

viewpoint



Volume 55 - Autumn 2025

West Cheltenham's FREE magazine

FREE IN WEST CHELTENHAM

viewpoint

Autumn 2025

3 Ash Tree Café Check out the new autumn menu and super community lunches at the Hesters Way Community Centre Cafe

5 - 8 The Hub Lots of new activities at the dedicated community space at the Hesters Way Community Centre

10 - 13 Springbank Community Group Find out what activities the SCG are offering for the local community in Springbank

14-15 West Cheltenham Medical information about the service and easy sign up

16 Listening Post Coffee and Chat A chance to chat in a friendly relaxed supportive environment

17 Danuta Sosnova—Art Exhibition Review A chance to hear about this fantastic visiting artist from Poland

22 - 26 Christmas Activities Lots of activities to enjoy across West Cheltenham this December

27 The Rock Lots of activities for young people at this fantastic youth project on Tewkesbury Road

28 St Aidans Garden Find out more about the progress of this super local development project

29 Age UK Gloucestershire invites you to share your voice on things that matter to you—find out how!

31 Community Pantries Find out how to join up or how to donate to these invaluable local food projects

News, events, activities and
stories from the west of
Cheltenham in AUTUMN 2025



Online
[westcheltenham.org/
viewpoint](http://westcheltenham.org/viewpoint) or 01242 575638

ASH TREE CAFÉ TASTY NEW MENU!

The Ash Tree Café at the Hesters Way Community Centre has been building a great regular crowd since the summer when new manager Iain (pictured right) took over with fantastic support from volunteers. The menu has remained the same since January but we're now introducing some tasty new fillings for the autumn.

The jacket potatoes and rice meals will now be available with beef chilli or mushroom and red pepper stroganoff. New fillings will also be on the menu for the sandwiches, paninis and baguettes including turkey and cranberry sauce and cheddar and spring onion.



For the regulars, don't worry the old favourites will remain and for those with a sweet tooth the cakes are staying too. Muffins, cinnamon swirls, banana caramel and chocolate loaf and rocky road, are always popular with our teas and freshly ground coffee.

If you haven't tried it why not drop in to the COMMUNITY LUNCH on Friday 12th December where we'll be offering our pay as you feel meal. Servings start at 12.30pm so get there early before it runs out!!

If you would like to run an event or volunteer please call Iain on 01242 575638 for more information.



Iain and Emma with home made



ASH TREE COMMUNITY CAFE
HESTERS WAY COMMUNITY
RESOURCE CENTRE



WEST CHELTENHAM
PARTNERSHIP

COMMUNITY LUNCHES

FRIDAY 12 DECEMBER
(CHRISTMAS THEMED)

FIRST SERVE 12:30PM
LAST SERVE 1:30PM
'PAY WHAT YOU CAN'



AT WEST CHELTENHAM PARTNERSHIP,
OUR VISION IS SIMPLE BUT POWERFUL:

✦ A FLOURISHING COMMUNITY
WITH OPPORTUNITIES FOR ALL



COMMUNITY BOARD GAMES



OPEN TO ALL

**WHEN: EVERY THURSDAY | 11:00 AM –
1:00PM**

**WHERE: WEST CHELTENHAM HUB –
HESTERS WAY COMMUNITY
RESOURCE CENTRE
THE HUB NEXT TO THE CAFE**

FIND OUT MORE





Water Colour Painting Classes

**Join your first class for free.
Afterwards, donations help support
future sessions.**

Venue:

**The Hub - West Cheltenham at
Hesters Way Community Resource
Centre**

Find Out More



Monday's 1pm-4pm

THE FRIDAY CRAFTY CLUB

11AM-1PM
FREE

**HESTERS WAY COMMUNITY
RESOURCE CENTRE - HUB**



LEARN MORE

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

FREE

**WEST CHELTENHAM HUB AT
HESTERS WAY COMMUNITY
RESOURCE CENTRE.**

GL51 7SU

10:30-1pm ★

SUN 30 NOV
TOY SWAP



**JUST IN TIME FOR
CHRISTMAS.
THANKS FOR
MAKING
CHRISTMAS MORE
SUSTAINABLE**

Got toys your kids have outgrown?
Bring them along on the day and swap them for
something new-to-you. All completely **FREE!**

- Bring clean, gently used toys.
- Trade them for something your kids will love.
- A fun, eco-friendly way to save money and spread festive joy.



