

# viewpoint

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Volume 49 - Autumn 2023

West Cheltenham's FREE magazine

Golden Valley Development Proposals - planning application 2023



# viewpoint

## Autumn 2023

- 3 Golden Valley** planning application has been presented to CBC— see from cover artists view and opposite
- 4 Christmas on the Square** seasonal celebrations on December 14th at Coronation Square from the local CAT team
- 5 Bags of Love** a fantastic donation to the Springbank Community Pantry from All Saints Academy
- 8 Meet Josh** See what the brilliant new youth worker Josh can offer locally and at the Rock
- 9 St Aidans Site** see what the new landscaping of the St Aidans site could look like
- 10 Craft Fair** first Christmas Craft Fair at Springbank on Saturday December 16th—sign up now
- 12 Weigh & Go** FREE to join weigh & go offers regular advice to help you meet your weight loss goals
- 17 Community Centres** lots of activities and services available from the Springbank and Hesters Way Community Centres
- 24 Springbank Community Group** Find out about the exciting new projects at the recently refurbished pavilion and cafe
- 28 Skills Hub** There's a great line up of regular activities to help you get skilled up for work!
- 32 Christmas Fayre** Talking Heads salon are running a Christmas Fayre to raise funds for Cots and Tots on December 3rd

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

For electronic copies see  
[hwpartnership.org.uk/viewpoint](http://hwpartnership.org.uk/viewpoint)  
Call 01242 575638 for info

# Hesters Way Forum News

## Golden Valley

As you can see from the front cover plans for the Golden Valley development have just been revealed by HBD Factory who are behind the Cheltenham Borough Council sponsored project.

Its been described as "A vibrant and pioneering garden community, integrating hi-tech businesses with new homes and community uses, alongside the highest standards of environmental sustainability, design and place-making."

Considerable community consultation has taken place over the last year and developers have taken account of many of the views and opinions of residents and the Hesters Way Forum in creating the plans.

Some concerns remain about the traffic layouts, existing hedgerows trees and public footpaths, heights of buildings adjacent to Fiddlers Green Lane and the impact of construction traffic. However, it is hoped that many of these can be addressed when the full applications take place over the coming years.

If you would like to take a closer look at the proposals then you can do so by visiting the website;

**[GOLDEN VALLEY](http://www.goldenvalleyuk.com)**  
**[www.goldenvalleyuk.com](http://www.goldenvalleyuk.com)**



## Forum Plans

In the meantime Hesters Way Forum has been given the go ahead by Cheltenham Borough Council to make further progress in preparation for a referendum planned and is keen to finalise proposals ready for the formal examination process. 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 and green spaces, sustainability and transport links across the area to ensure all residents' needs are catered for.



INVITES YOU TO A JOYFUL

# Christmas on the Square

16th  
December

4:15pm

**Father Christmas & Elfs  
visit 5pm**

**Children's rides**

**Hot Food  
(Danters)**

**Lucky Dip**

**Wreath making**

**Celebrity Guest from  
Emmerdale**

**18 ft Christmas  
tree**

**Light switch on 6pm**



winter themed extravaganza designed to bring joy, excitement, and a touch of magic to the coldest season of the year

# All Saints has 'Bags of Love'



Community spirit shines: All Saints' Academy delivers 45 bags of love to the Springbank Community Pantry

All Saints' Academy is proud to share the successful completion of our 'Bags of Love' initiative, a heart-warming effort to support the Springbank Community Pantry in their mission to help individuals and families in need.

All Saints' dedicated students, parents, and staff managed to create and deliver a total of 45 'Bags of Love' filled with non-perishable food items. The initiative was a testament to the power of community spirit and the impact it can have in alleviating the struggles faced by many.

The 'Bags of Love' project was organised by our devoted tutor groups, who carefully packed each bag with essential food items. These bags were then delivered to the West Cheltenham Pantry.

The Springbank Community Pantry, established by the Springbank Community Group, plays a pivotal role in providing vital support to individuals and families who face financial challenges in meeting their weekly grocery needs.



