

viewpoint

Volume 50 - Spring 2024

West Cheltenham's FREE magazine



Viewpoint 50th Edition

viewpoint

Spring 2024

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News, events, activities and stories
from the west of Cheltenham in
SPRING 2024

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

EXPRESS YOURSELF

EXPRESS YOURSELF is a new youth project based at the Community Centre in Springbank helping young people to develop their own ideas in music and the spoken word.

Supported by a group of professional music producers, performers and hip hop artists from The Music Works and Cheltenham Poetry Festival young people are invited to express their own skills and talents through music and words.



Between 12 and 2pm on April 2nd the Music Bus will be at **Springbank** showcasing the state of the art equipment young people will be able to access weekly until the summer holidays.

The Music Works is a Gloucestershire charity that uses music to transform lives. They work primarily with people in challenging circumstances to help develop personal skills, overcome challenges, and find a sense of belonging through music making. By making music accessible to everyone, The Music Works promotes wellbeing and aims to create positive social impact.

Following that, the first spoken word event will take place on **April 27th featuring Casey Bailey** who has worked as a MC and acclaimed spoken word performer. This is an extract from his play "Grimeboy". If you watch this you will see how adrenaline fuelled the spoken word/music crossover can be.

To find out more and get involved drop in on April 2nd at Springbank or talk to the youth workers or call 01242 575638



EXPRESS YOURSELF!



Here's your chance to take the mic and work with hip hop artists, poets, spoken word performers and music producers

and get yourself heard!



Sign up for Express Yourself and learn about rap, rhyme, writing and music and get the chance to record your song/poem or produce a track in the Music Works Bus!

Work with tutors including hip hop artist and poet Casey Bailey and slam champ Jack Pascoe



**At: Springbank Community Resource Centre,
Springbank Way, Cheltenham GL51 0LH**

**First Sessions run: 02 APRIL - The Music Bus
27 APRIL - Casey Bailey and The Music Bus**



**THE
MUSIC
WORKS**



WEST CHELTENHAM
PARTNERSHIP

CHELTENHAM
POETRY FESTIVAL
cheltenhampoetryfestival.co.uk



CBH



Hop on over for our

EASTER

Fete

for some egg-citing fun!

April 6th 11am-3pm

St Marks Community Hall GL51 8DS

FREE ENTRY

- Easter Bunny Visit
- Local Fire Service
- Ice Cream Van
- Lucky DIPS
- Hot & Cold Refreshments



PLEASE CONTACT Doug on 07840096165 to book a table

James Moore Patron for Community Activities Team

ST AIDAN'S SITE

Community Gardening

WORKDAY...

On Saturday 23rd March from 10am we will be clearing space and building a community growing bed ready for the launch of the new...



...GARDENING CLUB

Every Wednesday morning, 9.30-11.30am, (weather permitting) starting 10th April. Preparing & planting, weeding & watering and eventually harvesting & eating produce in the community veg patch.

No experience necessary - open to all. Guidance & advice on hand from 'Cheltenham is Growing'

**DROP IN
WHENEVER YOU CAN,
STAY FOR
AS LONG AS YOU CAN.**



Easter

2024

WEST CHELTENHAM



www.westcheltpassionplay.org.uk

COMMUNITY

Passion Play

#wccpp24

A roving outdoor dramatic production that retells the Easter Story performed at key sites around Hesters Way on Good Friday.

It's not too late to get involved!

- Community Choir – Wednesdays, 8–9 pm at St Barnabas church hall
- Community Orchestra for novice / accomplished players – some Saturdays
- Actors for crowd scenes – workshops Saturday 9th & 16th March
- Costume & Prop-making – Saturdays 9th & 23rd March

Also recruiting volunteers to help on the day:

- stewards – 40 required!
- first aiders
- stage managers/hands – 10 required
- PA/tech support – 8 required
- photographer / film maker

No expertise or previous experience required. You will be given training.
N.B. You will also be required to attend the Tech rehearsal on Sunday 24th March


Don't hesitate to get in touch!