Please bring toys in a condition you would be happy to receive. Thank you.

@GlosBudgetMum



Springbank Community Group News

Springbank Pantry

The pantry continues to support our community at all times we will accept any donations as our stock fluctuates from week to week open Tuesday, Wednesday, Thursday 9-12 and Tuesday 5-6



Cafe

The cafe continues to serve our community with affordable food and drink, the cafe space is utilised on a daily basis with our support groups and social groups

What's on at Springbank

- Monday** 10am - 12pm **SEN Coffee Morning**
6pm - 8pm **Ignite 16+**
- Tuesday** 9am - 12pm **P3 support**
10am - 12pm **Reading and Writing Support drop in**
10.30am - 12pm **Fibromyalgia / ME Coffee meet up**
- Wednesday** 10am - 2pm **Digi Hub drop-in**
12pm - 2pm **Craft Group**
2.30pm - 4pm **Nannas and Pops (5th & 19th November, 4th December)**
- Thursday** 9am - 11am **-CBH Money and Benefits Advice Drop in**
10.30am - 12pm **- Springboard with Enablement**
12pm - 2pm **Wellbeing Support Drop in**
5pm - 7pm **Youth Club**
- Friday** 9.30am - 11am **Our Place Group**

At other times we have the following who drop in to give support and advice
Bromford Housing Guinness Homes Severn Trent Menopause café.

Quiz night 6th December



Opening Doors, Building Futures

One of the most meaningful ways we support young people to step confidently into adulthood: Work Experience.

At Springbank Community Group CiC, we provide hands-on work experience opportunities across our community projects, including our Food Pantry, Community Café, youth clubs, events, and admin teams. These placements not only give young people real skills and confidence but also strengthen the sense of purpose, belonging, and responsibility that youth work is built upon.

Whether someone's goal is to work in hospitality, social care, retail, customer service—or they're just beginning to explore where they fit in—our work experience placements are designed to be inclusive, supportive, and empowering.

Work experience at Springbank isn't just about a task list or ticking a box. It's about seeing young people flourish in real environments, feel included, and discover what they're capable of. Watching those lightbulb moments—when confidence grows and barriers fall away—is what makes our work so powerful."

We're proud to stand alongside young people in Cheltenham, offering more than advice—offering opportunity.

GlosDigi

Our new **GlosDigi** mentor has hit the ground running. Well done Rachel and thanks Cheltenham Central_PCN_-_Social Prescribing for having us.

If you need help with anything online please email digihub@springbankcommunitygroup.org and the team will get back to you.

Christmas Hampers

In the next few days we will be busy putting together Christmas hampers, these are all part of our reverse advent calendar with 25 items put into a hamper



Springbank Community Group



Christmas Cake Fundraiser – Peace Camp 2026

We're excited to be baking up something special this festive season – delicious homemade Christmas cakes in support of our fundraising for Peace Camp 2026, which will welcome young people from Cheltenham,

Germany and Poland to come together for a life-changing international exchange right here in Cheltenham.



Choose from rich fruit cake or chocolate sponge – and we're delighted to offer gluten-free options too – perfect for your Christmas table (or as a thoughtful gift

Sizes & Prices:

Cakes will be ready for collection from 22nd December – just in time for Christmas! To order, please complete our online form: <https://form.jotform.com/springbankcg/christmas-cake-ordering-form>

Every cake purchased helps us raise vital funds to make Peace Camp 2026 possible. Thank you for supporting young people to learn, connect and grow

Congratulations Frank!!

Huge congratulations to Frank who completed the Cheltenham Half Marathon in an incredible 2 hours and 1 minute!

This is not only a fantastic achievement in itself, but also a big step forward in his training for the full marathon which he will be running in support of Springbank Community Group CiC to help us keep the shelves stacked.

We are so proud of his determination, commitment and the example he's setting



Youth News

Youth clubs have been busy with various activities including glass painting which was very popular by all who attended.

Our weekly youth clubs include:

Brizen Seniors (14–18 years): Mondays, 6–8 pm, at Brizen Young People's Centre, GL51 4BB.

Ignite 16+ - Steps to Adulthood Programme (16-25 years): Mondays 6.00-7.30pm at Ron Smith Pavilion, GL51 0LH.

