

viewpoint

Volume 47 - Spring 2023

West Cheltenham's FREE magazine

Photo by Annie Spratt on Unsplash



VIEWPOINT

Spring 2023

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News, events, activities and stories
from the west of Cheltenham in
SPRING 2023

For electronic copies see
hwpartnership.org.uk/viewpoint
Call 01242 575638 for info



Healthy
lifestyles
Gloucestershire

Call 0800 122 3788
www.hlsglos.org

Join the New Weigh & Go programme in West Cheltenham!

During the 12-week programme you will be weighed in a private setting with our health coach and receive helpful advice to help you achieve your weight loss goals. We've supported thousands of people in Gloucestershire to lose weight and we can help you too!

Below is the first of many new locations to come the town, so you can join which ever will be convenient to you:

- Friday – 1pm - 3pm Hesters Way Community Resource Centre— Cassin Drive, Cheltenham GL51 7SU (Limited car park is at the back of the building with disabled access)

How it works:

1. To sign up to this FREE programme complete the short form below
2. You will receive a phone call to explain the Weigh & Go service in more detail from one of our friendly coaches
3. Attend a drop-in clinic to get weighed and receive advice and tips to support your journey
4. You will receive a call at the end of the 12-weeks to discuss your progress and complete the programme

**You're welcome to come once a week, twice a month
– whatever works best for you!**



Public Hearts Cheltenham Defibrillator Campaign

In 2018 Cheltenham Defibrillator Campaign, now known as Public Hearts. Co-Founders Clare Seed, Director of Tidal Training Direct Ltd and cardiac arrest survivor Chris Hickey began to raise awareness and numbers of lifesaving defibrillators in Cheltenham, to share these locations with the Ambulance Service. Accurately mapping and sharing this information enables 999 Service Centres to direct callers to the nearest operational and available defib in the event of a cardiac arrest.

This research highlighted key points at that time in 2018/9, there were very few defibs registered, both with the Ambulance Service and on publicly available information sites. Two Public Access Defibrillators in the Montpellier area of Cheltenham were clearly housed in phone boxes, yet were not listed on these sources of information. Most notably, there were no public access defibs in Cheltenham town centre at all. This marked the start of Public Hearts work.



Thanks to the generosity of [Cheltenham BID](#) in 2019 we were delighted to facilitate Cheltenham town centre's first Public Access Defibrillator in one of the phone boxes by Franco Manca, The Promenade. We also upgraded the 2 Cardiac Science defibrillators in the Montpellier phone boxes to more current models.

All the defibs are registered on [The Circuit](#) – The National Defibrillator Network used by all UK NHS Ambulance Services. The Circuit now lists details of 50,000 defibs into one database. When a defibrillator is registered on The Circuit, their location and status is instantly synchronised with the emergency services' systems ensuring that their information is always up to date and ready to help save lives.



If you have a defibrillator, you can register it here with The Circuit so 999 ambulance services can direct callers to the nearest unit in the event of a cardiac arrest



Reclaim Furniture Re-use Scheme

The Reclaim furniture re-use scheme at Unit 25b on the Lansdown Ind Estate, GL51 8PL has been serving the community since 2004. Last year it re-used over 60 tonnes of furniture helping people to furnish their properties, set themselves up and build their homes.

Reclaim is a lot more than just selling furniture and paint, it helps train people and over the years we have helped many obtain work. Adults wishing to get back into a routine and learn job skills or want to make new friends can volunteer their services. Reclaim also has one full time vacancy at present for a paid driver/volunteer supervisor.

Voluntary positions open for its midweek van crew and volunteers need to be fit enough to lift furniture. Helpers have the choice of doing a long morning stint of 4-5 hours or doing 6-7 hours and have a choice of how many days they do. The routine is the same, but no two days are alike.

For anyone not looking for a job or to return to employment, volunteering for a charity is a way to give something back to the community and Reclaim is part of Vision 21, an environmental charity based here in Cheltenham. Vision 21 is working hard to tackle the effects of climate change and to help protect the planet.

We need your help, so that we can continue to make our communities stronger. Reclaim will provide the uniform (not as shown) safety gear and lunch to all who come and help us. Why not give us a call 01242 228823 or email reclaim@vision21.org.uk



JOIN OUR TEAM OF MID-WEEK VOLUNTEERS

We need people to help collect and deliver used furniture

- learn customer service and other employment skills
- training given
- protective clothing supplied
- find new friends and have fun!