# 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](http://www.facebook.com/PuddlesNursery)

### **Giggles Nursery**

Springbank Way  
Cheltenham  
Gloucestershire  
GL51 0LG  
01242 574511

 [www.facebook.com/GigglesNurseryDC](http://www.facebook.com/GigglesNurseryDC)



[www.NCNurseries.co.uk](http://www.NCNurseries.co.uk)

# 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](http://gloucestershire.spydus.co.uk)





## MEET JOSH

Josh Vallance has recently started working with youth in Cheltenham. Josh spends half of his time as the youth worker for the Parish of West Cheltenham running youth groups and working in schools. The other half of his time he spends working for The Rock as their Elevate Development worker. Elevate is a project designed to support young people through their transition between primary and secondary schools using the Christian faith as a foundation. Josh is getting married this coming spring and is a massive Manchester United Fan.

### GRID

GRID is a place for young people to have fun and explore faith. The group happens every other Sunday at the Oasis Centre, GL51 7SY from 6.30pm - 8pm and is completely FREE! Anyone aged 11 - 18 is welcome.

Grid has three main elements:

**Fun, Food and Faith!** Every week we have activities like FIFA, board games and craft. Every week there will be some kind of food or snacks. Every week we take the opportunity to stop and look at something to do with the Christian faith. We might look at a passage in the Bible or spend time exploring one of life's big questions. We do this in a fun, engaging and relevant way for the young people who come along.



### ALPHA

This year we have had the exciting opportunity to begin a Youth Alpha course at All Saints Academy.

Every week we meet together to have food, play games and to learn more about the Christian faith.

Do you know someone who attends ASA and would be interested in coming along? Drop us an email! [youth@westchelt.org.uk](mailto:youth@westchelt.org.uk)



Scan here for GRID Term dates and for more information.



## EVENING GROUPS

[therock.uk.com](http://therock.uk.com)

### SPACE 51 - YOUTH CLUB

Mondays 7pm-8.30pm  
School years 8 - 11+

### TNT - YOUTH CLUB

Tuesdays 6pm-7.30pm  
School years 5 - 7

### ARCHERY

Wednesdays 6pm-7.30pm  
School years 6 - 11

### SCOOT AND SKATE SKATE PARK

Thursdays 6pm-7.30pm  
School years 6 - 11



# ST AIDAN'S SITE

## *Relandscaping Project*

### UPDATE ON PROGRESS

In June & July 2023 we held a community consultation to find out what people thought about relandscaping the site of St Aidan's Church on Coronation Square and to gather ideas. Nearly 200 people took part in the survey through street interviews, door to door visits and community groups. The overwhelming response was positive.

USE THE QR CODE  
TO READ THE  
SUMMARY REPORT



Landscape Architecture students at Gloucestershire University are using this project for their course work. The students will be presenting their designs for the site at Hesters Way Community Resource Centre on Thursday 27th November, 10am - 12pm. All are welcome to come and give feedback. Displays will be available on Thursday till 3pm and on Friday 10am - 4pm

### *Community Gardening*

In the meantime we are looking to start a community gardening group with the support of Cheltenham is Growing. If you are interested please get in touch with Revd Janice Hamilton [janice.hamiltonwestchelt.org.uk](http://janice.hamiltonwestchelt.org.uk) 07749 130323



# CHRISTMAS CRAFT FAYRE

Saturday 16th December 2023

Springbank Community Resource Centre  
Springbank Way, Cheltenham GL51 0LH

9.00am – Set Up

11.00am – Doors Open

2.00pm – Ends



MAGGIE'S

Everyone's home of cancer care



MAGGIE'S

Everyone's home of cancer care

Limited availability. Please call Susan on  
07305527426 for table information



## FAMILY FUN AT PATE'S



Local families joined Wiggly in August for two wonderful cookery workshops funded by Tesco Groundworks Community Fund and kindly hosted in the kitchens at Pate's Grammar School. The families worked together to make and share a delicious lunch of pasta with tomato sauce and meatballs and took ingredients and a recipe card home with them to make our signature double chocolate and raspberry flapjacks!

Our families told us:

*"Great fun for adults and children. We had a lovely time, will definitely make at home. Amazing staff!"*

*"I enjoyed making things with different people and having fun"*



# CREED

THE FOODSERVICE COMPANY

## VOLUNTEERS LEAN IN



Wiggly were delighted to work alongside our partners from Creed FoodService in September to prepare and serve a warming lunch and dessert at Gloucester City Mission for local homeless people. Good job team!

We are always grateful to Creed for their generous donations of ingredients for many of our workshops and for their tireless support of the Wiggly mission.