Visit the website to find out more or contact Revd Janice Hamilton direct
janice.hamilton@westchelt.org.uk, 07749 130323

THE 14TH CHELTENHAM POETRY FESTIVAL SLAM

"THE BARDS!"

THE WORD ASSOCIATION SPONSOR



SAT 20 APR 2024 @ 7.30PM

CHELTENHAM PLAYHOUSE
47-53 BATH ROAD
CHELTENHAM GL53 7HG

TICKETS NOW ON SALE!
CHELTPLAYHOUSE.ORG.UK
01242 522 852

CHELTENHAM POETRY FESTIVAL
cheltenhampoetryfestival.co.uk

The Library Gloucestershire

BABY BOUNCE & RHYME




Free weekly sessions for babies and their families.

Hesters Way Library
Tuesdays | 10:30 - 11:00

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

SCAN ME

The POPPS Group

The POPPS group meets at Hesters Way Community Resource Centre fortnightly on Fridays from 2 - 4 pm. If you want to enjoy an afternoon of chat, tea and biscuits...and sometimes home made cake then you'd be welcome to pop in.



In the last terms sessions the group have used their creative talents to make calendars, Easter cards and gifts and have had fun playing bingo and deal or no deal! There have also been talks, this time from Peter de Guichy about aircraft and also keep fit sessions with Deb Locke

Above is a photo of the group making 2024 calendars earlier this year.

Feel free to drop in if you want some fun company and entertainment.

Want to feel happier AND healthier?

Come along to King George V Playing Field, in Rowanfield/St Marks, each Saturday just before 0900 and join the KGVPF parkrun. You don't have to be a runner - despite the name, parkrun is for walkers too - or even spectators and those who just want to cheer others on!



So what is parkrun? It's a UK and international phenomenon, started 20 years ago in Bushy Park, London, and now is all over the UK and indeed the world. It's a weekly 5km run, walk or jog, put on by local volunteers. But it's so much more than that too.

From its humble beginnings 20 years ago, with a baker's dozen runners and a smattering of volunteers, there are now over 750 5km events in the UK, plus another 400 odd junior parkruns (2km events on Sundays for kids under 15). And around the world each week there are about 2000 5km parkruns, across 20 countries on 4 continents.

And it's less about running than about community. The founder has said he was more interested in the coffee and chat after - and we at KGV definitely take that approach, with Saracens Rugby clubhouse kindly open many Saturday mornings to sell tea and amazing homemade cakes.



Just turn up and see us - we're on every week, 0900 Saturday (unless the playing fields are so wet and soggy that we would damage them by going ahead). Or drop us a line at kinggeorgevplayingfield@parkrun.com

We always welcome new participants, and are also on the look out for volunteers to help make the event happen. It's free and for everyone, so what are you waiting for?

Community transport -what's that?

Community transport isn't something you generally think about until you or a loved one need it. If you have always had the convenience of your own car or great public transport, then why would you. Community transport fills the gap for those that can't get in the car for a quick trip, walk to public transport or easily access any other form of transport.



In general we take it for granted that we can get where we need to go when we need to but sadly there are many amongst us who cannot get where they need to go easily. How would you attend vital health appointments, go shopping for food or visit loved ones? This is the reality for many in Gloucestershire that are helped by community transport every day.

In 2021 21.8% of the Gloucestershire population were aged 65 and over. By 2025 that figure is set to be 25%. This age group are the biggest users of community transport.



Community transport has a positive impact on people by reducing social and rural isolation. The interaction with a driver maybe their only social interaction of the day. Those in a village may not have any way of getting to a supermarket without it. It combats loneliness by bringing people together and getting them where they need to go. It helps people keep their independence and improves their quality of life.

As an organisation Community Connexion is experiencing a 20% growth in demand year or year.

As a charity, we rely on volunteer drivers. Without volunteers we would be unable to provide the services we currently offer or help as many people as we do. If you would like to volunteer and help people in your community, please call us on **0345 680 5029** or visit www.communityconnexions.org.uk/volunteer.

EVERY PENNY COUNTS

A free six-week course that will help you find ways of saving money on your food shop.
Come and have a go at the money-saving challenges!
Receive £20 to spend at Springbank on completion.