Reclaim's furniture reuse scheme helps to:

- cut material consumption
- reduce waste
- develop people skills
- support our communities



RECLAIM

Unit 25b Lansdown Industrial Estate Gloucester Road Cheltenham GL51 8PL
W: vision21.org.uk E: reclaim@vision21.org.uk T: 01242 228823

Contact
Reclaim
Charity No. 1083642

NC Nurseries

Offering the Natural Choice for Childcare

Puddles & Giggles



- Flexible childcare (8am - 6pm)
- Qualified, caring staff
- Fantastic outdoor spaces
- Inspiring indoor rooms & resources
- Healthy meals
- Learning through play
- Engaging and exciting activities

Puddles Nursery

Cassin Drive
Cheltenham
Gloucestershire
GL51 7SU
01242 527545

 www.facebook.com/PuddlesNursery

Giggles Nursery

Springbank Way
Cheltenham
Gloucestershire
GL51 0LG
01242 574511

 www.facebook.com/GigglesNurseryDC



www.NCNurseries.co.uk



The Parish of
West Cheltenham

is pleased to be working in
partnership with

**CHELTHENHAM IS
GROWING**



What's happening on the site of

ST AIDAN'S?

Over the next few weeks you may see some activity on the site of St Aidan's Church as 'Cheltenham is Growing' (CIG) prepares a corner of the plot to grow some vegetables. CIG is a social enterprise project growing produce for the local pantries, foodbanks and homeless shelters.

Visit their Facebook Page to find out more.



CONSULTATION ON THE DEVELOPMENT OF THE ST AIDAN'S LAND

The Parish of West Cheltenham is considering ideas for developing the land further. The desire is to landscape the whole plot to express the fulness of being church, including serving the local community in which it is based. We would love to involve you in the process and to hear your ideas and will be making contact soon. In the meantime, please contact Rev Janice Hamilton to find out more.

e-mail: janice.hamilton@westchelt.org.uk mob: 07749 130323

Cost of living support

The rising cost of living is affecting everybody in different ways and we want to support those most impacted.

Food pantry details



CCP
340 High Street, GL50 3JF
01242 228999

Open 9:00am-3:00pm Wednesday, Thursday and Friday



Springbank
Ron Smith Pavilion, GL51 0LH
07545 324225
01242 237854

Open 9:00am-12:00pm Tuesday, Wednesday and Thursday



Cornerstone cupboard
1 Severn Road, GL52 5QA
01242 777777

Open 10:30am-3:30pm Thursday



West Cheltenham pantry
Hesters Way Community Resource Centre, GL51 7SU
07483 125289
info@westcheltenhampantry.org

Open 10:00am-1:00pm Wednesday and Thursday



Lakeside community project
St Margaret's Hall, Coniston Road, GL51 3NU
07811 715695

Open 11:30am-12:30pm Tuesday



For emergency food parcels:
01242 570080 (9am-2:30pm)
foodbank@cheltenhamelim.org.uk

You can join your local food pantry by paying a membership fee. Please contact your nearest pantry for more information about joining.



You can make a donation to your nearest food pantry or food bank. Items most needed:

- Shampoo
- Tea and coffee
- Laundry detergent
- Tinned meat
- Tinned fruit
- Breakfast cereal

CHELtenham
COST OF LIVING
SUPPORT
EVERYONE NEEDS HELP SOMETIMES



BABY BOUNCE & RHYME



**Free weekly sessions for
babies and their families.**

Hesters Way Library
Tuesdays | 10:30 – 11:00
Saturdays | 10:30 – 11:00

Booking is essential - scan the QR code
or visit gloucestershire.spydus.co.uk



SPRINGBANK COMMUNITY GARDEN

Regular users of the main hall at Springbank Community Resource Centre will know the Community Garden. Sadly this wonderful resource has been a little neglected in recent years. Over Spring (if it ever arrives) and Summer this year we hope to revive the garden and are looking for volunteers with a love for gardening and nature, and time on their hands.



The beds need decluttering and replanting, and we want to pave around the central raised bed to make the whole garden more wheelchair accessible, with fresh gravel on the adjoining paths. If anyone out there has paving experience, you could play a huge part in our scheme.

Wildlife and nature are vital for our health and wellbeing. We've already enjoyed lots of common newts and frogs wintering in the garden this year, escaping from the ponds in Springfields Park, and we hope to expand our smaller visitors by providing an environment that will encourage other wildlife to visit. We want to focus on plants that will encourage more insects and birds, and provide homes under our bushes that may bring hedgehogs to us and protect them over winter.