# GOLD CUP 100 COMMUNITY GRANT INITIATIVE

**The Jockey Club, to mark the 100th year of The Cheltenham Gold Cup, and in conjunction with Rotary Clubs of Cheltenham, will be giving grants to local charities and certain other groups.**

One of the three objectives of the Gold Cup Centennial year is to fundraise for worthy causes. There are a number of scheduled activities; such as the Dawn Runs in June, when we will be fundraising for our main charity partner, Racing Welfare.

We are very keen that this special occasion leaves a legacy in the local community and will be launching a community fund to assist with neighbourhood projects, schools, playgroups sports clubs and other not for profit organisations based in Cheltenham . This will be run from September 2023 to June 2024 in conjunction with the Rotary Clubs of Cheltenham.

Applications can be made at any time for between £500 and £2,500 by visiting [www.thejockeyclub.co.uk/cheltenham-festival/gold-cup-100/community-grant-initiative/](http://www.thejockeyclub.co.uk/cheltenham-festival/gold-cup-100/community-grant-initiative/)



# Weigh & Go

Just drop in...

**Hesters Way**

**Resource Centre**

Cassin Drive

GL51 7SU

**Wednesdays**

10.30am—12.00pm

**Healthy  
lifestyles**  
*Gloucestershire*





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:

- Wednesday – 10.30am - 12pm 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!**





# Aspire FOUNDATION

Aspire Foundation, previously known as Gardners Lane and Oakwood Federation, is a registered charity (1155305) founded to support children and families 'aspire and achieve'

We have over 20 years' experience of delivering successful, high-quality early intervention services and

educational programmes to families with young children. These include local Sure Start programmes, family support services, children's centres, primary schools and early year's settings.

We aim for children and families to achieve their potential together through the provision of support, information, learning and play opportunities.

**Volunteer with us** Aspire Foundation need volunteers with a range of life experiences, skills and knowledge to fill various positions we have available. In return for dedicating your time and experience to us, we will provide you with

## Gardners Lane Children & Family

### Centre Timetable

#### Monday

##### CCP—Stay & Play

10am—12pm

CCP's stay & play session is for children under 5 and their siblings. Our fun sessions, aimed at toddlers and their parents are a relaxed way to socialize and meet new families.

Our groups will give you the chance to engage with your child through play and make new friends, with focus being on physical development, social skills, communication and language.

#### Tuesday

##### Baby Hub—Weigh, Stay & Play

1pm—2.30am

Aspire Foundation have partnered with Gloucestershire Health to expand the Baby and Family Hub Drop in sessions to "Stay and Weigh Sessions". The Hub will run as normal and parents/carers will be able to drop in to seek health advice from GNC staff. There will also be the opportunity to stay in the venue to engage in activities and interact with other parents/carers/children and seek further advice and support from children centre staff Community Family workers.

#### Wednesday

##### Targeted Family Time

1pm—2.30pm Invite only

Aspire Foundation deliver a targeted family time session. This session is aimed at parent/carers of 0-5 year olds through a referral form. The session is a smaller session where parents/carers can access a range of support, meet other parents, interact with their children and aim opportunity for their children to access a range of activities and build confidence.

Please speak to any children centre staff regarding the referral form.

#### Thursday

##### Young Parents

10am—11.30am

Young Parents' Stay and Play group invites all parents and expectant parents aged 21 and under to join us for an opportunity to meet other parents and their children, to socialise, interact, play, learn and gain peer or professional support.

#### Friday

##### GLOBES

10am—12pm

Breastfeeding Counsellor Lisa and the team of Peer Supporters look forward to welcoming you

We provide refreshments and cake  
Gardners Lane Children's Centre is a great environment for mobile babies and toddlers with plenty of space and soft play!

#### Sunday

##### Dad Matters — Stay & Play

10am—12pm

1st Sunday of the month

Stay 'n' play offers a great safe space for dads to bring their little ones! Grab a tea or a coffee and have a good chat with other dads while the little ones play, we accommodate little ones between 0-5 years old with toys, crafts, and much more. Giving dads not only quality time to bond with their children but also to meet other dads in their area.



good quality training, ongoing support and a sense of achievement.

If you have experience with working with Children & Families, have the passion to help others or simply wanting to give something back to your local Community, then you could be a great asset to our ever-expanding volunteering team. If this is you then please contact Dawn Hopkins on 01242 252185.

**Family Support** Aspire Foundation provides a range of Family Support Services as part of the County's Early Help offer. We work alongside families to make sure children have the best possible start in life and throughout their childhood.

