

viewpoint

Volume 48 - Summer 2023

West Cheltenham's FREE magazine



Photo by [Chris Charles](#) on [Unsplash](#)

viewpoint

Summer 2023

3 St Aidan's Church development see what's in store at the former church site on Coronation Square

4 The Summer Library Challenge children aged three to 12 years old and their families to discover everything their library service

7 The St Marks Summer Fair join the community activities team on Saturday July 22nd for all the fun of the fair

8 FREE cricket programme join the FREE cricket for children aged 5—11 with voucher code !

11 Diverse Leap See if this new support service in Hesters Way can offer something for you

12 Reclaim Furniture Reuse Scheme Find out how to benefit from the scheme, volunteer or donate

13 Weigh & Go FREE to join weigh & go offers regular advice to help you meet your weight loss goals

14 Midsummer Fiesta This great local event is on again at Montpellier Park on July 15th—lots of activities for the children!

18 Springbank Fun Day check out all the family fun and entertainment on the Springbank Fun Day on August 23rd

20 Community Passion Play Auditions for this exciting outdoor Easter 2024 performance coming soon!

28 Andrew Bird Hearing Book your free hearing test today at this outstanding local family run business

28 Summer of Play Don't forget to put the town wide summer of play date in your diary; Wednesday 2nd August!

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

Redevelopment of St Aidans Church Land

In 2015 the church building on Coronation Square, dedicated to St Aidan, was demolished after it was declared structurally unsafe. The congregation has continued to meet on Sunday mornings, as 'St Aidan and St Silas' in the Oasis Centre next door, but the land has been left empty.

The Parish of West Cheltenham is now wanting to redevelop the plot of land to express church in a new and relevant way and to serve the local community.

We are keen to make the most of the out-door landscape whilst incorporating some indoor space such that it will be:

- welcoming and attractive,
- safe and sustainable,
- living and life-giving.

There are seven areas of activity that we would like to see provided for on the site.



Volunteers at the recent work day to clear the site of rubbish and undergrowth



Cheltenham is Growing has taken over a corner of the plot to grow produce for local pantries etc

Space for:

1. Thinking and personal reflection
2. hospitality and building community
3. Creativity and learning
4. Physical activity and work
5. Recreation and play
6. Christian worship and prayer
7. Meetings and events

The parish is holding a community consultation to gather ideas and views. We've been on the streets holding conversations with passers-by and attending local community groups.

If you would like to take part in the conversation you can complete an online questionnaire (scan the QR code) or contact the Community Minister, Revd Janice Hamilton for a paper copy or tel. conversation Janice.hamilton@westchelt.org.uk 07749 130323



Survey ends July 31st



The Library



Challenge

Sat 15 July - Sat 16 September 2023

Suitable for children aged 3-12 years

Gloucestershire Libraries will be launching a brand new challenge for children this summer. The Library Challenge aims to encourage children aged three to 12 years old and their families to discover everything their library service has to offer including reading any books they choose, taking part in events and getting into nature. Participants will receive incentives and prizes along the way, with a firm focus on discovering new interests and having fun.

Running from 15 July to 16 September 2023, The Library Challenge aims to encourage children and families to access their local library services and celebrate their own journey. The theme is music and there will be plenty of tuneful fun and excitement to be had, with a whole host of events happening across the county. They will include interactive theatre performances from the Everyman, instrument crafts and musical workshops highlighting a range of different musical genres.

Joining The Library Challenge is free and all 40 libraries across the county will be taking part. Library membership is also free to any resident in Gloucestershire or neighbouring county. To sign up for The Library Challenge, visit your local library from Saturday July 15 or at any point during the summer and speak to a friendly member of the team.

Visit gloucestershire.gov.uk/libraries/thelibrarychallenge to find out more and you can also follow Gloucestershire Libraries on social media for updates. To find events and activities happening in your local library this summer and beyond, and to book your places for free, go to gloucestershire.spydus.co.uk

Cllr Dave Norman, cabinet member for libraries, said: "This is a fantastic new initiative to get children and their families involved in their local libraries and have plenty of fun and discover new interests along the way."