Springbank All Ages Outreach: Wednesdays, 5-7 pm, at Springfields Park, GL51 0LH. **Springbank Youth Club (8+ years):** 5-7pm, in the Creative Space, Springbank Community Resource Centre, GL51 0LH

Churchdown Youth Club (12–16 years): Mondays 6.00-7.30pm and Thursdays, 6:30– 8 pm, at Brookfield, Parton Road, GL3 2AH.

Brizen Juniors (8–11 years): Fridays, 5–6:30 pm, at Brizen Young People's Centre, GL51 4BB.

Brizen Intermediates (11–14 years): Fridays, 6:30–8 pm, at Brizen Young People's Centre, GL51 4BB.

Ignite - SEN Friendly Session (All Ages): 2nd and 4th Saturdays of the month, 2–4 pm, at Ron Smith Pavilion, GL51 0LH.

A BIG Thank You!

We want to say thank you to all those kind generous people who have donated, food, clothes for our clothes bank, toiletries, wood for our new shelving in the pantry, time to help on our allotment and painting the doors in the Ron Smith Pavilion, money donated will go directly towards sustaining vital community projects across Cheltenham, helping us continue to provide safe spaces, meaningful opportunities, and essential support to those who need it most.

We really are extremely grateful for everyone that donates in whatever way they can because without your help we could not survive and thrive.





CARE NAVIGATION

At West Cheltenham Medical we work hard to ensure that when our patients need to see a GP, they have access to one quickly and in a way that suits them.

Sometimes though, a GP isn't the best person to see and patients may be treated more quickly by another healthcare professional...this is where CARE NAVIGATION comes in.

Care navigation helps us provide the best possible care for our patients by signposting them to the most appropriate service for first contact. This also means that we have more GP appointments to offer when they are needed.

Our care navigators are specially trained but they are not replacements for our clinical staff. Their goal is to ensure that our patients get the right care, at the right time, in the right place.

Registering with us is easy,
simply scan the QR code below



West Cheltenham Medical
Hesters Way Community Centre, Cassin
Drive,
Cheltenham, GL51 7SU
01242 507111



Our Clinical Team

GP 's

In addition to the GP Partners, we also employ a number of other qualified GPs

Advanced Nurse Practitioners

Our ANP's are able to see patients with undiagnosed medical conditions and make treatment decisions including ordering any necessary investigations. They can prescribe medication and refer patients to secondary care, as well as help patients to manage their long term (chronic) conditions

Practice Nurses

Our practice nurses are able to offer services and advice relating to vaccinations and immunisations, family planning, sexual health, smoking cessation and managing long term conditions. They can also manage minor and complex wounds including leg ulcers

Healthcare Assistants

Our HCA's are trained to undertake specific clinical procedures including blood pressure checks, new patient checks, health promotion, urinalysis and phlebotomy

Phlebotomists

Our Phlebotomists take blood samples from patients for examination in a laboratory

Pharmacists

Our clinical pharmacists are highly qualified experts in medicine and can help people in a number of ways, including carrying out structured medication reviews for patients with ongoing health problems and those taking multiple medications

First Contact Practitioners

Our Musculoskeletal FCP's are highly experienced physiotherapists who are able to assess, diagnose treat and manage patients with problems affecting joints and muscles

Social Prescribers

Our Social Prescribers help patients improve their health, wellbeing and social welfare by connecting them to community services. These may be run by the council or charity

Coffee and Chat

for Wellbeing

Hesters Way Community Resource Centre.



Come and join us for a coffee and chat every 3rd Wednesday of the month
between 10:30am and 12pm.

ALL WELCOME

Whether you are feeling lonely, isolated or just fancy a chat, we would love to
see you.

For further information please email admin@lpost.org.uk or call 01452 383820



FixMyStreet

www.fixmystreet.com

Register you issues with pot holes, abandoned vehicles, dog fouling, fly tipping, pavements, hedges, trees, street lights, graffiti on the website above!

Visiting Polish Artists' Exhibition

At the end of October, a Polish artist, Danuta Sosnowa, showcased her works during a short visit to Cheltenham. A vernissage of works took place on the 26th of October at Halina Kiedrowska's design studio in Berkeley Mews, Cheltenham. A small exhibition of works by Danuta called "Lines, colours & emotions - captured in a moment" displayed paintings that merge emotions and nature.