**Early Years Education** We provide high quality, nurturing early years settings. Knowledgeable staff trained in developing children's language skills Rich learning experiences. Outdoor play areas, Places where friendships are formed.

**Community Family Services** We give families opportunities to play, learn and meet others in a safe and friendly environment. At our Centers you can: Meet your midwife and health visitor, Join our Family Times, Toddler and Baby Groups, Sign up for playschemes (children 0-11 years) as part of Gloucestershire HAF, Go on outings and trips and receive additional support through Community Family Workers.

## Hesters Way Children & Family

**Monday**

### Targeted Family Time

**10am—11.30am *Invite Only***

Aspire Foundation deliver a targeted family time session. This session is aimed at parent/carers of 0-5 year olds through a referral form. The session is a smaller session where parents/carers can access a range of support, meet other parents, interact with their children and am opportunity for their children to access a range of activities and build confidence.

Please speak to any children centre staff regarding the referral form.

**Monday**

### Dad Matters — Dad Chat

**7pm—8pm**

#### *1st Monday of the month*

As fathers, men often prioritise the well-being of their children and partner over their own needs. However, neglecting one's own mental health can lead to further problems down the line.

Joining a [dad-only mental health group](#) can provide fathers with the tools to manage their mental health, allowing them to be better partners and fathers to their families.

### Centre Timetable

**Tuesday**

#### **Baps Group**

**10am—11.30am**

Breastfeeding Counsellor Elizabeth and the team of Peer Supporters look forward to welcoming you

We provide refreshments and cake!

**Wednesday**

#### **Baby Hub— Weigh, Stay & Play**

**1pm—2.30pm**

Aspire Foundation have partnered with Gloucestershire Health to expand the Baby and Family Hub Drop in sessions to 'Stay and Weigh Sessions'. The Hub will run as normal and parents/carers will be able to drop in to seek health advice from GHCs staff. There will also be the opportunity to stay in the venue to engage in activities and interact with other parents/carers/children and seek further advice and support from children centre staff Community Family workers.

**Thursday**

### Mothers in Mind

**1pm—2.30pm**

A welcoming place for mums who are experiencing mental health challenges during early motherhood (0-5 years)

Join the group and feel connected.



# Gloucestershire New Care Initiative

Local charity Lilian Faithfull Care has been working closely with a new service provided by Gloucestershire Care Providers Association (GCPA) to keep any hospital stays for care home residents to a minimum.

The teams at Lilian Faithfull Care liaise closely with NHS rapid response services and GP surgeries to keep residents out of hospital. However when a hospital visit is unavoidable the new 'trusted assessors'

Netty Wyndham-Wade and Kate Counter at GCPA can quickly be by a resident's bedside in hospital, giving immediate feedback on the situation, acting on behalf of our care homes.

During a hospital stay the 'trusted assessors' may visit a resident several times which can give great reassurance to residents and their families. They are key in ensuring a swift discharge and smooth transition back to their residential or nursing home.

Ensuring a hospital stay as short as possible is particularly important for residents' recovery. As Professor Brian Dolan, quoted in the NICE (National Institute for Health and Care excellence) guidelines, explains;

"For every 10 days of bed-rest in hospital, the equivalent of 10 years of muscle ageing occurs in people over 80-years old...."

This potential level of deterioration can have a huge impact on a resident's quality of life; for example it could be the difference between being mobile or not. Therefore everything the trusted assessors do in helping to implement a swift and safe discharge back to the care home has a significant impact on a resident's rehabilitation.

All care home providers in Gloucestershire can access their expertise and they hope as the benefits of the project are seen in action the project will expand.

Contact GCPA trusted assessors on 07354 842328 or email [ta@gcpa.co.uk](mailto:ta@gcpa.co.uk)