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



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



SUMMER FAIR



Saturday 22nd July
10am to 2pm



ST MARKS COMMUNITY CENTRE BROOKLYN ROAD



FREE ENTRY

JOIN THE COMMUNITY ACTIVITIES
TEAM FOR LOTS OF FUN!

- local community police
- Fire service
- market stalls
- tombola
- Hot and cold refreshments and much more!



For more information or to book a table contact Doug on
07840096165



Gloucestershire
Cricket Foundation



**FREE DYNAMOS CRICKET
PROGRAMME
FOR 9-11 YEAR-OLDS**

BOURNSIDE SCHOOL, CHELTENHAM

**GL51 3EF
AUGUST 16TH & 17TH
10AM-2PM**

CONTACT:

CHRIS.MUNDEN@GLOUCESTERSHIRECRICKETFOUNDATION.ORG

SCAN ME



**SIGN UP HERE!
FREE VOUCHER CODE:
NOBKDY
USUALLY £40!**

**YOU WILL RECEIVE:
A FREE
PERSONALISED T-SHIRT!**





Gloucestershire
Cricket Foundation



**FREE ALL STARS CRICKET
PROGRAMME
FOR 5-8 YEAR-OLDS**

BOURNSIDE SCHOOL, CHELTENHAM

GL51 3EF

AUGUST 16TH & 17TH

10AM-2PM

CONTACT:

CHRIS.MUNDEN@GLOUCESTERSHIRECRICKETFOUNDATION.ORG

SCAN ME



SIGN UP HERE!
FREE VOUCHER CODE:
HFEVX6
USUALLY £40!

YOU WILL RECEIVE:
BAT, BALL,
RUCKSACK,
PERSONALISED T-SHIRT!



ALL
Welcome



palliative,
neurological
and bereavement
support

CHARITY FAMILY FUN DAY



Saturday 8th July 2023
3.00pm - Midnight

Venue: The Bayshill, 85 St George's Place, Cheltenham GL50 3PP
FREE ENTRY

Proceeds raised will be donated to The Sue Ryder Hospice and British Heart Foundation.

- BAR
- LIVE MUSIC
- ICE CREAMS
- POP UP KITCHEN
- STALLS
- GLITTER TATTOOS
- RAFFLE
- JEWELLERY MAKING
- FACE PAINTING
- BELLY DANCERS
- BOUNCY CASTLE
- CHILDRENS ENTERTAINMENT

Sponsored by: **Talking Heads**
Hair and Beauty Salon, Cheltenham.



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



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





Contact
Reclaim
Unit 25b Lansdown Industrial Estate Gloucester Road Cheltenham GL51 8PL
W: vision21.org.uk E: reclaim@vision21.org.uk T: **01242 228823**
Charity No. 1083642



Healthy
lifestyles
Gloucestershire

Call 0800 122 3788
www.hlsnglos.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!





MIDSUMMER FIESTA

MONTPELLIER GARDENS

SATURDAY 15TH JULY

12 TILL 9PM

CELEBRATING 75 YEAR OF THE NHS

**FAMILY FUN, MARKETPLACE, MUSIC,
DANCE, KIDS ACTIVITIES, FOOD STALLS,
BARS, CLASSIC CARS**

FREE ENTRY

WWW.MIDSUMMERFIESTA.COM FACEBOOK @MIDSUMMERFIESTA

WHAT'S ON

MAIN STAGE BANDSTAND STAGE

12PM	DJ COLLECTIVE	OLA SAMBA 12.45PM MAYOR OPENING
1PM	REFUGE	GRANGEFIELD SCHOOL CHOIR
	DJ COLLECTIVE	QUEER VOICES
2PM	LUCY PARISH DJ COLLECTIVE	APT DANCE THEATRE
	TOAST	SABOR SALSA WORKSHOP
3PM	DHALIA	GOLDENSTEP
	DJ COLLECTIVE	COADY CREW
4PM	CHELTENHAM ROCK CHOIR	BELMONT SCHOOL CHOIR
	DJ COLLECTIVE	THE WEDNESDAYS THE CHELTONES SINGING GROUPS
5PM	BLUE TO THE BONE	BOLLYWOOD DANCERS MALAIKA
	DJ COLLECTIVE	
6PM	HONEYFUNK	SALSA DANCING BACHATA WORKSHOP BANDSTAND CLOSES 7.00PM
7PM	CHAMPION LOVE SOUND SYSTEM MARTIN MELODY AND GUESTS	WE'D LOVE YOUR FEED BACK ON FIESTA PLEASE USE THE QR CODE BELOW TO HELP US MAKE NEXT YEAR EVEN BETTER
	DJ COLLECTIVE	
8PM	KAIJU BLUE	
	MAIN STAGE CLOSES 9PM	