If you'd be interested in helping, please email

adrian@hwpartnership.org.uk

We are happy to provide materials, we just need some help.



Community Rest Garden

OPEN

Mondays and Thursdays

9.30-1pm

& 2nd Saturday of the Month 11-1pm



Come and enjoy being outside , doing some gardening, growing your own food or just for a chat

**All ages welcome either all morning or just to drop in
All tools and refreshments provided**

Community Rest Garden, Tewkesbury Road (opposite Homebase, up from Sue Ryder). No parking outside but free parking close by
For more information contact jo@haven4wildlife.co.uk or alison.friendsofelmfieldpark@gmail.com

Easter Holiday Drop-In Sessions

Football and Basketball



MUGA @ OASIS

11.00–3.00pm

April 3rd 4th 5th 11th 12th 13th

Coached football and basketball sessions

@hwpartnership 01242 575638

YST Panel Member Volunteers

Supporting Young People



shaw trust

Do you want to make a difference to young people's lives?

Are you 18+ & interested in working with young offenders & victims of crime?

Able to make a commitment of 3-12 months, evenings included?

We need volunteers who:

- Can attend Community Panel meetings and regular follow up meetings with young people
- Work collaboratively with our professional teams
- Attend relevant training and supervision sessions

Enquire about volunteering with us here: tfaforms.com/4959453

Training starts in April 2023.

Training dates:

April: 9:45-4pm

- Saturday 22nd
- Thursday 27th

May: 6-8pm

- Thursday 4th
- Thursday 11th
- Thursday 18th
- Saturday 20th



We are a charity delivering support to young people & families in Gloucestershire

When a young person commits a crime and goes to court, they can get a Referral Order for between 3 – 12 months.

Our Panel Member volunteers are community members who sit on a panel that helps support young people to:

- plan the work they need to undertake
- help them think about the victim(s) of their crime
- support them to reflect on the behaviour
- not to commit crime again.



For more information or to volunteer contact the Volunteer Coordinator:



01242 242825



katie.morris@prospects.co.uk

How to get help and support

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citizens advice

North and West Gloucestershire Citizens Advice

Provide free, confidential and independent advice on welfare benefits, universal credit, debt, housing, employment, family and personal issues, energy, immigration and consumer issues. Our goal is to help everyone find a way forward, whatever problem they face.

 www.gloscab.org.uk

 01452 527202
Our phone lines maybe very busy so please use our website if possible in the first instance



Cheltenham Borough Homes

Offer help and support with benefits, money advice, training and employment services and social activities at their hubs

 www.cbh.org/services

 0800 408 0000



Be Well Gloucestershire

Promote health and wellbeing support and information to help when those challenges become hard to deal with.

 www.bewellglos.org.uk

 bewellglos@ghc.nhs.uk



Cheltenham Borough Council

Find useful websites, community organisations, advice and guidance to help you through the rising cost of living.

 www.cheltenham.gov.uk/cost-of-living-support

#WARM Cheltenham

You can make a donation to #WarmCheltenham.

The money will go to support those in need of fuel help this winter.

Scan the QR code to learn more about how to make a donation.



Warm places

A place to come and keep warm!

- Tea/coffee and toast
- Charging points
- WiFi
- Newspapers
- Crossword/colouring books
- Advice

For more information visit, www.cheltenham.gov.uk/cost-of-living-support



#WARM Cheltenham



Before Christmas, a small group of Cheltenham citizens (Action for Living) started chatting about the coming winter, energy prices and the cost-of-living crisis. We knew that donations to food and energy charities were falling, yet demand was rising. Hundreds of individuals and parents across Cheltenham had a morning dilemma: 'shall we heat or eat today?' The government had announced that every household (including second homes) would get a £400 energy rebate. In Cheltenham that would mean over £20m. Just imagine what a difference redirecting just 1% (£200,000) of that could make to those most in need.

We had come across a few articles on the idea of enabling those who could afford to easily donate some or all of their rebate towards those who would struggle to pay for food or energy. These local campaigns were called "Donate The Rebate." Seemed simple.

However, how would we find a charity or organisation that could receive and distribute the donations? – none of us knew of one. We contacted local councillors, Cheltenham Borough Council, and people who ran food banks and food pantries. It happened that there was some experience of this sort of fundraising. Cheltenham Food Network, churches and others had been set up such as #FeedCheltenham during the pandemic to support families that were struggling with food poverty. So, we connected with the people who had successfully run that.