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FAITHFULL  
CARE**

**A CHARITY PROVIDING  
CARE SINCE 1946**



## HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

Activity / Day	Time	When	Cost	Contact	Venue
<b>MONDAY</b>					
Megan Baker House	9.00 – 17.00	Term Time	Appointments	<a href="http://www.meganbakerhouse.org.uk">www.meganbakerhouse.org.uk</a>	SCRC
Craft Club	10:00 - 12:00	Fortnightly	FREE	Just drop in - visitors welcome!	SCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	ETBC	Brian Jarvis • 07971 584901	SCRC
Women's Alcoholics Anonymous meeting	18:30 - 20:30	Weekly	FREE	Online – Libby 07785363754	Online
<b>TUESDAY</b>					
Sweaty Mama – exercise classes	9.30 – 10.30	Weekly	ETBC	Contact <a href="mailto:lsuraw@lamo@westhemama.com">lsuraw@lamo@westhemama.com</a>	SCRC
Hesters Way Health Walking Group	10:30 - 11:30	Weekly	FREE	Meet up outside the CRC	HWCRC
Bowls Club	13:30 - 15:30	Weekly	FREE	Peggy Perez • <a href="mailto:PeggyPerez@hotmail.co.uk">PeggyPerez@hotmail.co.uk</a>	SCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Just drop in - visitors welcome!	SCRC
<b>WEDNESDAY</b>					
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Active Fitness - Gentle Exercise	10:00 - 11:00	Weekly	£4.00	Abi <a href="mailto:abi.lloyd2@hotmail.com">abi.lloyd2@hotmail.com</a> • 07738 082246	SBCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in - visitors welcome!	SBCRC
Community Pantry	10:00 – 13:00	Weekly	£4 members	07483 125289 <a href="mailto:info@westcheltenhampantry.org">info@westcheltenhampantry.org</a>	HWCRC
Weigh and Go	10:30 - 12:30	Weekly	FREE	Weight management, just drop in!	HWCRC
Skills Hub with CBH	13:00 - 15:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Maths Tutoring Exam tutoring for 9-11ys	17:00 – 19:00	Term Time	ETBC	Tehreem Hajra • <a href="mailto:tehreem.hajra@hotmail.com">tehreem.hajra@hotmail.com</a>	HWCRC
Turkish Classes	17:00 – 19:00	Term Time	ETBC	Saime Akst • <a href="mailto:saimakst2@gmail.com">saimakst2@gmail.com</a>	HWCRC
<b>THURSDAY</b>					
Prospect Training Services	10.00 – 17.00	Fortnightly	FREE	<a href="http://www.prospect-training.org.uk">www.prospect-training.org.uk</a> 01452 886 888	HWCRC
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Community Pantry	10:00 – 13:00	Weekly	£4	01242 575638 – see also above	HWCRC
Infinite Tai Chi and Chi Kung	10:30 - 11:30	Weekly	£5.00 / £3.50	Gillian 01242 248663	SBCRC
Springbank Health Walking Group	10:30 - 11:30	Weekly	FREE	Meet up outside the Springbank CRC	SCRC
Skills Hub with CBH	13:00 - 15:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	ETBC	Brian Jarvis • 07971 584901	SCRC
<b>FRIDAY</b>					
Knit & Natter	10.00 - 13.00	Weekly	FREE	Just drop in!	SBCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in!	SBCRC
POPPS (Playtime for Older People Project)	14:00 - 16:00	Fortnightly	£1	Contact Shirley for details <a href="mailto:tnatwmp@yahoo.co.uk">tnatwmp@yahoo.co.uk</a>	HWCRC
GKR Karate	17:00 – 19:00	Weekly	ETBC	07852 292218 • <a href="mailto:region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SBCRC
<b>SATURDAY</b>					
GKR Karate	10.00 – 12.00	Weekly	ETBC	07852 292218 • <a href="mailto:region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SBCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Visitors welcome	SCRC
Springfield Park Litter Pick - Saturdays	10:30 - 12:00	Monthly	FREE	Equipment & refreshments provided 1 <sup>st</sup> Saturday	SCRC
<b>SUNDAY</b>					
Cheltenham Community Church	10:30 - 13:00	Weekly	FREE	Visitors welcome	SCRC
<b>DAILY</b>					
Computer Access – Lobby	08.00 – 18.00	Weekdays	FREE	Drop in!	HWCRC
Listening Post - counselling services	Appointments	Weekdays	£ on request	01242 256060 • <a href="mailto:lp@cheltenham@listeningpost.org.uk">lp@cheltenham@listeningpost.org.uk</a>	HWCRC
Andrew Bird Hearing – ear wax treatments	Appointments	Weekdays	£ on request	01242 262551 • <a href="mailto:info@andrewbirdhearing.co.uk">info@andrewbirdhearing.co.uk</a>	HWCRC
Puddles Nursery – children 0-4 years	08.00 – 18.00	Weekdays	£ on request	Emma • 01242 527545	HWCRC
Giggles Nursery – children 0-4 years	08.00 – 18.00	Weekdays	£ on request	Sophie • 01242 574511	SCRC
West Cheltenham Medical	Appointments	Weekdays	FREE	01242 507111	HWCRC
Occupational Therapy / Health Visitors	Appointments	Weekdays	FREE	<a href="http://www.westcheltenham.org/springbank_crc">www.westcheltenham.org/springbank_crc</a> for services contacts	SCRC
Speech and Language / Physio / Nursing / Dentist	Emergency appointments	Daily	FREE	0300 421 6435 • 0300 421 6440 option 1 • <a href="mailto:springbankdental@ghc.nhs.uk">springbankdental@ghc.nhs.uk</a>	SCRC
Cheltenham Pharmacy	10.00 – 18.00	Daily	ETBC	01242 255061	SCRC
<b>BOOKABLE SERVICES from the CRCs</b>					
Read Easy – reading improvement classes	Appointments		FREE	<a href="http://www.readeasy.org.uk">www.readeasy.org.uk</a> • <a href="mailto:ccordinator1@readeasy.org.uk">ccordinator1@readeasy.org.uk</a>	HWCRC
Teens in Crisis – teen counselling services	Appointments		FREE	<a href="http://www.ticplus.org.uk">www.ticplus.org.uk</a> • 01594 372777 • text 07520 634063	SCRC
Relate – relationship counselling services	Appointments		FREE	<a href="http://www.relate.org.uk">www.relate.org.uk</a>	HWCRC
Diabetes Prevention	Courses		FREE	<a href="http://www.preventing-diabetes.co.uk/referral/">www.preventing-diabetes.co.uk/referral/</a>	HWCRC
Head To Toe - alternative health clinic	Appointments		£ on request	<a href="mailto:philippa.horton@hotmail.co.uk">philippa.horton@hotmail.co.uk</a> • 01242 260697	HWCRC
Dial-a-Cab - taxi service	24/7 taxis		£ on request	01242 24 24 24 • <a href="mailto:info@dacchelt.com">info@dacchelt.com</a>	HWCRC
Brighter Homecare – care services	Services		£ on request	<a href="mailto:care@brighterhomecare.co.uk">care@brighterhomecare.co.uk</a> • 07597 510596	HWCRC
Chinese Childrens and Parents Association	Appointments		£ on request	07720 637976 • <a href="mailto:mandarin.school@hotmail.co.uk">mandarin.school@hotmail.co.uk</a>	SCRC