CHILDRENS VILLAGE AND MORE 12 6PM

CHILDREN'S VILLAGE

THE MUSIC MAN, ARTS AND CRAFTS, BOUNCY CASTLES, BUBBLES, GO CARTS, FACE PAINTING, WORLD JUNGLE CIRCUS SKILLS, CLIMBING WALL, YMCA SPORTS CAGE; DROP IN WITH THE ROBINS (CTFC), OLA SAMBA WORKSHOPS.

CELEBRATING 75 YEARS OF NHS

SHOWCASING HISTORY AND CURRENT SERVICES INCLUDING DIABETES, GLUCOSE LEVELS AND BLOOD PRESSURE CHECKS.

POLICE AREA

INCLUDING POLICE HORSES, JOBS, FORENSICS, CADETS AND SPECIALS.

MARKET PLACE

60+ STALLS WITH CRAFTS, JEWELLERY, CAKES, ACTIVITIES, CHARITIES AND MANY MORE.

CLASSIC CARS

VARIOUS CARS FROM MINIS TO MGS.

FOOD OUTLETS AND BARS UNTIL 9PM

6 CATERERS OFFERING QUALITY AND VARIETY 2 BARS BY SEVERN CIDER AND CAMPER VIN: SELLING CIDER, BEER, LAGERS, SOFT DRINKS, WINES, SPIRITS, PROSECCO AND COCKTAILS

MOBILOO DISABILITY TOILET

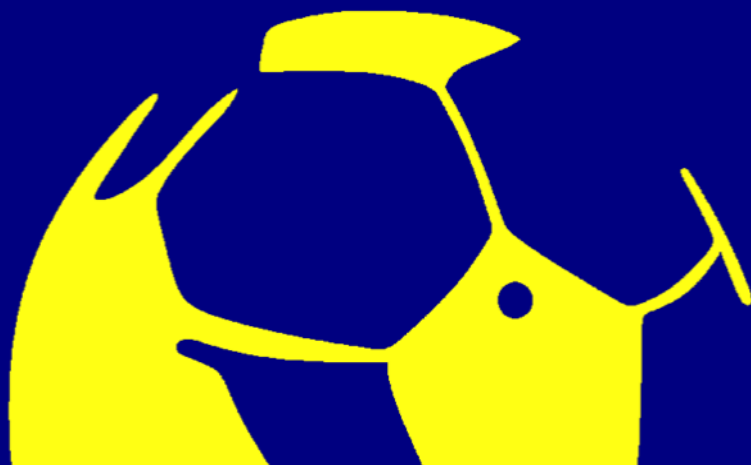
FOR ISSUES ON THE DAY PLEASE CALL 07733014743

PROGRAMME SUBJECT TO CHANGE CHECK WEBSITE / SOCIAL MEDIA FOR UPDATES



Summer Holiday Drop-In Sessions

Football and Basketball



MUGA @ OASIS

12.00–4.00pm

August weekdays

Coached football and basketball sessions

@hwpartnership 01242 575638

Cosy Homes



Would you like your home to be cosier home next winter? Have you ever thought about energy efficiency improvements you'd like to make but not been sure how to go about it?

A team from **University of West England** (UWE Bristol) and **Cheltenham Zero** will be in Hesters Way in September offering a special workshop on improving your home and reducing energy.

We'll be giving you loads of advice and ideas about how to tackle this, supported by agencies who can talk about best things to do for your money, from quick wins to more drastic changes.



We'll give you the opportunity to ask questions about anything from finding trades and the process of approvals, to funding and community initiatives.

It will be a great opportunity to meet others in your community with similar aspirations, learn a little more about things you can do to retrofit your home for better comfort and lower energy bills.

