viewpoint

Volume 56 - Spring 2026

West Cheltenham's FREE magazine

FREE IN WEST CHELTENHAM

viewpoint

Spring 2026

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News, events, activities and stories from the west of Cheltenham in SPRING 2026

Online
westcheltenham.org/viewpoint or 01242 575638

Cover photo https://www.1800flowers.com/

ASH TREE COMMUNITY CAFE
HESTERS WAY COMMUNITY
RESOURCE CENTRE

ASH TREE
COMMUNITY CAFE

WEST CHELTENHAM
PARTNERSHIP

COMMUNITY LUNCHES

FRIDAY 24 APRIL

FRIDAY 29 MAY

FRIDAY 26 JUNE

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

WEST CHELTENHAM HUB

West Cheltenham
COMMUNITY PANTRY

JOB VACANCY

Part Time Community Development Support Worker (15 hours / week)

Purpose of the job

To help implement the vision of the West Cheltenham Partnership by supporting the community development worker and identifying opportunities and issues in West Cheltenham

- To help organise and run new activities, events and training particularly at the community centres
- To increase involvement of residents in activities
- To help recruit and manage volunteers to support activities and events
- To liaise with and signpost advice services including benefits, debt, housing, family support, community pantry and debt advice plus mental health services
- To support the community pantry staff with signposting and membership referrals

Main Location **Hesters Way Community Resource Centre**

Salary **£25 pro rata**

Closing date **31st March 2026**

See here for application form and full job description or follow the QR code

westcheltenham.org/vacancies

THE FRIDAY CRAFTY CLUB

11AM-1PM
FREE

HESTERS WAY COMMUNITY RESOURCE CENTRE - HUB

WEST CHELTENHAM HUB

LEARN MORE

Water Colour Painting Classes

WEST CHELTENHAM HUB

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

ASH TREE COMMUNITY CAFE

HESTERS WAY COMMUNITY RESOURCE CENTRE

DAILY HOMEMADE SOUP

made by our Chef Iain

£2.50 INCLUDES TOAST AND BUTTER

FULL MENU AVALIABLE MON-FRI 8AM-2PM

ASH TREE
COMMUNITY CAFE

westcheltenhampartnership.org.uk
@westcheltenhampartnership

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

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

MONKSCROFT PASTORAL CARE PROJECT

INTERESTED IN VOLUNTEERING?

WE ARE LOOKING FOR VOLUNTEERS WHO ARE AVAILABLE AT VARIOUS TIMES ON WEDNESDAYS & THURSDAYS TO HELP FACILITATE OUR FAMILY WELLBEING HUB GROUPS AND OUR BABY GROUP.

IF YOU THINK YOU COULD BE PART OF OUR TEAM SUPPORTING PRE SCHOOL CHILDREN AND THEIR FAMILIES THEN PLEASE CONTACT

FAMILY SERVICES LEAD - ESTHER CAFFELL
esther.caffell@mpcp.org.uk
07783 527155

GROUP FACILITATOR - SARAH MCINNES
sarah.mcinnes@mpcp.org.uk
07907 169967

COMMUNITY BOARD GAMES

WEST CHELTENHAM HUB

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

WEST CHELTENHAM PARTNERSHIP

Pregnancy & Postnatal Wellbeing Workshops & Tribe

Free

APRIL'S Advice Workshop - April Monday 13

Register here

Access to West Cheltenham's Free Weekly Mum Tribe Club Monday's 10am-11:30am

West Cheltenham HUB
Hesters Way Community Resource Centre Register via maria@hwpartnership.org.uk for the workshops

Join us at West Cheltenham HUB inside Hesters Way Community Resource Centre for our Pregnancy & Postnatal Wellbeing monthly workshops, a warm, supportive space for expectant and new parents.

Our first free workshop (Monday 13 April, 10am–11:30am) features a Senior Specialist Health Coach from Healthy Beginnings, offering practical guidance on feeding, sleep, wellbeing, nutrition and healthy lifestyle choices, supporting a healthier you, family and baby. To register for the please follow the QR code om the poster.

Families are also welcome to join our weekly tribe meetups every Monday at the same time. Babes in arms are welcome, with a calm area for under 1s, and our community café will be open serving £1 hot drinks and a £2 coffee-and-cake deal, a relaxed way to connect and access local support services close to home.

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

Natural Choice Nurseries

www.NCNurseries.co.uk

DAY TRIPS FROM CHELTENHAM

Community Connexions

Places are allocated on a first come first served basis and must be paid for in full at the time of booking.