## CHELTHENHAM CHARITIES TACKLING FOOD POVERTY TOGETHER A YMCA FAMILY SPACE PROJECT

Local charities, Schools and Churches  
working in partnership with the  
Cheltenham Food support

#FEED Cheltenham works to support local families with food insecurities. We work with a network of local food pantries and other organisations to make sure no one has to choose between feeding their children or heating their homes. We provide vouchers to help families struggling with the cost of living, and raise funds to ensure help is available to those who need it.



One of our pantries states:

“People are struggling, mental health challenges are increasing, many people’s savings were lost through COVID and their safety nets have disappeared. People are now in a financial situation that they never thought they would be in. We cannot get people’s budgets to balance and sometimes, even when sticking with minimum outgoings, they cannot maintain a sustainable financial position.”

Show your support by...

- 1 Telling your friends, colleagues and family members about #FeedCheltenham
- 2 Donating money using this QR code



SCAN ME



family  
space<sup>+</sup>

**YMCA CHELTENHAM**  
DRIVEN BY THE GOOD WE DO



# FOOD PANTRY DETAILS

	<p><b>CCP</b> 340 High Street, GL50 3HW Tel: 01242 228999</p>	<p><b>Opening times</b> Wednesday 11- 5 pm Thursday &amp; Friday 9 am - 3 pm</p>
	<p><b>Springbank Food Pantry</b> Ron Smith Pavillion, Springbank way, GL51 0LH Tel: 0754324225</p>	<p><b>Opening times</b> Open Tuesday to Thursday 9 am - 12 pm Tuesday 5-6pm</p>
 <p><b>Cornerstone Centre</b></p>	<p><b>Cornerstone Cupboard</b> 1 Severn Road, Whaddon GL52 5QA Tel: 01242 777777</p>	<p><b>Opening times</b> Thursday 10:30 am - 3:30 pm</p>
 <p><b>West Cheltenham COMMUNITY PANTRY</b></p>	<p><b>West Cheltenham Food Pantry</b> Hesters Way Resource Centre GL51 7SY Tel: 01242 575638</p>	<p><b>Opening times</b> Wednesday, Thursday 10 am - 1 pm</p>
 <p><b>Lakeside community project</b></p>	<p><b>Lakeside Community Pantry</b> St Margaret's Hall, Coniston Road, GL51 3NU</p>	<p><b>Opening times</b> Tuesday 11:30 -12:30 pm</p>
 <p><b>Fresh HOPE</b></p>	<p><b>Fresh Hope Family Pantry</b> The Rock, Tewkesbury Road GL51 9AH</p>	<p><b>Opening times</b> Monday 3:30 -5 pm Friday 9 am - 12:30 pm</p>

