Bill Shearer 07976 037700	No limit	No charge

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.
- 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 Dog Dude from Dudes and Dogs	N/A	No charge

GARDENING GROUP (Community House)

- Be part of this new and exciting opportunity to create an Oasis of Calm in the city of Gloucester within the walled gardens of Community House (next to Gloucester Cathedral).
- No gardening skills required.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Community House 15 College Green Gloucester GL1 2LZ	Mondays	10am – 12pm	Bill Shearer 07976037700	8	No charge

HHPDA (Horses Helping People with Depression and Anxiety)

Group Equine Assisted Psychotherapy

- This Psychological Therapy is ground based, in other words **NO riding is involved.**
- A lot can happen in a session, so it is very important to manage the emotional and physical wellbeing of clients and horses during sessions.
- We have 2 facilitators during sessions, an experienced **Equine Specialist** and a **Mental Health Professional.**
- Small groups of 4
- Groups to support LGBTQ, Men, and ethnic minority communities
- Further information on www.hhpda.co.uk
- Contact us for more details on info@hhpda.co.uk

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucestershire	Eldersfield GL19 4NX and Huntley GL19 3HH	Upon application	Upon application	Zeb Nawaz 07923 934457	4 per group	£10 per session

PEER TALKING / TEA & CHAT

- Meet with a member of the Peer Team and talk about what is important to you in terms of your mental health, how the Peer Service could be developed and how to act together to make it happen.
- Discuss Peer Support and Peer Volunteering and how to work together to deliver Peer Services.
- Meet and talk to increase confidence and social participation.
- Improve mental wellbeing and enjoy peer support with others on their own mental health journeys.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Gloucester	Roots Coffee and Community Café 69 Alvin Street Gloucester GL1 3AG	Monday	12pm - 2pm	Bill Shearer 07976 037700	8	Must purchase a drink from the café





South District

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

A TASTE OF ART

- An opportunity to have a go at different art techniques in this small and friendly no pressure group.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	12.30pm	Alison Art Shape Tutor	10	No charge
		12 September	- 2.30pm			
		19 September				
		26 September				
		3 October				
		10 October				
		17 October				
		31 October				
		7 November				
		14 November				
		21 November				
		28 November				
		5 December				

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- Food and drinks available to buy.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Star Anise Arts Café 1 Gloucester Street Stroud GL5 1QG	Wednesday	2.30pm –	Alan Grist alan.grist@independencetrust.co.uk	10	No charge
		Fortnightly	3.30pm			
		5 October				
		19 October				
		2 November				
		16 November				
		30 November				
		14 December				

THE BOTHY

- A safe place, somewhere to have a cuppa. Be part of a group where you can socialise and relax in a creative environment with like-minded people.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	10am – 12pm	Jim Lisa 07812 395319	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
Stroud	Paganhill Community Group Farmhill Ln Paganhill Stroud GL5 4BX	1 st Wednesday of the month	1pm - 3pm	Jane 07790 849996	8	No charge
Lechlade	St Birinus Ct Lechlade GL7 3FA	1 st Tuesday in the month	10am - 12pm	Linda Jane 07980 923649	8	No charge
Wotton-under-Edge	The Keepers Community Hub Symn Lane Wotton-under-Edge GL12 7BD	Thursday	1.30pm – 3.30pm	Rachel Clare Julia Kate 07813 015760	8	£1

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
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	First Tuesday in the month	11am - 1pm	Kim and Suzie 07980 773391	10	No charge

DISCUSSION GROUP

- Local and global topics up for discussion.
- A chance to use your brainpower and knowledge to work out how we can set the world to rights for a brighter future.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	12pm -1pm	Ingrid & Alison 07817 866111	8	No charge

FOUR MEALS FOR FOUR POUNDS

- Listening to people's concerns around the cost of living.
- In partnership with Stroud Town Council and Stroud Foodbank.
- 6-week course.
- Each person will be provided with a slow cooker to be able to create 4 meals for £4.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesdays from 20 September to 25 October	10.30am – 12.30pm	Linda 07980 923649	8	£2

GARDENING GROUP (Weavers Croft)

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road GL5 2HZ	Tuesday	10am – 3pm	Rachel and Margarita 07813 015760	Max 15 attendees	No charge

HER SHED

- Upskilling on both hand and power tools.
- Learn how to use these tools safely and practically with the objective of creating something practical.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Weavers Croft Field Road GL5 2HZ	Friday	11am - 1pm	Rachel 07813 015760	8	£1

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
Dursley	The Vibe 3 Parsonage Street Dursley GL11 4EA	Thursday	10am – 12pm	Rachel Beccy 07813 015760	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
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	10.30am – 12.30pm	Margaret 07980 923649	10	£1

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
Stroud	Weavers Croft Field Road Stroud GL5 2HZ	Friday	1pm - 3pm	Alec and Rachel 07813 015760	Max 8 attendees	No charge

MINDFULNESS MANDALA'S

- The circle can represent a safe contained space. Mandala's have been found to help people with mental ill health.
- Creating artwork inside the circle can help silence a person's inner critic and induce a calm meditative space.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	10.30am- 12.30pm	Gloucestershire Adult Ed	10	£1

P3 GROUP DROP IN & STROUD FOOD BANK

- Promoting independent living.
- Building on people's strengths.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Trinity Rooms Field Rd Stroud GL5 2HZ	Tuesday	10.30am – 12.30pm	P3	Drop In	No charge

WALKING GROUP

- A friendly gentle social walk around the area.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Cirencester	The Bothy 12 Ashcroft Road Cirencester GL7 1QX	Tuesday	2pm - 3pm	Jim & Alison Lisa 07812 395319	8	No charge

WELCOME SPACE

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

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Wellbeing Centre Parliament St Stroud GL5 2HL	Monday	10.30am - 12.30pm	Sharon Jo (01453) 767999	12	No cost

WOMEN'S WELLBEING GROUP

- Join this small friendly supportive group.
- A chance to offload, discuss topics in a safe and non-judgemental space.

Locality	Venue	Day	Time	Facilitator	No. of places	Cost
Stroud	Wellbeing Centre Parliament St Stroud GL5 2HL	Friday	11am-1pm	Mary 07375 616890	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:

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 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 Based Support CCP P3	Support for Housing issues -Gloucester, Tewkesbury, Forest of Dean -Stroud, Ciren, Dursley, Chelt, North Cots	0300 365 2002 0808 168 2443
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
Independence Trust	CALMHS CASA	01452 317460
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	0808 800 4104
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 Glos. https://www.yourcircle.org.uk/	