WEDNESDAY 8th APRIL
Dobbies Garden Centre, Cotswolds Designer Outlets Tewkesbury £18 pp
Full of beautiful plant displays, gifts, a foodhall and a restaurant.

WEDNESDAY 20th MAY
Cribbs Causeway, Bristol £23 pp
Shops galore and restaurants too.

WEDNESDAY 17TH JUNE
Weston Super Mare £34 pp
Wander along the beach, take a paddle, visit the grand pier, enjoy fish and chips or icecream.

WEDNESDAY 22ND JULY
Evesham Valley Shopping Centre £22 pp
Shops, restaurants and a country park to explore.

WEDNESDAY 19TH AUGUST
Highfields Garden Centre £21pp
Gorgeous plants, gifts, ornaments and a popular restaurant.

WEDNESDAY 16TH SEPTEMBER
Gloucester Quays £18pp
Take a stroll along the quayside, visit a restaurant or enjoy the shops.

This is a door to door service, the bus will collect you from your home and drop you back to your home.

TO BOOK
CALL 0345 680 5029
EMAIL info@communityconnexions.org.uk
www.communityconnexions.org.uk

Please the Bees: Growing Nature, Community and Hope Across Gloucestershire

Across Gloucestershire, a growing community project is quietly making a big impact — not just for bees, but for people too. Please the Bees, founded by local beekeeper Nathan Wylam, is a grassroots initiative dedicated to protecting pollinators while reconnecting communities with nature.

Bees are responsible for pollinating around a third of the food we eat, yet pollinator populations continue to decline due to habitat loss, climate change and pesticide use. Please the Bees works to reverse this trend by creating safe environments where honeybees, bumblebees and other pollinating insects can thrive.

At the heart of the project are community apiaries located on farms, allotments and green spaces across Cheltenham and the wider Gloucestershire area. These sites support local food production by improving pollination of orchards, crops and wild plants, helping biodiversity flourish naturally.

One of the project's most exciting developments is the Honey Plot — land kindly provided by Cheltenham Borough Council — which serves as an educational and wellbeing space for the public. Here, visitors can learn about the inner workings of a hive, attend workshops, and experience beekeeping first-hand. Plans are also underway to introduce a "Human Hive," an immersive structure allowing people to safely step inside and understand how bees live and communicate.

Beyond conservation, Please the Bees highlights the therapeutic benefits of working with nature. For many participants, time spent around the hives offers calm, purpose and improved mental wellbeing. Beekeeping has become a form of nature-based therapy, helping individuals reconnect, learn new skills and build confidence outdoors.

The project continues to expand through community partnerships, school engagement and innovative ideas such as bee-friendly planting schemes and living “bee stops” designed to support urban pollinators.

Residents can support the initiative by adopting a bee through the Please the Bees website, helping fund habitat creation, education programmes and conservation work locally and beyond.

By protecting bees, Please the Bees is helping secure the future of food, wildlife and community wellbeing — proving that small insects can inspire big change.
www.pleasethebees.co.uk

Golden Valley is proud to support No Child Left Behind

Golden Valley is enhancing everyday life for local communities, delivering thousands of high-quality jobs, new homes, green public spaces, and community amenities, including a new modal hub that makes sustainable travel the natural choice.

At the heart of that is the next generation of changemakers, right now, we're laying the groundwork through partnerships with some of Gloucestershire's most impactful social and education initiatives and we're proud to support No Child Left Behind.

Want to hear the latest community updates? Sign up to our newsletter by scanning this QR code.

www.goldenvalleyuk.com

Golden Valley update from Henry Boot Development

We're really proud to be working with Cheltenham Borough Council to bring the Golden Valley development to life, and we wanted to share a quick update with you as things continue to take shape.

This year is a big milestone for us, as we prepare to begin construction on the first phase of the project. We're delighted to be working once again with Bowmer & Kirkland (B+K), who have been appointed as our contractor. They have an excellent reputation not only for the quality of their work but also for the way they support local communities — something that matters deeply to us too.

Cheltenham is known nationally for its strengths in cyber and technology, thanks in large part to GCHQ. Golden Valley aims to build on this heritage by creating innovative, world-class spaces that bring people together to collaborate, research, and develop new ideas. But just as importantly, we want to create places where people feel connected — welcoming neighbourhoods with great public spaces, sustainable travel options, and opportunities for everyone.