This partnership of council, local charities and churches have now set up #WarmCheltenham. This includes 18 warm places for people to visit. Donate the Rebate has now been launched as part of #WarmCheltenham. There is an online donation webpage [#WarmCheltenham](#) or you can simply point your camera at the QR code). Donations are being channelled through existing local food banks and energy charities to those most in need.

So, generous people of Cheltenham, if you are fortunate enough to not need some, or all, of your £400 energy rebate you can donate it to those who do. This all began with a handful of local people; all we need now is you and others to donate along with us





Providing a safe place and a listening ear

Who are Diverse Leap?

We know that many people with poor mental wellbeing can easily become isolated or find it increasingly hard to cope with normal day-to-day life but we also know how much benefit can be found from simply having someone who will listen to them without judgement. Diverse Leap provides that "Listening Ear" in a safe place. We provide not only empathy (and a cup of tea) but also evidence-based advice and support, signposting to professional sources of treatment and activities to promote positive mental wellbeing. All our volunteers are accredited Mental Health First Aiders and are passionate about making a difference to people's lives; many also

bring their own lived experience to share. Our very firm intent is that no-one who visits Diverse Leap leaves us feeling lonely or hopeless but instead is empowered and supported to take more control over their own lives. So, although we appreciate it can be tough to talk about our own feelings and emotions, we encourage anyone who is feeling low or anxious to "take that leap" and come along and see us. All our services are confidential and are provided free of charge. Diverse Leap is a charity formed in Gloucester in December 2021 with the aim of supporting people who are experiencing poor mental wellbeing. Want to be part of the difference we are making? If you're inspired by our mission, and have a little money to spare, we accept donations via our paypal - just scan the QR code here or visit diverseleap.org/how-you-can-help

GET FREE 1-2-1 SUPPORT FROM OUR TRAINED VOLUNTEERS THURSDAYS 10AM - 1PM @ HESTERS WAY COMMUNITY RESOURCE CENTRE

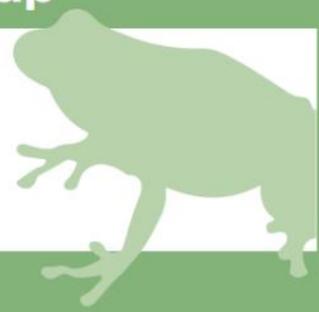


Donate

If you're inspired by our mission, and have a little money to spare, we accept donations via our paypal - just scan the QR code here or visit diverseleap.org/how-you-can-help

Take the leap

Call: +44 7915 227 276
Email: diverseleap@gmail.com
Website: www.diverseleap.org
Facebook: Diverse Leap



Do you need help to get back into work, education or training?

The ESHO Project could help if:

- You claim Universal Credit but don't have a job coach or work search commitments
- You are on a Fit Note or have Limited Capability for Work
- You claim ESA or Income Support
- You are a refugee with the right to work in the UK

**For further information, call Paul Grace on 07540 106692 or email
paul.grace@ccp.org.uk**

Gloucestershire Constabulary

Police Headquarters
No.1 Waterwells, Waterwells Drive
Quedgeley, Gloucester. GL2 2AN



CRIME ALERT! VEHICLE CRIME/ASB AND ARSON

To vehicle owners, For the last month or so there has been a significant increase in theft from motor vehicles/criminal damage on business/trade parks and in the vicinity of. This is affecting business vehicles and people who park their vehicles to access the train station, sometimes leaving their vehicles for days and generally seems to be occurring overnight.

There have also been some incidents of anti-social behaviour by youths on trade parks including setting fires in skips.

YOU can play your part:-

1/ Please do not park overnight on trade parks if at all possible.

2/ Please do not leave *any* valuables in your vehicle; remove all tools from your work van if you can, failing that secure them/fit a van cage. Register and take photos of your tools on a property database.

3/ Consider installing a CCTV system at your business.

Be extra vigilant, report any suspicious behaviour via 101 or online. If it is a crime in progress call 999.

To report an incident online:- [Home](#) | [Gloucestershire Constabulary](#)

4th Cheltenham Boys Brigade NEEDS YOU!

4th Cheltenham Boys Brigade works with some of West Cheltenham's most deprived children many with additional needs. The group work with 100 children and their families to give them opportunities they wouldn't otherwise have. The group's efforts were recently recognised at the No Child Left Behind awards recently.

We are looking for more Friends of 4th to pay an amount of your choice by direct debit each month to support the work we do. If you feel you can help, please contact the Captain, Jacquie Boyer, and she will supply the bank account details.