Every Wednesday from 21/2/2024 to 27/3/2024

From 10:00am to 12:00pm

Springbank Community Pantry
Springbank Way, Cheltenham
GL51 0LH

Participants must be aged 19 or over,
have lived in the UK for 3 years or longer,
and have no maths GCSE grade C/grade 4
or equivalent



Multiply

Enrol now by:

Email: Multiply@gloucestershire.gov.uk

Call: 01452 583800, quote 'Multiply'



Funded by
UK Government



Adult Education
in Gloucestershire



Monkscroft Care Centre Dementia café

NEW

A community café offering friendship, support,
activities and more for anyone living with or
caring for someone with dementia.
Please contact us if you require further
information, we look forward to seeing you.

Last Wednesday of the Month, 14:00pm - 16:00pm



Monkscroft Care Centre
Shelley Road, Cheltenham
GL51 7DP
01242 321111



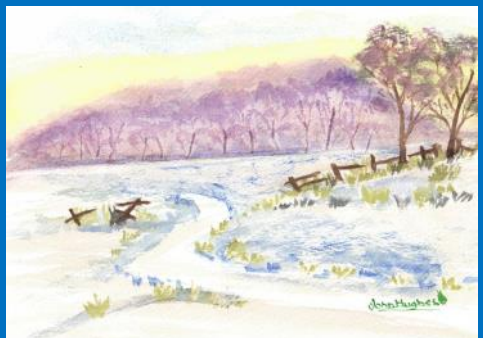
New Watercolour Classes

If you're new to painting or would like to
get back into the art then why not pop
in to our new watercolour painting class
at the lobby café in Hesters Way.

John Hughes, an experienced local art
teacher will be offering courses after
Easter. He'll help you learn about 'wet
on dry', 'wet on wet', and watercolour
washes and all the basic techniques to
get you started.

Pay what you can afford and also
benefit from a FREE starter pack
including paints, brushes and a paint
board.

To sign up call John on 07735139170



Weigh & Go

Just drop in...

Hesters Way

Resource Centre

Cassin Drive

GL51 7SU

Wednesdays

10.30am—12.00pm

**Healthy
lifestyles**
Gloucestershire



Skills Hub Timetable

Hesters Way Resource Centre (upstairs). GL51 7SU

APRIL 2024

Dates	10 am - 12 noon	1 pm - 3pm
Wed 3 April	WORK CLUB Support to gain paid or voluntary work	FOOD SAFETY LEVEL 1 Certificated course
Thu 4 April	DROP-IN AND MEET THE TEAM See how we can help you	BENEFIT & MONEY ADVICE CBH customers
Wed 10 April	WORK CLUB Support to gain paid or voluntary work	NAIL THAT JOB! Applications, interview help and more
Thu 11 April	DIGITAL DROP-IN Internet access, email set up and much more	BUDGETING Managing your money
Wed 17 April	WORK CLUB Support to gain paid or voluntary work	SELF EMPLOYMENT Where to go to get started
Thu 18 April	DIGITAL DROP-IN Internet access, email set up and much more	DISABILITY EMPLOYMENT ADVICE Job Centre Plus drop-in
Wed 24 April	WORK CLUB Support to gain paid or voluntary work	CUSTOMER SERVICE LEVEL 1 Certificated course
Thu 25 April	BASIC DIY Hints and tips from our Repairs Team	MONEY MATTERS Looking after your pennies and pounds

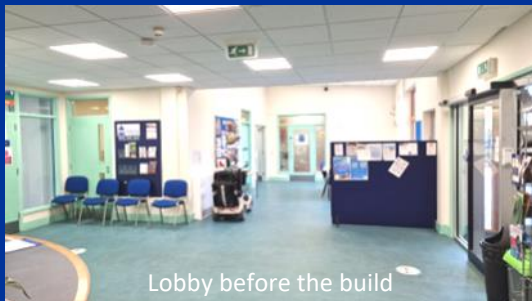
SPRINGBANK CREATIVE REVAMP

Thanks to support from multiple funders including the new Community Infrastructure Levy (CIL) Enover and The West Cheltenham Partnership the former lobby of the Springbank Community Centre has been transformed in to a new room for community use.