One of our biggest priorities is the positive impact we can make for the local community. We're committed to opening up training and employment opportunities for residents, championing local businesses, and inspiring the next generation. Recently, we were proud to sponsor and attend the No Child Left Behind Awards — an evening that highlighted just how much talent, passion, and potential there is among young people in your community. We want them to feel that Golden Valley is a place where their future can thrive.

As construction gets underway, we want to stay closely connected with the communities surrounding the site. We know building work can sometimes be disruptive, and we'll be working hard to keep disruption to a minimum, listen to feedback, and be a considerate neighbour throughout.

If you'd like to stay up to date with our progress, we'd love for you to join our community newsletter. You can sign up through our website — it's also a great place to find the latest news or get in touch with us:

https://www.goldenvalleyuk.com/

inspire healthcare
WEST CHELTENHAM

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

Youth Theatre

WEST CHELTENHAM HUB

WEST CHELTENHAM ARTS

PART OF THE KAM PERFORMING ARTS ACADEMY

youth theatre

Grassroots Neighbourhood Fund

Gloucestershire COUNTY COUNCIL

FREE- This April 2026

NO CHILD LEFT BEHIND

14-18 year old's in West Chelt

Monday's 6pm-8pm

Hesters Way Community Resource Centre

Email westcheltenhamarts@gmail.com

The Big Benhall Yard Sale

Monday 4th May
10am-1pm

Grab some bargains
Help reuse, recycle, and save the planet
Meet friendly locals and neighbours

Seller fees go to the Benhall Residents' Association

Paper maps showing all yard sale locations available from Benhall shops and pub.

Digital map available using this QR code or
www.benhallresidentsassociation.org/big-benhall-yard-sale

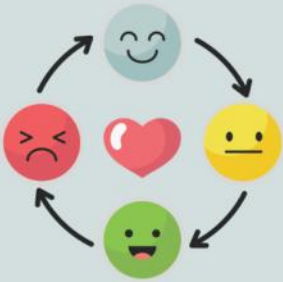
In the event of inclement weather, the reserve date will be 10th May

Listening Post
counselling & training

Coffee and Chat

Mental Health Group Support

Listening Post Cheltenham, Hesters Way Community Resource Centre, GL51 7SU



NOW twice a month

Every 1st and 3rd Wednesday of each month
10:30am - 12.00pm

ALL WELCOME - NO NEED TO BOOK!

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

Email:
admin@lpost.org.uk

Charity no. 1013442
listeningpost.org.uk

WCP

COMMUNITY CHOIR

Springbank Community Resource Centre

FREE COMMUNITY CHOIR

FRIENDLY · INFORMAL · EVERYONE WELCOME

NO EXPERIENCE NEEDED — JUST BRING YOUR VOICE.

FREE for 18+ years in West Chelt

Funded by The CBC Community Pride Grant

Wednesdays 11am-12pm

April 22,29

May 13,20,27

June 3,10,17,24

July 1

Delivered in partnership with Everyvoice Choirs (Everyman Theatre)

Email westcheltenhamarts@gmail.com to book

EVERYMAN THEATRE · CHELTENHAM

WEST CHELTENHAM ARTS

CHELTENHAM BOROUGH COUNCIL

FREE FOOTBALL SESSIONS

For ages 8 - 14 years

Hosted by:

Cheltenham Town Community trust

Oasis Muga, Hesters Way, GL51 7SY

EASTER HOLIDAYS 2026

1.00pm - 3.00pm

WEST CHELTENHAM PARTNERSHIP

For more info please contact will.mills@ctfccp.com

Springbank Community Group

There are many behind the scenes activities that go on at SCG. Some people can't get to the pantry so we deliver directly food and essential items. Before this is done the team pack the bags early on Monday morning. We also collect from many supermarkets around town and Bishops Cleeve.

Our volunteers are; **packers;** Caroline, Andrew Brian, Jane, Debbie; **delivery team** Jane, Annie, Geoff and Sue, Martin, Tony, Suzanne; **supermarket collection** Cleeve Suzanne and Pete, Sarah, Michelle, Brian, Jackie, Josie, Martin, Trina and Debbie.

Many donations that come into Springbank Pantry are in big bags, mainly pasta, rice and tea. We have a small team that will book time to come in to weigh and separate these items so they can go into the panty. This team is Debbie, Trina and Martin.

Thank you to all those that do this as you help keep the pantry running and our customers fed.