Jacquie Boyer
07786635035



**Pictured are some of the activities
that the group run over the year**





HM Government



HELP PAYING FOR CHILDCARE



Childcare
Choices

MONEY TOWARDS CHILDCARE

Any **one** of the following schemes...

Age

0-11

Or up to 11 disabled

Get up to
£2000 per child
For working families

TAX-FREE CHILDCARE

Age

0-16

Claim back up
to **85%** of costs
For working families

UNIVERSAL CREDIT

Age

0-15

Or up to 15 disabled

Claim back up
to **70%** of costs
For working families

TAX CREDITS

 AVAILABLE IN UK

... **can** be used with

FREE HOURS OF CHILDCARE

Age

2

For families getting
certain government
support

15 HOURS FREE CHILDCARE

Age

3&4

For all families

15 HOURS FREE CHILDCARE

Age

3&4

For working families

30 HOURS FREE CHILDCARE

 AVAILABLE IN ENGLAND

For offers in Wales, Scotland and Northern Ireland check childcarechoices.gov.uk
Speak to your provider about any additional charges that may apply

For full details visit

childcarechoices.gov.uk

Getting childcare vouchers?

Go to GOV.UK to find out more

To advertise or
write an article in
Viewpoint please
contact us on
01242 575538

**TIRED OF
POTHOLES
FLY-TIPPING
LOOSE PAVING
DOG POOP VANDALISM
BROKEN STREET LIGHTING?**

REPORT THEM TO
THE COUNCIL WITH
 FixMyStreet.com

from the lovely people at mySociety



BEST of TIPS FROM JOYCE!

Local resident Joyce shares some of her personal tips for saving money in these difficult times

Hello, it's Joyce again with my top money-saving tips. You can see all my previous suggestions in the Spring, Summer and Winter back-copies of this magazine, available online.

- 1. Superfast broadband that you don't need** ? Manage with less speed see "broadband social tariff". Or Virgin Media's "essential broadband"
- 2. Microwaving** If you buy ready-made curries, pies etc, check the heating instructions - microwaving is much quicker and far cheaper than using the oven.
- 3. One-pot meals** are economic. Also, if you cook double what you need for that day, you can then refrigerate or freeze half.
- 4. Pension Credit and Housing Benefit** millions of pensioners on low incomes don't claim - even when eligible!
- 5. Supermarket brands** I know you'll already be aware that supermarket brands are just as good and a lot cheaper. Also, lots of shops sell off their near "best before" stuff at hugely reduced prices at the end of the day.
- 6. Finally** - local **FOODBANKS, COMMUNITY PANTRIES, and HOUSEHOLD ESSENTIALS** are there for those **most in need** of help, and don't forget your local **COMMUNITY RESOURCE CENTRES** for advice and support in these unprecedented times.

PS Warm & Well, supported by local authorities, can offer funding for energy-saving home improvements, subject to meeting the eligibility criteria. Look up "warmandwell.co.uk/grants-and-funding" or phone 0800 500 3076



Neighbourhood Charity Shop

Save money, recycle and
help raise funds for local
project

Bargains Galore!

Donations Welcomed!

Shop Opening Times

The Hesters Way Road shop
is open

Tuesday to Friday 9am to 3pm

Contact 01242 252325



Keep Springfields Tidy

SPRINGFIELD PARK LITTER PICKERS

VOLUNTEER LITTER-PICK

10am FIRST SATURDAY OF THE MONTH

FEEL FREE TO JOIN US





Specialists in family law

DS Legal is an experienced, highly regarded forward-looking law practice, specialising in family law. We are committed to offering a first-class service and we pride ourselves on our no-nonsense and practical approach.

We provide clear and effective advice, whilst at the same time understanding just how difficult family breakdowns can be. We offer our clients professional and informed advice

Divorce & Separation | Financial Remedies | Children | Domestic Abuse | Will & Probate | Civil Partnerships | Social Services Involvement

Domestic Abuse

Domestic abuse isn't just about violent behaviour, victims can also experience verbal abuse and feel intimidated and controlled. In fact, the definition of domestic violence has recently been updated to include reference to emotional abuse and financial.



Costs and Legal Aid

If you are a victim of abuse, whether it is physical, emotional, psychological or financial you may be eligible for legal aid. We hold legal aid franchises in all our offices and we can quickly assess and if appropriate devolve powers to ensure that you get the protection you need when you need it. We will assess you or personal circumstances and advise on whether you are eligible for legal aid. If you own your own home or have additional assets we will advise on whether the statutory charge is likely to come into effect and provide you with an estimate of what that charge may be. Alternatively, we will endeavour to provide you with a fixed fee, so that you do not have to worry about ongoing legal costs.