The adjacent photos show how KFM Construction have made a seamless transformation to develop a room that looks like its always been there! There is a new access route to the main hall a new kitchen facility and cupboard space for the activities which will be included in the new **Creative Space**.

Existing community groups are delighted that they have a space dedicated to arts and crafts and there's much more planned for the space in the coming months.

From April the new Taking The Mic project will begin with an



Lobby before the build



Lobby after the build



New Creative Space

exciting opportunity for young people to take the mic with hip hop artists spoken word performers and music producers to have their voices heard.

Any group of local people who'd like to use the room to meet up please contact us on **01242 575638**



INSPIRED BY THE CHRISTIAN FAITH, OPEN TO ALL...

ELEVATE

SUPPORTING YOUNG PEOPLE AS THEY JOURNEY THROUGH LIFE



BOOK HERE



5.30-6.45

MONDAYS

£1 PER SESSION

SCHOOL YEARS 6-9

PHONE: 07512 070464

OR GO TO
THEROCK.UK.COM/ELEVATE

THE OASIS CENTRE GL51 7SY

ELEVATE IS ABOUT FUN AND THRIVING...

TOGETHER WE WILL...

PLAY GAMES

GET

HAVE FUN

CREATIVE

EAT SNACKS

AND EXPLORE...

MENTAL

SOCIAL

SCHOOL LIFE

HEALTH

SKILLS

HANDLING

CHRISTIAN

EMOTIONS

FAITH

Rock staff are DBS checked and committed to safeguarding children and young people



Charity No: 1190651 The Rock.uk.com



**DIOCESE OF
GLOUCESTER**

ELEVATE

Sponsored by Talking Heads Salon Cheltenham

CHARITY FAMILY FUN DAY

IN AID OF SUE RYDER HOSPICE

Sue Ryder



Sue Ryder



DATE:
29TH JUNE 2024



TIME:
12:00PM - 11:00PM

Bar, bands, raffle, bouncy castle, food, tombola, cocktails, stalls, face painting, auction, hook a duck, games and activities for children. Plus, lots more! Hope to see you there!

TALKINGHEADSCHELTHENHAM@GMAIL.COM

All proceeds raised are going to the Sue Ryder Hospice.