More info coming soon!



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

REPORT THEM TO THE COUNCIL WITH [FixMyStreet.com](https://www.fixmystreet.com)

from the lovely people at [mySociety](https://www.mysociety.org)



Hesters Way Forum News

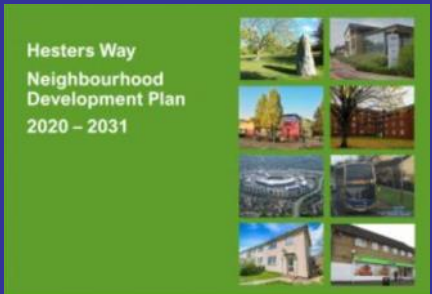
Final Push for Local Information

The Hesters Way Forum has been given the go ahead by Cheltenham Borough Council to make further progress in preparation for a referendum planned to coincide with the borough elections in May 2024.

The Forum is keen to finalise proposals ready for the formal examination process to begin later in the year. As part of that there'll be a final bit of evidence gathering which will be needed to make sure that the residents of Hesters Way are happy with the plan.

The Forum are interested in finding out more about the community spaces, sustainability and transport links across the area to ensure all residents' needs are catered for.

Look out for further feedback opportunities coming soon.



SPRINGFIELD PARK FAMILY FUN DAY

10AM-2PM AUGUST 23RD

**Featuring; Childrens activities, Bouncy Castles,
Community Groups, Police, Fire Engine, Move
More, The Robins (CTFC), and MUCH MORE!**

Sponsored by HAF, Springbank Community Group. CBC, ILP, Tesco, Sewa Day



HELP PAYING FOR CHILDCARE



MONEY TOWARDS CHILDCARE

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

Age

0-11

Or 16 if 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 16 if 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

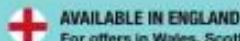
3&4

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

Easter

2024

WEST CHELTENHAM


www.westchelpassionplay.org.uk

COMMUNITY

Passion Play

#wccpp24

Good Friday 2024

An outdoor performance retelling the Easter story at key locations around Hester's Way.

A community event for all to join in; whatever your age, ability or faith.

We are particularly looking for people who can offer their skills with...

- Making costumes or props
- Stage management and Tech assistants
- Stewarding
- Art, photography or filming
- Actors - both speaking roles and crowd scenes
- Singers - soloists, ensembles and a community choir
- Musicians - accomplished musicians and beginners

Please contact Revd Janice Hamilton on
janice.hamilton@westchelt.org.uk or 07749 130323

AUDITIONS!

Auditions for all speaking parts (including one liners) and solo/ensemble singers will be held at All Saints Academy on

Saturday 7th October, 9.30am - 4pm

To sign up and to find out what to prepare,
 visit www.westchelpassionplay.org.uk/auditions

Scan here to be taken to our website,
 or search **westchelpassionplay** on Instagram and Facebook



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

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



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.



Want to make a real difference to a local charity?

Become a Trustee

Trustees are volunteers who work in the charity sector.

By performing a leadership role, Trustees help charities run effectively.

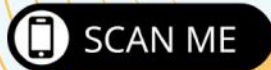
Trustees come from all sectors of society, from every background and with every type of work and life experience. Trusteeship is one of the most powerful ways you can contribute to your local community.

Trusteeship is a great way of developing skills and experiences for your CV and making a difference to your local community.

Can you spare a few hours a month to make a big difference?

Interested in finding out more?

Scan the QR code to get started.



GLOUCESTERSHIRE

VCS
ALLIANCE

LISTENING POST

Foundation Course in Counselling

Foundation Course in Counselling Skills (Level 2) and Counselling Studies (Level 3)

(Certified by the Counselling & Psychotherapy Central Awarding Body CPCAB)

cpcab

Annually, September – July
(1 Year, Part-Time, 180 hours)

Level 2 Certificate in Counselling Skills (CSK – L2)

This is for people who wish to learn counselling skills to help others in either a voluntary or employed capacity.

Level 3 Certificate in Counselling Studies (CST – L3)

This introduces the three main theoretical approaches to counselling and shows what you can expect from working in counselling agencies.

These two certificates qualify as a starting point for those wishing to become a Counsellor and can lead to further training at Diploma or Foundation Degree level.