Can we help you?

Please get in touch with us to find out how we can help you, please call Mark on 01242 517949 or mail us at enquiries@ds-legal.co.uk. We work in the strictest confidence and we are here to help.



Mark Saunders

enquiries@ds-legal.co.uk

01242 517949

**Eagle Tower
Montpellier Drive
Cheltenham
Gloucestershire**

Domestic Abuse

Domestic abuse isn't just about violent behaviour, victims can also experience verbal abuse and feel intimidated and controlled. In fact, the definition of domestic violence has recently been updated to include reference to emotional abuse and financial.

If you are a parent, you won't be the only victim – your children will have to live through the abuse with you. When there are children in the household, they witness the violence that is occurring, and in eighty per cent of cases, they are in the same or the next room. In about half of all domestic violence situations, the children are also being directly abused themselves. For the victim, whilst the risk of staying with the abuser may be very high, simply leaving the relationship doesn't guarantee that the violence will stop. In fact, the period when a woman is planning to make her exit, is often the most dangerous time for her and her children.

DS Legal is a specialist law firm with renowned experience in cases of domestic abuse. We can give you advice and support to protect you and your children and prevent further suffering. Protection is available for victims both under criminal law and civil law.

Our expert team has extensive experience in helping victims of domestic violence. Partner Mark Saunders is an accredited domestic violence legal specialist with over 20 years experience in this field. Mark and the DS Legal team work closely with local authorities, police and voluntary organisations on all type of domestic violence cases. We have the depth of experience to handle all manner of sensitive cases.

You can try to get some protection from your abuser by applying to the court for a injunction or a protection order. An injunction is a court order that can prevent your partner or ex-partner from using or threatening violence against you and your child, or intimidating or harassing you.

As a specialist family law firm, DS Legal has extensive experience in all manner of domestic abuse cases. We can give you advice and support to protect you and your children and prevent further suffering. Our expert lawyers work with local authorities, police and voluntary organisations on all type of domestic violence cases.

Applying for an injunction

If you are a victim of domestic violence and abuse you must seek help as your situation will never improve otherwise. You can try to get an injunction which can stop your partner or ex partner from intimidating or harassing you.

For further help please see the information on the opposite page.



Arle Townswomen's Guild

Our group meet at St Barnabas Church, Orchard Way Cheltenham on the 3rd Monday of each month at 7.30 pm. We have a variety of speakers and a chat over tea and coffee. At our meeting in February we had a visit from the Severn Free Wheelers who pick up and deliver medical supplies, for free, to various NHS departments. See photo below. This is the only time we have had a motorbike in our meeting!



On Wednesday afternoons there is a craft club and games of Scrabble are played fortnightly on Tuesday afternoons. In April there is a fitness talk "Strong and Steady".

WEST CHELTENHAM DIRECTORY 2023-2024



If you want to find out what's available in west Cheltenham then why not try looking in the West Cheltenham Directory?

[westcheltenham.org/
directory](https://westcheltenham.org/directory)

From parks and shops to venues and services there's lots to discover!



Gloucestershire Carers Hub



Gloucestershire Carers Hub is a free of charge service which offers advice, information, guidance and opportunities to unpaid adult carers across the County.

A Carer is anyone who provides unpaid support to a relative, partner, friend or child who is ill, frail, disabled or has mental ill-health or substance misuse problems.

Our experienced and friendly team are there to ensure Carers have the support, information and time to think about themselves

What help can a carer get from Gloucestershire Carers Hub?

- Information, Advice and Guidance and signposting to other services on all aspects of the caring role.
- Wellbeing support including referrals to professional counselling service
- Contingency planning support and access to the 'Carers Emergency Scheme'
- Assess support needs, through understanding the caring role, and through Statutory Carers Assessments to build up support need plans
- Access to groups, training, social gatherings, and activities
- Access to the 'Carer Aware Discount Scheme'

Referrals to the 'Buddy Up' scheme to help connect carers together

When a carer registers with Gloucestershire Carers Hub, they can talk freely and openly about themselves, how their caring role affects them and any hopes and aspirations they may have for the future. From this conversation, the hub will support and empower the carer to move forward, make further referrals or offer signposting as appropriate.

The Carers Hub is an easily accessed service where a carer can gain support, feel valued and offload any worries or concerns.

Gloucestershire
Carers

Hub



Hesters Way Forum News

The Golden Valley Development



The Golden Valley Development team at HBDxFactory began public consultation for the development at Gloucestershire College and on Cheltenham High Street in January.