www.theaviatorglos.co.uk



THE AVIATOR, Staverton

HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

Activity / Day	Time	When	Cost	Contact	Venue
MONDAY					
Megan Baker House	9.00 – 17.00	Term Time	Appointments	www.meganbakerhouse.org.uk	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
TUESDAY					
Sweaty Mama – exercise classes	9.30 – 10.30	Weekly	ETBC	Contact lsuraw@lamo@westhemama.com	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 • PeggyPerez@hotmail.co.uk	SCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Just drop in - visitors welcome!	SCRC
WEDNESDAY					
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • tes@cbh.org	HWCRC
Active Fitness - Gentle Exercise	10:00 - 11:00	Weekly	£4.00	Abi abi.lloyd2@hotmail.com • 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 info@westcheltenhampantry.org	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 • tes@cbh.org	HWCRC
Maths Tutoring Exam tutoring for 9-11ys	17:00 – 19:00	Term Time	ETBC	Tehreem Hajra • tehreem.hajra@hotmail.com	HWCRC
Turkish Classes	17:00 – 19:00	Term Time	ETBC	Saime Akst • saimakst2@gmail.com	HWCRC
THURSDAY					
Prospect Training Services	10.00 – 17.00	Fortnightly	FREE	www.prospect-training.org.uk 01452 886 888	HWCRC
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • tes@cbh.org	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 • tes@cbh.org	HWCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	ETBC	Brian Jarvis • 07971 584901	SCRC
FRIDAY					
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 tnatwmp@yahoo.co.uk	HWCRC
GKR Karate	17:00 – 19:00	Weekly	ETBC	07852 292218 • region34uk@gkrkarate.com	SBCRC
SATURDAY					
GKR Karate	10.00 – 12.00	Weekly	ETBC	07852 292218 • region34uk@gkrkarate.com	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 st Saturday	SCRC
SUNDAY					
Cheltenham Community Church	10:30 - 13:00	Weekly	FREE	Visitors welcome	SCRC
DAILY					
Computer Access – Lobby	08.00 – 18.00	Weekdays	FREE	Drop in!	HWCRC
Listening Post - counselling services	Appointments	Weekdays	£ on request	01242 256060 • lp@cheltenham@listeningpost.org.uk	HWCRC
Andrew Bird Hearing – ear wax treatments	Appointments	Weekdays	£ on request	01242 262551 • info@andrewbirdhearing.co.uk	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	www.westcheltenham.org/springbank_crc for services contacts	SCRC
Speech and Language / Physio / Nursing / Dentist	Emergency appointments	Daily	FREE	0300 421 6435 • 0300 421 6440 option 1 • springbankdental@ghc.nhs.uk	SCRC
Cheltenham Pharmacy	10.00 – 18.00	Daily	ETBC	01242 255061	SCRC
BOOKABLE SERVICES from the CRCs					
Read Easy – reading improvement classes	Appointments		FREE	www.readeasy.org.uk • ccordinator1@readeasy.org.uk	HWCRC
Teens in Crisis – teen counselling services	Appointments		FREE	www.ticplus.org.uk • 01594 372777 • text 07520 634063	SCRC
Relate – relationship counselling services	Appointments		FREE	www.relate.org.uk	HWCRC
Diabetes Prevention	Courses		FREE	www.preventing-diabetes.co.uk/referral/	HWCRC
Head To Toe - alternative health clinic	Appointments		£ on request	philippa.horton@hotmail.co.uk • 01242 260697	HWCRC
Dial-a-Cab - taxi service	24/7 taxis		£ on request	01242 24 24 24 • info@dacchelt.com	HWCRC
Brighter Homecare – care services	Services		£ on request	care@brighterhomecare.co.uk • 07597 510596	HWCRC
Chinese Childrens and Parents Association	Appointments		£ on request	07720 637976 • mandarin.school@hotmail.co.uk	SCRC

Previous attachment



CHELTENHAM 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

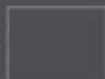


SCAN ME



family
space⁺

YMCA CHELTENHAM
DRIVEN BY THE GOOD WE DO





FOOD PANTRY DETAILS

	<p>CCP 340 High Street, GL50 3HW Tel: 01242 228999</p>	<p>Opening Times Wednesday 11 - 5 pm Thursdays & Fridays: 9 - 3 pm</p>
	<p>Springbank Food Pantry Ron Smith Pavillion, Springbank way, GL51 0LH Tel: 0754324225</p>	<p>Opening Times Tuesdays to Thursdays: 9 - 12 pm Additional Tuesday Hours: 5- 6 pm</p>
	<p>Cornerstone Cupboard 1 Severn Road, Whaddon GL52 5QA Tel: 01242 777777</p>	<p>Opening Times Thursdays 10:30 - 4 pm</p>
	<p>West Cheltenham Food Pantry Hesters Way Resource Centre GL51 7SY Tel: 01242 575638</p>	<p>Opening Times Wednesdays 10 - 1 pm Thursdays 10 - 1 pm</p>
	<p>Lakeside Community Pantry St Margaret's Hall, Coniston Road, GL51 3NU</p>	<p>Opening Times Tuesday 11:30 - 12:30 pm</p>
	<p>Fresh Hope Family Pantry The Rock, Tewkesbury Road GL51 9AH</p>	<p>Opening Times Mondays 3:30 - 5 pm Fridays 9 - 12 pm</p>

MAN UP Gloucestershire



MAN UP GLOUCESTERSHIRE

IT'S BETTER TO TALK

"MAN UP Gloucestershire is a men's peer support group that is open every Tuesday evening from 7pm until 8:30pm at Springbank Community CiC.

We offer a safe and confidential space for men to talk about issues impacting their mental health.