Bucket Collections; On Saturday 7th of February despite the cold and rain some of our staff and volunteers did a bucket collection at Cheltenham Town Football Club for the food pantry. We raised a grand total of £326.06. It was good fun and enjoyable.

Race week Bucket Collection; we have a fundraising slot on race week 10-13th March for street based fundraising between 18:00-22:30. Staff and volunteers will be out in Cheltenham doing a bucket collection to raise funds for Springbank. If you see us come and say hello.

London Marathon

On Sunday 26th April, Frank will be taking on the incredible challenge of running the London Marathon in support of Springbank Community Group CiC.

Every pound raised will go directly back into our local community, helping us continue vital projects that tackle food poverty, reduce social isolation, and create positive opportunities for children and young people. If you are in a position to support, donations can be made here:
https://www.justgiving.com/crowdfun.../franksrunslondon26...

Peace Camp

Between 2nd and 9th August 2026, Cheltenham will host this year's Peace Camp International Youth Exchange, bringing together young people from across Europe for a week of friendship, cultural exchange, leadership, and learning. Are you and ready to be part of something truly life-changing this summer?

Peace Camp offers an opportunity to:

- Build friendships with young people from different countries
- Develop confidence, independence, and leadership skills
- Represent Cheltenham and share your voice on an international stage
- Take part in workshops, activities, and experiences focused on UN Convention on the Rights of the Child

We are inviting boys and girls aged 14–17, who live locally and are ready to step forward as positive role models for our community. As part of your expression of interest, please tell us:

• Your name, age, and school
• Why you would like to attend Peace Camp
• How you believe you could be a positive ambassador for Cheltenham and represent our town internationally

Please send your expression of interest to: youthwork@springbankcommunitygroup.org

Community Events Coming Soon – Get Involved & Support Local!

We've got an exciting line-up of fundraising events coming up, and we'd love you to be part of them! These events will directly contribute towards Peace Camp 2026, hosted here in Cheltenham, as well as our Community Food Pantry.

Fundraising Bingo Night (with Sausage & Mash Tea) A classic bingo night with hearty comfort food and great prizes — perfect for a low-cost, fun night out.

Fundraising Quiz Night (with Buffet Dinner) Gather your team, enjoy a buffet meal and test your knowledge across a range of quiz rounds.

Fundraising Race Night (Chicken or Chips Basket at Interval) Experience the excitement of race betting in a friendly, social setting with food served during the break.

Every ticket helps us continue supporting local people, families and young people in our community.

Book your tickets here:
https://www.ticketsource.co.uk/springbank-community-group-cic

YOGA

WEST CHELTENHAM HUB

Hesters Way Community Resource Centre

Cassin Drive, Cheltenham, GL51 7SU

EVERY TUESDAY
AT 05:00 - 06:00PM
BEGINNERS WELCOME

Join from 15 Jan 2026

Email: hesterswayyoga@gmail.com to book
(£6.50 per class)

YOGA FOR ALL

Since January a new activity has come to Hester's Way Community Centre – yoga!

Lots of preconceptions exist about yoga – that it's too difficult, or only for people who are able to get into very advanced poses, or you need to invest in fancy mats and leggings before you can get started. Here in Hester's Way we're trying to break down those stereotypes and create a fun, safe and inclusive atmosphere that proves that yoga is for every body!

The physical benefits of yoga have been well documented – improving flexibility, balance, posture and co-ordination. One of the biggest benefits is simply awareness of what your body is doing at any given time – if, like many people in the modern world, you spend much of your day hunched over a computer or steering wheel, you might not be aware of your posture. Yoga helps you to gain this awareness, and, in turn, the knowledge and ability to change the daily habits that might be hurting your joints and muscles.

But another huge benefit of yoga is in its effect on the brain. By moving mindfully, we increase our powers of concentration, which in turn lowers stress and anxiety. One recent study showed that regular yoga students showed lower rates of anxiety, depression and distress than participants in other forms of exercise.

Here's what two of our current attendees have to say: "So glad Rina is running a class locally. She makes it fun and relaxing at the same time, and I am feeling the benefits increasing week by week." – Alice

"Yoga is renowned as an aid to physical and mental wellbeing and Rina's class is a superb introduction to this practice. It can literally be life changing and I thoroughly recommend her class. Join in and see for yourself." - Nelson

Yoga classes take place every Tuesdays from 5-6pm in the Annexe room, upstairs at Hester's Way Community Centre. Mats are provided (but feel free to bring your own if you prefer!). Come as you are, in whatever makes you feel comfortable. Book online at www.momoyoga.com/hesterswayyoga .