During the event, we heard the stories behind the works and Danuta's inspirations. About the artist: Danuta Sosnowa (b. 1957) is a Polish multidisciplinary artist working across textile art, sculpture, painting, and photography. Self-taught and driven by innate sensitivity, she has developed a unique style over four decades of creating, exploring the relationship between humanity and

nature. Her work spans textile designs inspired by natural patterns, sculptures, pastel drawings and aquarel paintings, and innovative upcycled jewellery.

Through collaborative projects and teaching, Danuta continues to foster dialogue across artistic communities while advancing ecological awareness and the transformative power of art.



If you are interested in buying her works, please contact Halina at: Tailoring & Alterations service by Halina Kiedrowska Unit 7, Berkeley Mews GL50 1DY, Cheltenham 07590218586

TRAINING AND EMPLOYMENT SERVICE

FREE courses and employment support near you

Drop-in and speak to our qualified team. We can help you to access on-line services, gain training certificates and get you ready for your next employment opportunity

- ✓ Employment support
- ✓ Training opportunities
- ✓ Digital skills
- ✓ Free online courses
- ✓ Access to computers and internet



You can find us at



**Hesters Way Community
Resource Centre**



**Oakley Community
Resource Centre**



**Wednesday and Thursday
10am-12pm
1pm-3pm**



**Tuesday
10am-12pm**

Get in touch today for more information
tes@cheltenham.gov.uk



CHELTEMHAM
BOROUGH COUNCIL
Housing services

Untangle your debts with us.



Our CAP Debt Centre provides free face-to-face debt help in **Cheltenham**.

**to find out more call Carmel
07736 758437**

**to book an appointment call
0800 328 0006**

capuk.org/debthelp





Find out
more



MAMA'S COFFEE MORNING MEET UP



Monday Morning's
10am-11:30pm
for a £2 coffee and cake.

Connect with other parents while your UNDER
2s **enjoy our safe baby & toddler play area,**
Where? The HUB – West Cheltenham. Hesters
Way Community Resource Centre/Ash Tree
Cafe

Keep Springfields Tidy

SPRINGFIELD PARK LITTER PICKERS

VOLUNTEER LITTER-PICK

10am FIRST SATURDAY OF THE MONTH

FEEL FREE TO JOIN US



STAY & PLAY

PARENT AND TODDLER GROUPS

Play time . Singing . Healthy Snacks .
Come and meet new friends

Tuesday 9.30-11am @ Hestersway Baptist Church, Ashlands Rd, GL51 0DH

Wednesday 9.15-10.45am @ St Barnabas Church, Orchard Way, GL51 7JY

Thursday 9.30-11am @ The Oasis Centre, Cassin Drive, GL51 7SY
(During term time)
linda@familyspace.org.uk

£3 per family

YMCA Here for young people
Here for communities
Here for you

PARENT & CARERS SUPPORT GROUP

A Support group for parents of children with additional needs.

- ✓ Meet other parents with similar experiences
- ✓ Professional drop ins for info & advice
- ✓ Crafts and conversations for wellbeing

TUESDAY 9.30-11.30AM
DURING TERM TIME £3

The Oasis Centre, Cassin Drive, GL51 7SY

Contact us for more
Information:

07481 775883

juliep@familyspace.org.uk
linda@familyspace.org.uk

YMCA

Here for young people
Here for communities
Here for you



The Parish of
West Cheltenham

Christmas 25

30 TH NOV | 4.30PM

DARKNESS TO LIGHT SERVICE

A CHRISTMAS SERVICE OFFERING COMFORT AND HOPE
FOR THOSE FACING GRIEF AND LOSS.

ST MARK'S CHURCH
GL51 7AL

4TH DEC | 5.30PM

ALL SAINTS ACADAMEY CAROL CONCERT

ALL SAINTS ACADEMY, GL51 0WH

7TH DEC | 3.30PM

MESSY CHRISTMAS

CHRISTMAS CELEBRATION FOR FAMILIES WITH
CRAFTS, STORIES, AND FESTIVE JOY

ST MARK'S CHURCH HALL, GL51 7AL

21ST DEC | 4.30PM

ST M'S CAROL SERVICE **ST MARK'S CHURCH, GL51 7AL** (PLEASE BOOK TICKETS!)