Our service is completely free and tea and coffee is provided at no charge."

www.manupglos.org.uk

4th Cheltenham Boys Brigade

4th Cheltenham Boys Brigade has spaces in all 3 sections.

We meet at Hester's Way Baptist church on :
Anchors Mondays 6 till 7pm for boys reception to year 3

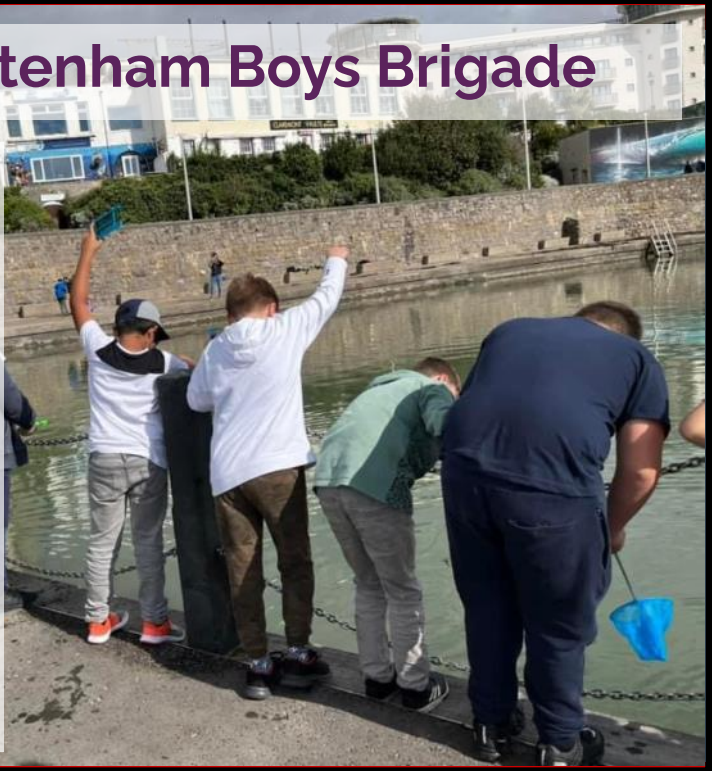
Juniors Friday 6 til 7pm for boys year 4 to year 6

Company Fridays 7 til 8pm for boys year 7 to year 11.

Cost is £2 a session for fun activities, games and crafts and trips .

Camps are run each year for Juniors and Company sections.

To register your child please text Jacquie Boyer on 07786635035 .



EASTER ACTIVITIES



The ROCK
Transforming Lives

22

Charity Number: 1190651

therock.uk.com

April 2024

Tuesday 2nd: Dodgeball

Wednesday 3rd: Archery

Thursday 4th:
Multisport & Creative

All 1pm-3pm



All Rock team DBS checked

All sessions free

Booking & Parent Consent via therock.myclubhouse.co.uk



therockchelt



therockcheltenham



01242 700700



St Peter's Church, Tewkesbury RD, Chelt, GL51 9AH



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.





Springbank News

Springbank Community Group was once again nominated for an award for No Child Left Behind (NCLB) in three categories. The awards ceremony was held at Cheltenham Town Hall on Thursday 1st February and was a celebration of those organisations, groups and services that have made a difference to children, young people and families in Cheltenham, especially those living in poverty or facing hardship. We are very pleased to say that we won the Strong Relationships category.

Cafe News

There will be a community lunch on the last Friday of every month, come along for a delicious home cooked style lunch. Our next Lunch will be Friday 22nd March 2024

Cafe Training and Work skills

Are you interested in gaining the skill and experiment needed to work in a cafe or other customer service role?

Inquire at the cafe about our 8 week training skills course

- * Customer service
- * Barista training
- * Food and drink preparation
- * Safe food handling
- * Opening and closing routines

In addition to developing your knowledge and experience we will support you to gain certificates in food hygiene and allergy training and updating your CV to reflect what you have learnt. You do not need any previous experience. Come in and chat with Faith, Paige or Sarah for more information.