Our courses, in Cheltenham (Hesters Way), commence
Sunday 17th September 2023, 10am (Workshop)
Then Thursday's from 21st September 2023

6:00pm – 9:30pm

Includes Nine Sunday Workshops

10:00am - 4:00pm

£1600

(to include CPCAB Registration, Tuition and Materials)

Contact Listening Post for an Application Form

For those who do not wish to continue to train as professional counsellors the Foundation course can nevertheless be taken as a valuable training in communication and relationship skills that can be applied to both personal and professional life.

In addition to the 1-year Foundation Course in Counselling, Listening Post also offers a Diploma in Therapeutic Counselling as well as an annual programme of Counselling Seminars.

Listening Post is a registered charity providing counselling and counselling training to adults in Gloucestershire. As an Organisational Member of the BACP (British Association for Counselling and Psychotherapy) Listening Post is bound by the

"It's a really great quality learning experience. The quality of the teaching and teacher/pupil ratio enhances the learning journey enormously. It's a very safe, comfortable and friendly environment in which to learn... lots!!"



Listening Post Counselling Service

St Aldate Church, Finlay Road, Gloucester, GL4 6TN

01452 383820 | ipostcounselling@listeningpost.org.uk | www.listeningpost.org.uk



Listening Post Counselling



@ListeningPostco

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.



#FEED Cheltenham

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

CHELTEMHAM
COST OF LIVING
SUPPORT
EVERYONE NEEDS HELP-SOMETIMES

CHELTEMHAM
BOROUGH COUNCIL



#FEED Cheltenham



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/donate



Alternatively we welcome the following items;

Toiletries

e.g. Shower gel, Hand wash
Bars of Soap, Toothpaste
Sanitary towels, Tampons
Shampoo, Conditioner
Toothbrushes

Household Goods

Toilet roll, Washing powder
Fluid detergent, Washing up
sponges, Washing up liquid etc

Savoury Food Items

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

Sweet Food Items

Rice pudding, Custard
Jelly / jam
Granulated sugar

Baby / Children's Goods

Nappies, Baby wipes
Baby bubble, toothpaste, Sham-
poo, Jars of baby food
Baby milk formula, Dummies

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



Free Hearing Tests

Now testing at over 30 centres throughout the South West

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- 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

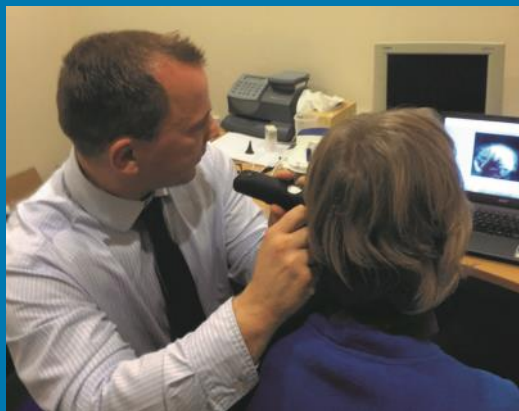
Andrew Bird Hearing Limited
Hesters Way Community Resource Centre
Cassin Drive, Cheltenham,
Gloucestershire, GL51 7SU

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**



FREE* ENGLISH CLASSES

For adults who speak little or no English

Beginners to ESOL Entry 3

For information please come to

Adult Education in
Gloucestershire
4-6 Commercial Road
Gloucester
GL1 2EA

Bartongate Children's Centre
Sinope Street
Gloucester
GL1 4AW
(Next to Widden Primary
School)

Fridays - 10:00 – 11:30 am

07500 066 231

Fridays - 08:45 – 09:30 am

07436 649 713

Please bring your passport or ID Card

For more information:

Email: learn@gloucestershire.gov.uk Tel: 0800 542 1655

Website: www.gloucestershire.gov.uk/esol to book an online evening appointment

*The course is free subject to eligibility criteria



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No Child Left Behind's

Summer

OF Play

SAVE THE DATE

WEDNESDAY

2ND AUGUST 2023

PITTVILLE PARK



FOLLOW US
NOCHILDLEFTBEHIND

**NO CHILD
LEFT BEHIND**