# Mindful Sewing

Winter Themes

Wednesdays from 15<sup>th</sup> Nov to  
20<sup>th</sup> Dec (6 sessions)

Start time: 10am to 11.30am

Hesters Way Community Resource Centre

Do you have an interest in sewing and embroidery and want to get started? Would you benefit from being in a relaxed environment and learning in a small group?

This mindful sewing course weaves mindfulness with stitching in a peaceful environment to create your very own pieces that you will keep. The course has been created to allow for moments of relaxation and peace whilst exploring your creative side.

## Location:

Hesters Way Community Resource Centre  
Cassin Drive  
Cheltenham  
GL51 7SU

Course fee: £33.60\*  
**FREE\*** for eligible  
learners

Course eligibility criteria  
Evidence of set criteria will be required to access our courses for free. For full details of these requirements please call us or visit our website. Students who are not eligible to attend for free are still able to attend for a subsidised booking fee. Details of these again are available by contacting us by phone or by visiting our website.



**To enrol** please call  
or text Julia on  
07827832106 or email  
[jmilton@wea.ac.uk](mailto:jmilton@wea.ac.uk)

Supported by



**WEA**  
Adult Learning Within Reach

# Arts & Crafts

# 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](http://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](mailto:enquiries@ds-legal.co.uk). We work in the strictest confidence and we are here to help.



**Mark Saunders**

[enquiries@ds-legal.co.uk](mailto: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.**





## Springbank Community Group CiC has had a makeover to its cafe, pantry and CHEP.

Springbank Community Group CiC was established in March 2020 as a result of the emerging coronavirus Pandemic that was sweeping the United Kingdom.

Since then, our team have worked hard to both grow and develop the organisation to what it is now and we are now proud to offer a number of services to

both our immediate community and the communities in which we are commissioned to deliver our services.

As an organisation we are able to provide the following:

- Community Food Pantry**
- Community Cafe**
- Cheltenham Household Essentials Project (CHEP)**
- Commissioned Youth Work**
- School Holiday Projects**
- Meeting Rooms**
- Catering for events**
- Nannas and Pops**



Over the last couple of months renovations have been taking place to allow us to utilise as much space as we can, we have in effect been working on a building site and there has been a lot of work to get the Cafe, Pantry and CHEP back up and running in its new areas. Everyone has worked extremely hard and given up much of their time to allow this to happen. Many have helped to paint rooms, sort out cupboards and spaces, move things to and from big yellow storage and take things to the tip.

**Café** The renovations have enabled us to increase the space that the cafe occupies to be able to accommodate more customers and also give a better customer experience. The cafe serves hot and cold food, delicious homemade cakes and other snacks, all at a very reasonable price. Any profit made is put back into the food pantry. The larger kitchen we now have will allow us more space to cater for outside events.

Our outdoor seating area is now much more spacious and comfortable to allow customers to sit and have drinks and enjoy the wonderful food that is made in the cafe.





**CHEP** CHEP collects and gives out small household and electrical items to people that need them most.

**Pantry** The pantry is now separate from the cafe which allows our customers more privacy with its own private entrance. We run a membership scheme of £4 a week, this allows members to stretch their budget further by purchasing tinned items, fresh fruit, vegetables, fresh meat and dairy items and bread (all subject to availability)



We also run a home delivery service for disabled and vulnerable adults

**Meeting Rooms** A good useful addition after our renovations are several meeting rooms which are available to hire, with discount for charity and voluntary organisations.

**Nannas and Pops** This is a senior group who love to chat and have a cup of tea or coffee and cake, they meet 1st and 3rd Wednesday of every month.