Community Lunch

FRIDAY 1ST MARCH
FROM 12.30PM
IN THE RON SMITH PAVILION

pay as you can

JOIN US FOR
LASAGNE & GARLIC BREAD
(VEGETARIAN OPTION AVAILABLE)

Pantry

The pantry is doing well in its new space and continues to be busy. Last year around 17,200 customers used our pantry and we still have new members signing up.

Currently Pantry members must queue outside whilst waiting to access the pantry. We are waiting for funding with which we will be able to build a canopy to protect them from the elements, whilst they wait.

CHEP Cheltenham Household Essentials Project

CHEP continues to provide for those that need items. We are always on the lookout for the following microwaves, slow cookers, and air fryers. Curtains are also useful as well. Our list of wanted items changes quite a bit so it's always best to check what is needed.

If you wish to donate please contact Paige.

Money Advice Morning

On Tuesday February 6th we hosted advisors from CBH Money and Benefits Advice Team, P3, CAP and Adult Education for a special advice morning. The advisors were able to give help to people on a range of money related matters, including benefits advice, accessing funds to help with household items, housing advice, debt management and money management and Adult Education gave out information on their Every Penny Counts course. The morning was well attended and very useful for everyone who came. If you want to get more confident managing money you can sign up for Every Penny Counts (details can be found in the cafe and pantry).

Social groups and drop in sessions

We have many social and support groups at Springbank, these include **Monday: SEN Coffee Morning 10.00 -1200** [see over for more](#)

Join us on Sunday 3rd March for our

FAMILY GAMES CAFE

2pm -4pm

Set aside your high-tech gadgets and come along to our family games cafe where we have games suitable for all ages

Top Trumps / Cluedo / Connect 4 / Scrabble / Bus Stop / Settlers of Catan / Marble Run + Much Much More

RON SMITH PAVILION, SPRINGBANK WAY, CHELTENHAM, GL51 0LH

FREE ENTRY

BRING YOUR FAMILY AND FRIENDS!

SPRINGBANK
COMMUNITY GROUP

Board Game Cafe**Tuesday:** Marcus. P3 Drop in. 0900-1100

Man up 1900-2030

Wednesday: Every Penny Count 1000-1200**Thursday:** CBH Money, Benefits and advice 0900-1200

Cafe Skills training 1030-1130

Drop in Wellbeing Support 1200-1500

Sarah (Our health and wellbeing coordinator) 1200-1400

Friday: Inspiring Families 0900-1130

Move More 0930-1130 Community Centre

Scrabble club 1200-1400

There are many other groups and drop-in advice sessions such as Nannas and Pops, Knit and Natter, and Crafts. For more information look on the new noticeboard by the pantry entrance on our Facebook page or just ask one of the Springbank staff.

Youth work.

Springbank youth workers have been working in the area on Wednesday and Thursday evenings for the last 36 weeks. Additionally to working to reduce antisocial behaviour, they have been engaging with young people to allow them plan their youth club of the future. We are hoping that in the coming weeks, in conjunction with the West Cheltenham Partnership to launch a new program of activities for young people in the area.

Opening hours

Cafe Every day 0900 - 14:00

Pantry

Tuesday 0900 - 1200 1700-1800

Wednesday 0900 - 1200

Thursday 0900 - 1200

CHEP Tue/Wed/Thur/Friday 1030 - 1230**Mondays****12-2pm****In the Cafe****Board
Game
Cafe****Free to
play**Ron Smith Pavilion, Springbank Way,
GL51 0LH

SCRABBLE CLUB

EVERY FRIDAY 12PM - 2PM
IN THE SPRINGBANK CAFE

FREE TO PLAY
EVERYONE WELCOME

RON SMITH PAVILION,
SPRINGBANK WAY, GL51 0LH

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

**Are you or a loved one
living in the South West?**

**Do you have firsthand
experience with health
or social care services?**

NHS England South West would like to know about your experience of care and what matters to you, to improve the quality of the services you are offered

**Complete this short
survey to share
your views**



CARE

NHS
England
South West

ice

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



Help us
to keep the
cool

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

Engineering Curiosity with Bloodhound Education

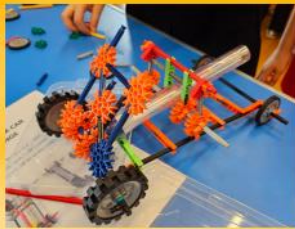
At the Springbank Community & Resource Centre
Cheltenham

Tuesday 26th March

Do you like building things?
Become a research and development engineer for the day.