The proposals embrace the cyber sector and beyond with other commercial buildings, new homes, shops, restaurants, and a school, as well as community facilities. The development will be set within a curated public realm, with natural open spaces linked by a green spine providing multiple routes through the development; prioritising people and active forms of mobility all integrated into the existing communities. Golden Valley also offers the opportunity to address some of challenges posed by climate change and create a highly sustainable development with suitably high performing buildings.

The Forum steering group and hundreds of local residents studied the plans and offered plenty of valuable feedback. The detailed plans can be found here; [The Golden Valley Development \(goldenvalleyuk.com\)](http://TheGoldenValleyDevelopment.com)

Look out for further feedback opportunities later on in the spring. .

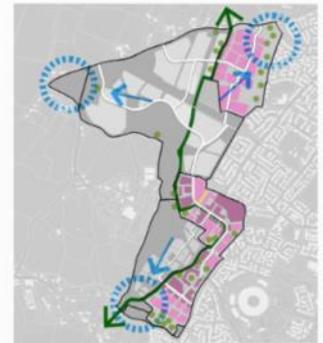
ESTABLISHING LINKS TO NEIGHBOURING COMMUNITIES



INTEGRATING A DIGITAL & ECOLOGICAL SPINE



A PROGRESSIVE APPROACH TO SUSTAINABILITY



Job Smart.



Whether you're unemployed, recently been made redundant, looking to change career or up-skill in your current role, we have a wide range of courses that can give you the **skills and confidence** to get the job role you want.

JobSmart courses are delivered across our college campuses in Gloucestershire by our expert tutor team, with personalised support available every step of the way.

A wide range of courses are available from computer skills, construction, employability, courses with guaranteed interviews, MS office and more!

JobSmart courses are **free of charge** to those aged 16 and over in receipt of certain benefits or working and earning less than £18,525 annual gross salary.

Call our dedicated team on **01452 563278** or email jobsmart@glouce.ac.uk to find out how we can help you upskill and improve your career prospects.



Microsoft Office for Work



Microsoft Office for Work is a four day course designed to develop your knowledge and understanding of some key software within the Microsoft Office suite, and how to use these within the workplace. Through a mixture of tutor guided sessions and the opportunity to undertake practical tasks and activities, the course will focus on increasing your skills and practical application of the following Microsoft Office software:

- Microsoft Outlook
- Microsoft Teams
- Office 365
- Microsoft One Drive
- Features of Microsoft Edge including dictation, auto reader and translate.
- Opportunities to practice using other Microsoft programs including Word and Excel.

To study this course, a knowledge of the basic functions and operation of a computer is essential. A basic understanding of Microsoft Word and Excel would be advantageous.

Apply Today

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 ✉ jobsmart@glouce.ac.uk



Job Smart.



Go Volunteer Glos was founded by the Gloucestershire Volunteering Collaborative, a group of folk from the local Voluntary, Community and Social Enterprise health, local government, employers and employees along with volunteers themselves, working together strategically to improve the way volunteering works in the county.



GoVolunteerGlos.org

Cotswolds, Forest of Dean, Stroud and Tewkesbury

Go Volunteer Glos brings together all the rich diversity of volunteering opportunities available across our county into a single, easily accessible online home. Linking people aged 16 and over into the largest choice of volunteering opportunities from a wide range of organisations, including charities and community groups, all across our county. Featuring local opportunities from all the districts - Gloucester, Cheltenham, the





Free Hearing Tests

Now testing at over 30 centres throughout the South West

- The Latest **Digital Technology**
- Reassurance of a **full refund** within 60 days if not entirely satisfied
- **Appointments** in the comfort of your **own home** if preferred
- **Repairs** to all types of Hearing Aids
- All **Batteries** at Great Prices
- **Exceptional Aftercare** for the life of your aids

Earwax Removal

There seems to be an increasing demand for such a service within our company practice. At **Andrew Bird Hearing** we always endeavor to listen to the needs of our clients and improve the service that **we offer to reflect this.**

We will be using the client preferred procedure for earwax removal of micro suction as opposed to syringing.

Due to the cost of the training and equipment it is necessary for us to charge for this service.