21ST DEC | 4.30PM

ST B'S CAROL SERVICE **ST BARNABAS CHURCH,** **GL51 7JY**

19TH DEC | 6PM

YOUTH CHRISTMAS FESTIVAL

FOR SCHOOL YEARS 7 TO 13
ST BARNABAS CHURCH,
GL51 0LH

20TH DEC | 6PM

COMMUNITY CAROLS **COMMUNITY CAFE** **SPRINGBANK CAFE, GL51 0LH**

**FOR CHRISTMAS EVE AND CHRISTMAS
DAY SERVICES, KEEP READING...**



The Parish of
West Cheltenham

Christmas 25

24TH DEC | 4PM

NOISY NATIVITY

A FESTIVE, FAMILY-FRIENDLY NATIVITY
WHERE THE NOISE IS PART OF THE JOY!

ST MARK'S CHURCH

ST MARK'S, GL51 7AL

24TH DEC | 4.00PM

CRIB SERVICE

PREPARING THE CRIB FOR JESUS
ST BARNABAS CHURCH,
GL51 7JY

24TH DEC | 4.00PM

COMMUNITY NATIVITY

A PLAYFUL, PARTICIPATORY NATIVITY WHERE THE
CONGREGATION BECOMES THE CAST!

ST AIDAN'S GARDEN

HESTER'S WAY, GL51 0GY

24TH DEC | 11.15PM

MIDNIGHT COMMUNION

ST MARK'S CHURCH

ST MARK'S, GL51 7AL

25TH DEC

CHRISTMAS MORNING

ST AIDAN & ST SILAS CHURCH | 10AM

ST BARNABAS CHURCH | 10.30AM

ST MARK'S CHURCH | 10.30AM

WE CAN'T WAIT TO SEE YOU!

**FOR FULL DETAILS & TICKETS HEAD TO
WESTCHELT.ORG.UK/CHRISTMAS**

Join Us This December for a Day of Christmas Magic!

You're invited to our festive **Christmas Fayre** - A fun -filled day for the whole family!



Enjoy:

Festive Stalls

Raffle & Lucky Dip

Tea, Coffee & Homemade Cakes



A Visit from Father Christmas

Sunday 7th December
11.00 a.m – 5.00 p.m

Talking Heads Hair & Beauty Salon
76 Tennyson Road, St Marks, GL51 7DB

talkingheadscheltenham@gmail.com / 01242 239056

All in support of the
Great Western Air
Ambulance Charity



**GREAT
WESTERN**
Air Ambulance Charity

Waste and Recycling in Cheltenham

Christmas and New Year 2025-2026

This collection is taking place five days early!

Normal Collection Day	Revised Collection Day
Monday 22 December 2025	Normal collection
Tuesday 23 December 2025	Normal collection
Wednesday 24 December 2025	Normal collection
Thursday 25 December 2025	Saturday 20 December 2025
Friday 26 December 2025	Saturday 27 December 2025
Monday 29 December 2025	Normal collection
Tuesday 30 December 2025	Normal collection
Wednesday 31 December 2025	Normal collection
Thursday 1 January 2026	Friday 2 January 2026
Friday 2 January 2026	Saturday 3 January 2026

Normal collections resume Monday 5 January 2026

Garden waste collections will be suspended at the end of Friday 12 December 2025 and will resume from Monday 12 January 2026.

Help us to recycle right - Have a look at our top tips!



No broken glass in your recycling box please, wrap it up carefully and pop it in your refuse bin.



Please put all brown paper into your blue cardboard bag.



Over the festive season, remember to recycle your glass bottles, drink cans and real Christmas trees.

To find out how to recycle your Christmas trees and waste visit www.cheltenham.gov.uk/christmas

If you are confused, ask the waste wizard how to recycle, donate or dispose of your household items using the QR code below.

Garden waste collections

The easy way of disposing of your garden waste on a fortnightly basis through kerbside collections.

Renew or sign up to garden waste collections visit:

www.cheltenham.gov.uk/garden-waste



SCAN ME



Bulky waste collections

For items that will not fit in your bin.