10am - 12 noon Rocket Cars
12.30pm - 2.30pm Indoor Rockets

All attendees will
receive lunch
provided by the HAF
Programme.



For children aged 5+ years who
are eligible for free school
meals

Children under 9 must be
accompanied by an adult.

Fully funded for children eligible for free school meals. Adults free.

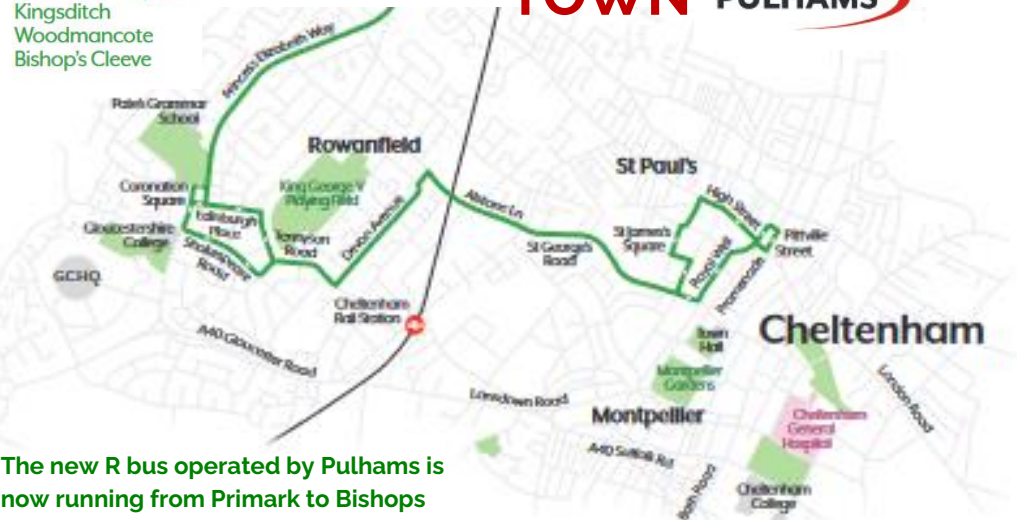
To book a place please visit :
<https://gloucestershirehaf.com/cheltenham-haf/about-the-haf-hap-cheltenham-haf/#>

Contact for more information : accounts@bloodhoundeducation.com

R

Cheltenham
Rowanfield
Coronation Square
Kingsditch
Woodmancote
Bishop's Cleeve

NEW HOURLY BUS TO TOWN PULHAMS



The new R bus operated by Pulhams is now running from Primark to Bishops Cleeve via Rowanfield, St Marks and Coronation Square

Keep Springfields Tidy

SPRINGFIELD PARK LITTER PICKERS

VOLUNTEER LITTER-PICK

10am FIRST SATURDAY OF THE MONTH

FEEL FREE TO JOIN US



Easter

2024

WEST CHELTENHAM



www.westcheltpassionplay.org.uk

COMMUNITY

*Passion
Play*

#wccpp24

A roving outdoor dramatic production retelling the Easter story,
performed at key sites around Hesters Way,

GOOD FRIDAY 29TH MARCH

2pm, starting at

HESTERS WAY PARK

For those with limited mobility meet us for the Crucifixion scene
at Edinburgh place at 3.30pm (approx)

Followed by hot cross buns and meet the donkey!

EASTER SUNDAY

31st March 3pm

**A CELEBRATION OF THE
RESURRECTION**

at St Aidan's site, Coronation Square
with live music and Easter egg hunt!

Visit www.westcheltpassionplay.org.uk to find out more or contact

Revd Janice Hamilton direct janice.hamilton@westchelt.org.uk, 07749 130323