Initial Inspection £30

One ear including inspection £60

Two ears including inspection £80

£200 OFF HEARING AIDS

Book your **FREE** Hearing Test NOW



Call to book your Free Hearing Test

01242 262551

www.andrewbirdhearing.co.uk

Existing Hearing Aid Users Welcome

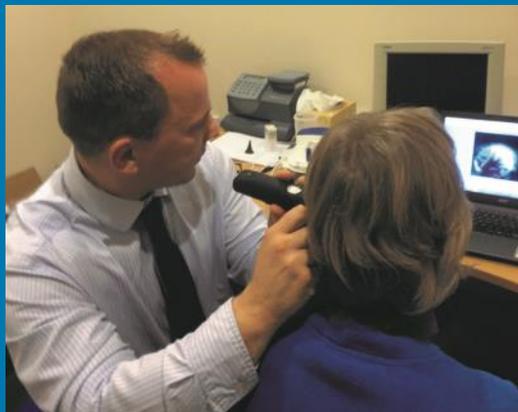
Andrew Bird Hearing Limited
Hesters Way Community Resource Centre
Cassin Drive, Cheltenham,
Gloucestershire, GL51 7SU

Your journey to better hearing

Staff at Andrew Bird Hearing Limited abide by the simple principle that clients should be at the forefront of everything they do. The independent family-run business prides itself on transforming people's lives by giving them the gift of sound. But it is the way they do this that makes them stand out from the crowd.

Their focus is to greet both old and new clients with a personal service. Its team of certified and experienced audiologists then take the time to get to know clients to better understand their needs.

The 14-year-old business is also completely independent, which means any hearing aids are dispensed purely to better suit the client's hearing loss and lifestyle. As they are not affiliated to any manufacturers, they are not limited to selling certain products.



Andrew Bird set up the business in 2007 to make a difference to people's lives by focusing on customer care, rather than sales and profit. The business head office is in Cheltenham however they hold hearing clinics in over 30 different centres throughout the South West.

Mr Bird said: *"We care about our clients, we always focus on them, they are the most important people. They talk and we listen. Our main priority is the client's individual needs. We have never believed in pushy selling tactics or pressure sales; we simply do everything we can to meet their needs."*

The business has continued to grow steadily and increase the range of services it offers.

**To make an appointment, call 01242 262551 or email
info@andrewbirdhearing.co.uk
 For more information visit the website at
www.andrewbirdhearing.co.uk**



Gloucestershire
Wildlife Trust

WilderGlos 

LGBT+
Partnership
Cheltenham, Gloucestershire & beyond

WilderPride

Celebrate pride this summer by planting wildflowers throughout the months of February and March to represent the pride flag! Visit one of our locations below to pick up your free Wilder Pride plant.

When

February to September 2023

Where

Robinswood Hill and Rest Garden
(Tewkesbury Road)

How

Ask a GWT staff member about WilderPride to get your free plants



Use the hashtag **#WilderPride** on social media to spread the message.



Scan me



Let's grow together



Read Easy

Helping adults learn to read



Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more, please contact:

readeasy.org.uk



West Cheltenham
COMMUNITY PANTRY

COMMUNITY PANTRY

Please help us by donating

The **West Cheltenham Community Pantry** relies on donations in order to provide quality food and essential household goods to those that need it most.

You can donate by offering one-off payments through our donation site which is accessible via the adjacent QR code or www.westcheltenhampantry.org/donate



Alternatively we welcome the following items;

Toiletries	Savoury Food Items	Sweet Food Items
<p>e.g. Shower gel, Hand wash Bars of Soap, Toothpaste Sanitary towels, Tampons Shampoo, Conditioner Toothbrushes</p>	<p>Rice, Tinned tomatoes, kidney beans, sweetcorn, Baked beans, Canned tuna Fruit squash, Tea bags Coffee, Porridge / cereals, Cooking sauces, Sandwich spread, Tomato puree, Cornflour, Free from items (Coeliac) Biscuits / Crackers Tomato sauce, Mayonnaise Chocolate lunch box bars Sweets / Crisps</p>	<p>Rice pudding, Custard Jelly / jam Granulated sugar</p>
<h3>Household Goods</h3> <p>Toilet roll, Washing powder Fluid detergent, Washing up sponges, Washing up liquid etc</p>		<h3>Baby / Children's Goods</h3> <p>Nappies, Baby wipes Baby bubble, toothpaste, Shampoo, Jars of baby food Baby milk formula, Dummies</p>

NB we cannot accept refrigerated or frozen products

Donated items can be delivered to;

Hesters Way Community Resource Centre, Cassin Drive, Cheltenham, GL51 7SU

Pantry Unit 2b on Wednesday or Thursday 10am—1pm
Reception Foyer Donations Box on weekdays 8.30am—6pm

www.westcheltenhampantry.org/donate

Thank You