- Three piece suites
 - Washing machines
 - Fridges & freezers and many other household items.
- Book your collection and check prices visit: www.cheltenham.gov.uk/bulky-waste

Please visit www.cheltenham.gov.uk/christmasopeninghours

For more information please call
01242 262626 or visit

www.cheltenham.gov.uk/recycling



Cheltenham recycles



CHELTENHAM
BOROUGH COUNCIL

Come and join the **CHRISTMAS COMMUNITY CHOIR**



The Parish of
West Cheltenham

Rehearsals:

Tuesdays 2nd & 9th Dec
7-8pm St Barnabas Church

Performances:

Christmas on the Square
13th Dec 5pm
Community Nativity
at St Aidan's Garden
24th Dec 4pm



*For more info contact
Revd Janice Hamilton 07749 130323
janice.hamilton@westchelt.org.uk*



The Parish of
West Cheltenham

NO NEED TO BE ON YOUR OWN OR FEEL LONELY THIS CHRISTMAS.
JOIN US FOR A FESTIVE

CHRISTMAS DINNER

THURSDAY

25
DEC

12 FOR 12.30
- 2.30PM

HESTERS WAY COMMUNITY
RESOURCE CENTRE

GL51 7SU



LIMITED PLACES - BOOKING ESSENTIAL!

visit www.westchelt.org.uk or contact Revd Janice Hamilton 07749 130323



**The
ROCK**
Transforming Lives

Evening Groups

Term Time

Relaxed & Chilled

Space 51
Youth Club

Mondays 7pm-8:30pm

School Years 8-11+

Exciting & Varied

TNT
Youth Club

Tuesdays 6pm-7:30pm

School Years 5-7

For more info on the group's visit

therock-uk.com

Focussed & Quiet

Archery

Wednesdays 6pm-7:30pm

School Years 6-11

Loud & Energetic

SAS
Scoot & Skate Skatepark

Thursdays 6pm-7:30pm

School Years 6-11

£1 a session

Parent consent & Session Sign up

therock.myclubhouse.co.uk

@therockcheltenham



@therockchelt



The Rock, St Peter's Church
Tewksbury RD GL51 9AH



01242 700700

Charity Number: 1190651

The Rock is committed to safeguarding children & young people, including DBS checks for all youth team