**Staff** All our staff at the Cafe, Pantry and CHEP are volunteers apart from:

Faith	Project Manager
Paige	Community Mentor
Sarah	Wellbeing Coordinator

### **Opening hours**

Cafe	Every day 0900 - 1200
Pantry	Tues to Friday day 0900 - 1200
	Tues only 1700-1800
CHEP	Tues to Friday 1030 - 1230

### **Contact for any of the above**

07545 324225  
[Info@springbankcommunitygroup.org](mailto:Info@springbankcommunitygroup.org)

Springbank Community Group  
 Pavilion, Springbank Way, Cheltenham  
 GL51 0QZ





**MOVE MORE**  
EVERY CHILD ACTIVE

**FREE**  
**ACTIVITY**  
**CLUB**  
**BOOK NOW!**

Activity Club for ages 7-13  
Experience new activities  
Develop new skills

  
Ofsted  
Registered

**VENUE:** Oasis Centre Cheltenham

**DATES:** Thursday's (12 Oct - 21 Dec)

**TIMES:** 5.30pm - 6.30pm

**AGES:** 1 - 13 years old

## FOR MORE INFORMATION & TO BOOK

1. Visit [move-more.classforkids.io/camp/125](https://move-more.classforkids.io/camp/125)

2. Click '**BOOK**'

3. Click '**SELECT DATES**'

4. Follow the on screen instructions

NB: Bookings subject to availability  
and eligibility



**For further information please contact:**

Scott Milne, E: [scott@move-more.org](mailto:scott@move-more.org), T: 07932 738420

Charity Number 1175899

[WWW.MOVE-MORE.ORG](http://WWW.MOVE-MORE.ORG)

FOLLOW US

@MoveMoreCIO



# Autumn 2023 timetable at the Skills Hub Hesters Way Resource Centre (upstairs). GL51 7SU

## DECEMBER 2023

Dates	10am-12 noon	1pm-3pm
Wed 6 Dec	<b>WORK CLUB</b> Support to gain paid or voluntary work	<b>FESTIVE FOOD AND FEEDBACK</b> Chat to us about your skills hub experience and what you would like to see in 2024
Thu 7 Dec	<b>BASIC DIY</b> Repairs team	<b>BENEFIT &amp; MONEY ADVICE</b> CBH customers
Wed 13 Dec	<b>WORK CLUB</b> Support to gain paid or voluntary work	<b>DISABILITY EMPLOYMENT ADVICE</b> JCP drop-in
Thu 14 Dec	<b>SEASONAL CRAFTING</b> Multiply - Fun with math	<b>SEVERN WYE</b> Energy saving tips
Wed 20 Dec	<b>WORK CLUB</b> Support to gain paid or voluntary work	<b>CLOSED</b>
Thu 21 Dec	<b>FESTIVE FOOD AND FEEDBACK</b> Chat to us about your skills hub experience and what you would like to see in 2024	<b>CLOSED</b>
Wed 27 Dec	<b>CLOSED</b>	<b>CLOSED</b>
Thu 28 Dec	<b>CLOSED</b>	<b>CLOSED</b>
Wed 10 Jan	<b>WORK CLUB</b> Support to find paid or voluntary work	

For more information on our FREE WORKSHOPS - email [tes@cbh.org](mailto:tes@cbh.org)

# 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](mailto: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](http://vision21.org.uk) E: [reclaim@vision21.org.uk](mailto:reclaim@vision21.org.uk) T: 01242 228823**  
 Charity No. 1083642

Help us  
to keep the  
cool



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](http://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](http://www.westcheltenhampantry.org/donate)

# Thank You



# Read Easy

Helping adults learn to read

31



## 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:**

**[cgcoordinator1@readeasy.org.uk](mailto:cgcoordinator1@readeasy.org.uk)**

**[readeasy.org.uk](http://readeasy.org.uk)**

Raising money for 'Cots for tots' Charity

# Christmas Fayre

## Talking Heads

76 Tennyson Road, St Marks

FREE ENTRY!

Date: Sunday 3<sup>rd</sup> December 2023 Time: 11.00 a.m – 4.00 p.m



See SANTA- to include a chat, photo and gift

(T&Cs apply, a small charge is applicable, call 01242 239056 for details)

A selection of STALLS selling a range of trinkets, gifts and more

Delicious MULLED WINE & MINCE PIES

RAFFLE & LUCKY DIP

Tea, coffee and hot drinks