Talking Heads Hair & Beauty Salon

Our pop-up shop brings together a variety of friendly local stalls right in the heart of the community, offering families a welcoming space to browse unique, locally made products that are perfect for gifts and special treats.

Enjoy:

Handmade jewellery
Artisan candles
Delicious cakes & bakes
Knitted garments
Fresh local produce
Charity stall

Support Small Local Businesses

Monday 8th June
10.00 a.m – 2.00 p.m

talkingheadscheltenham@gmail.com / 01242 239056

76 Tennyson Road, St Marks, GL51 7DB

Also at Talking Heads

Sue Ryder Sewing Workshop - £10 per person.
Join us for a relaxed and welcoming **sewing workshop** This session is an **easy introduction to patchwork**, perfect for beginners.
- **All materials and guidance included**
- Friendly help throughout the workshop
- **Sewing kits available to buy** to continue at home – **£5 each**
- **Donations to Sue Ryder are warmly welcomed**
- **Saturday 11th July** **3.00 – 5.00 p.m.**

Alongside the workshop, enjoy: **Bric-a-brac and stalls to browse**
- **Hot drinks and cakes available**

Local Poetry;

This Land is Gloucestershire

By Geoff Senoir

This land is your land, this land is my land

From Southern Arboretum to Tewkesbury's Abbey

From the Ancient Forests to Cotswold plateau

This land was made for you and me.

As I was walking the county pathways

I saw above me the bright blue heavens

I saw below me the Severn Valley

This land was made for you and me

I roamed and rambled and followed my footsteps

Through Stroud's steep valleys, Laurie Lee's homeland

And all around me... voices singing

This land was made for you and me.

I heard the birdsong in Cotswold woodland

And the crowd's great ROAR, in mighty Kingsholm

And the telling silence of ancient hill fort

This land was made for you and me

Woodland and farmland and river shoreline

I see nature's bounty, wild boar and elver

A thousand years of history lies all around us

This land was made for you and me.

This land is your land is your land, this land is my land

From Bourton's waters to Gloucester's quay-side

From Dean's great forest to the Cotswold farmland

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!

HESTERS WAY GARDENING PROJECT 2026

MARCH 26
APRIL 30
MAY 28
JUNE 25
JULY 30
AUGUST 27
SEPTEMBER 24
OCTOBER 29

WEST CHELTENHAM PARTNERSHIP

Sowing seeds for hanging baskets/sunflowers

Come along and meet
Jay our friendly Gardener

Drop-in the last Thursday of the month from March.
Where? Hesters Way Community Resource Centre

Sowing French Beans/pumpkins ,Potting on Tomatoes, Summer-flowering bulbs

Summer-flowering bulbs, such as dahlias, lilies and gladioli, are planted in spring.

For more information
contact maria@hwpartnership.org.uk

Follow us Facebook and Instagram
West cheltenham partnership &
west cheltenham community hub

Keep Springfields Tidy

SPRINGFIELD PARK LITTER PICKERS

VOLUNTEER LITTER-PICK

10am FIRST SATURDAY OF THE MONTH

FEEL FREE TO JOIN US

EASTER HOLIDAY ACTIVITIES

The Rock Cheltenham

Charity Number: 1190651

Week 1

Timings : 12-2pm

Tues 31 Mar	Dodgeball
Wed 1 April	Archery
Thurs April	RampWorld Trip

School Years 5-11

£1 per session

The Rock, St Peter's Church, Cheltenham, GL51 9AH

Further enquiries: 01242 700 700 or Email: chris@therock.uk.com

Week 2

Timings : 12-2pm

Tues 7th April	Football & Craft
Wed 8th April 11am-12pm	Archery Cooking with Josie (limited space)
Thurs 9th April	Dodgeball

To book go to MyClubHouse by following the QR Code

All Trips will be prioritised to those who already attend our evening sessions. To find trip costs follow the link

WHAT'S ON AT THE OASIS CENTRE FOR OUR COMMUNITY?

Monday	10am-12	**Time Out for Mums Group**	for more info contact juliep@familyspace.org.uk
Monday	2-3.30pm	**Over 50's chair based exercise group**	for more info contact linda@familyspace.org.uk 07481 984338 Pay as you go - £5 per session with a hot drink and time to chat afterwards. (Feel Good cards also accepted)
Tuesday	9.30-11.30am	**Wellbeing and Support Group - for parents & carers of children with additional needs**	for more info contact juliep@familyspace.org.uk £3 per session including hot drink and toast

OTHER ACTIVITIES IN HESTERSWAY....