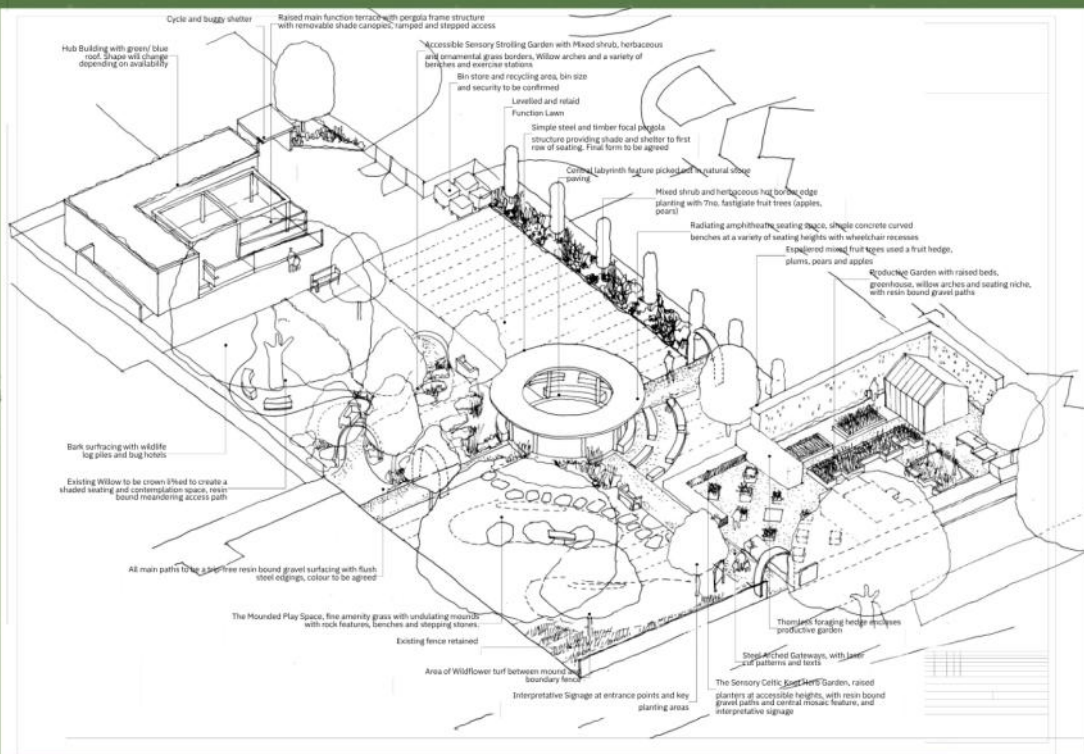
St Aidan's Garden

Over the summer we held a listening exercise, speaking to people with lived experience of disability, mental health conditions and neuro-diversity, to ensure that plans for the proposed garden addressed their access needs. We carried out 16 one-to-one interviews and attended 3 inclusive groups to collect people's views.

Since then the Landscape Architecture students at the University of Gloucestershire have revised the drawings to accommodate the outcomes, including: adding and widening pathways, providing a variety of seating options (some with backs and arms), creating spaces for wheelchair users in seating areas, including tactiles at main entrances and providing a decking area with a gradual ramp.

We are now writing lots of grant applications to raise the necessary funds with the hope that works can begin on the garden next summer to catch the planting season in September.

We look forward to seeing the green field site transformed into a beautiful space to serve the local community.



Age UK Gloucestershire invites you to share your voice

Age UK Gloucestershire, in partnership with the Gloucestershire Older Persons' Association (GOPA), is inviting local people aged 50 and over to make their voices heard through the Voice of Older People initiative. This project is all about listening to local people and understanding what really matters to them – from daily life experiences to broader community concerns.

Whether it's celebrating what's working well or identifying areas for improvement, this initiative empowers older people in the community to share their views, which in turn can help influence change so that the needs of older people are better met across the county

Participants are invited to contribute by completing occasional surveys and questionnaires, or joining focus groups, either for Age UK Gloucestershire or other local organisations seeking the views of older people. There's no cost involved, and people can choose how much or how little they wish to be involved.



**Your voice matters in
Gloucestershire**

**If you're over 50, join our
Voice of Older People and
help shape the conversation**

**The Voice of
Older People**



Age UK Gloucestershire's Voice of Older People initiative provides a real opportunity for those involved to become powerful advocates for older people in Gloucestershire, helping older voices to be truly amplified, valued and respected.

To find out more and take part in the Voice of Older People: Scan the QR code or Visit: ageuk.org.uk/gloucestershire/VoOP Email: supporters@ageukgloucestershire.org.uk Call: 01452 422660





FOOD PANTRY DETAILS

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

FREE SUPPORT FOR CARERS OF ADULTS

If you feel unsure, confused or are struggling to understand what you are entitled to and how to communicate with your local authority please get in touch and we will organise a time that is suitable for a conversation with your Peer Navigator.



If you help another adult in any of these ways we may be able to help you.



Helping around the home

With washing, getting dressed or getting to and from the toilet safely or Cooking, cleaning, shopping or laundry



Helping to get out and about

to appointments or to meet with friends and family, or to get to community groups



Helping people who care for others

Looking after another adult so the person who normally cares for them can get some time out or caring for children because their carers have physical or mental health barriers



Helping people with budgeting

paperwork or telephone calls

PEER NAVIGATOR NATIONAL NETWORK

Access Social Care is a legal rights charity, supporting people and carers across the country to understand their rights in adult social care support and to achieve fair and equal access to support. Our Peer Navigators are based within your local community and can offer support online or, where possible, face to face at a community venue or carers group. The service is FREE and is designed to help you to understand what you and the person you care for are entitled to from adult social care services. We can support you to:

- Contact and communicate with adult social care
- Understand your rights and entitlements
- Create letters to send to the local authority
- Request a social care assessment for the person you care for
- Request a carers assessment for yourself and support you through the process

For more information please email enquiries@accesscharity.org.uk
Please mark the email FAO: Peer Navigator Coordinator
ASC Website: <https://www.accesscharity.org.uk/>



Christmas on the Square



Saturday 13th December at 4pm

**Santa visit 5pm • Danter's rides with food van
Lucky Dip • Wreath making
Community Choirs • Elf on the Shelf quiz
Lights switch on at 6pm followed
by carols around the tree**

**Coronation Square, Edinburgh Place,
Cheltenham, GL51 7SA**



The Parish of
West Cheltenham

funded
through



South
West