Tuesday	9.30-11am	**Stay & Play Session Open to all parents/ carers and their babies and toddlers** A safe fun space to play, chat and meet other parents. Singing and story time. Hot drink for the adults and snack for the children	Hestersway Baptist Church Hall, Ashlands Road, GL51 0DH £3 per session. No pre-booking required
Wednesday	9.15-10.45am	**Stay & Play Session Open to all parents/ carers and their babies and toddlers** A safe fun space to play, chat and meet other parents. Singing and story time. Hot drink for the adults and snack for the children	St Barnabas Church (opp. Umbrella Pub) 33 Orchard Way GL51 7JY £3 per session. No pre-booking required

YMCA | Here for young people Here for communities Here for you

THE OASIS CENTRE, CASSIN DRIVE.
CHELTENHAM, GL51 7SY
07481 984338 LINDA@FAMILYSPACE.ORG.UK

MOVE MORE
EVERY CHILD THRIVES

CONNECTING PEOPLE GROWING LOCAL IDEAS

WEST CHELTENHAM

Who am I?

I'm the Neighbourhood Connector for St Mark's, Springbank and Hester's Way, working with residents, community groups and local organisations to bring people together, support local ideas and help communities thrive.

How can I help?

I want to hear from local residents, community groups and organisations who want to connect, need a bit of support but are not quite sure where to start, or have a great idea they would like to explore. Even if you are not sure what you need yet, I am always happy to have a chat.

Let's chat!

Matt Coldrey
07932738420
Matt@Move-More.org

#FEED Cheltenham

FOOD PANTRY DETAILS

CCP Caring for Communities and People	**CCP** **340 High Street, GL50 3HW** **Tel: 01242 228999**	**Opening Times** **Wednesdays & Thursdays 9-3 pm**
SPRINGBANK COMMUNITY GROUP	**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 Centre	**Cornerstone Cupboard** **1 Severn Road, Whaddon** **GL52 5QA** **Tel: 01242 777777**	**Opening Times** **Thursdays 10:30 - 4 pm**
West Cheltenham COMMUNITY PANTRY	**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 project	**Lakeside Community Pantry** **St Margaret's Hall,** **Coniston Road,** **GL51 3NU**	**Opening Times** **Tuesdays 11 - 12 pm**
Fresh HOPE	**Fresh Hope Family Pantry** **The Rock,** **Tewkesbury Road** **GL51 9AH**	**Opening Times** **Mondays 3:30 - 5 pm** **Fridays 9 - 12 pm**

family space+ YMCA CHELTENHAM
DRIVEN BY THE GOOD WE DO

Gloucestershire age UK
Let's change how we age

Dementia, Diagnosis and Memory Support

Our expert, friendly team will guide you to take the first steps with confidence

Opening up about memory issues can feel daunting and isolating, but you don't have to face it alone. Early support for memory concerns can ease fears, answer questions, and help you continue living life your way. Age UK Gloucestershire offers a non-medical, tailor-made service to support you or a loved one if you're concerned about memory changes or cognitive function. Our dementia, diagnosis and memory support (DDMS) team are here to support you from the first moment you notice changes in your memory or cognition. It's important to remember that not every memory issue is dementia. However, because of the stigma and fear surrounding dementia, many people delay speaking to loved ones or healthcare professionals. This delay can increase anxiety and uncertainty at a time when reassurance and guidance are most needed. Seeking early help can make a real difference. Whether or not you go on to receive a dementia diagnosis, reaching out sooner can help you understand what's happening, and allow you to breathe a little easier.

Our dedicated DDMS team are here to listen, answer questions and help alleviate fears in a compassionate and understanding way. Providing emotional support and practical advice such as how to plan ahead and social care options, this non-medical service can be a consistent point of contact throughout the process, so that you're not facing this journey alone. Working closely with other organisations, the team ensure that everyone receives joined-up, person-centred support tailored to their individual needs, looking beyond memory concerns alone and focus on overall wellbeing. If you or someone you care about has concerns about memory or cognitive changes, reaching out could be the first step toward clarity, confidence and peace of mind.

For support and guidance, contact our Help Team

01452 422660

Email: Helpteam@ageukgloucestershire.org.uk
Visit: ageuk.org.uk/gloucestershire/dementia

Registered Charity Number 1111773

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