

**Newsletter:** For Activity Providers in Gloucestershire Adult Health and Social Care

Winter 2016 Edition: Issue 1.



Welcome to the first edition of the newsletter for the Gloucestershire **Meaningful Activity and Wellbeing Network!** The first round of Locality area meetings took place in November 2016 at: Gloucester City Museum, The Pavilion in Cheltenham, Sixteen Community Café in Coleford and Stroud College. Feedback from the groups was very positive and more meetings have been planned for 2017.

There will also be an end of year whole network CPD event planned for November 2017 to celebrate one year of the new Network and to acknowledge the network members who show their commitment to the wellbeing of the people they support by regular network attendance throughout the year.



The theme for this round of meetings was: **“Connecting With the Community”**; Sarah Haden from Active Gloucestershire spoke about inclusive sport opportunities for the people you support, and Kev Dower from Gloucestershire Rural Community Council spoke about how the over 50’s are keeping in touch through the various projects running throughout Gloucestershire that care providers can link up with (or start their own project) by connecting with GRCC.



The Network has had a longstanding relationship with Active Glos., who always looks for opportunities to keep our service users moving, healthy and active through appropriate activities. If you are keen to find out what current opportunities and funding there are available (exciting plans for a care homes soft bowls league is one of them!), then contact Active Glos. On: 01452 393605 or email Sarah Haden on: [sarahhaden@activegloucestershire.org](mailto:sarahhaden@activegloucestershire.org)

Kev Dower, from Gloucestershire Rural Community Council, came to all the network meetings and enthused us all with ideas for how care services can interact with their In Touch Project. **You** can support lonely over 50s by becoming community hubs in their area. Support and services are **free** – so get involved and bring the local community into your home! More info/contact details are on the In Touch Information sheet sent out with this newsletter, or contact Kev on: **01452 528491** or email: - [kevind@grcc.org.uk](mailto:kevind@grcc.org.uk)



At each meeting we also looked at our **Facebook page** and were able to upload photos from each session. Take a look and make a friend request - it’s one of the ways that we can all keep in touch and share good practice. We also welcome ideas for meaningful activity, crafts and sessions you conduct with the people you support and we will also post details of accredited training courses useful to help with your CPD. Go onto Facebook and search: Gloucestershire Meaningful activity and wellbeing network .... And get posting! ☺



# Gloucestershire Meaningful Activity & Wellbeing Network

## The In Touch Project (Part of Gloucestershire Rural Community Council)



- Our aims/what In TOUCH does

GRCC's In Touch service signposts people aged 50 and over to a whole range of local health-related and social activities - and also helps the organisers keep them up and running to help build healthier, happier communities.

In Touch offers information and advice about health and social activities across Gloucestershire.

Remembering Sport -  
Social Group for Men, at  
Gloucester Rugby Club



- What if you're not 50+?

Don't panic, even though our primary aim is to work with the older adult group we would not exclude any other group. If you are looking for assistance then we can help. Just give us a call or drop us an email and we will see what we can do. In Touch gets older people and younger people together to enjoy activities like cooking, growing food and sharing memories. It's a great way to learn from each other and enjoy good company.

- What does In Touch offer?

We have a database of clubs and activities taking place in the county. We hold county-wide information events offering answers/advice about the issues that affect you. We keep you up to date with what's going on in your area and welcome your ideas and suggestions. If you are over 50 we can also help you get online, with eight hours free computer tuition. There is no cost involved in working with us - **WE ARE A FREE SERVICE!!!!!!**

- How can care providers get involved?

We are looking to develop how we work in the communities, and an area for improvement for In Touch is to better engage with the care providers. To do this, we need to ensure that the providers are aware of the projects that are taking place in order to enable them to get involved, and also if assistance is required that they are able to contact us.

- Contact details for direct responses

In Touch Project Coordinator - Kevin Dower

Phone - 01452 528491

Mobile - 07710497240

Email - [kevind@grcc.org.uk](mailto:kevind@grcc.org.uk)

In Touch Advisor - Julie Pritchard

Phone - 01452 528491

Email - [juliep@grcc.org.uk](mailto:juliep@grcc.org.uk)





# Gloucestershire Meaningful Activity & Wellbeing Network

Lindsay Woodman, a qualified Aromatherapy practitioner, spoke to the Stroud Group about the International Federation of Aromatherapists **AromaTouch** course that is suitable to be used with many of the groups of people supported by staff in the Meaningful Activity and Wellbeing Network. We need a group of 12 people to conduct a 12-session course costing £600 pp. We are looking into ways to assist with the costs of this course. To register your interest, contact: [clare.mckenzie@glos-care.nhs.uk](mailto:clare.mckenzie@glos-care.nhs.uk).



*Genevieve Dubois, a passionate former Activity co-ordinator in Cheltenham, has taken the plunge and started her own stress management business. As part of the wellbeing session at our meetings, Genevieve demonstrated basic relaxation techniques that can be shared with your service users. What a lovely way to end the meeting. Genevieve is also interested in getting a group of the network members together to conduct a workshop in which you learn how to lead on relaxation sessions for your service users; contact Genevieve on 07973 694001 to register your interest.*



Rachel Love, an independent trainer and crafter, gave a great demo to the Forest locality meeting, where the group made 'no flame' Christmas candle decorations to be used in their care settings. Rachel loves crafting so much that she has agreed to attend future network meetings and keep in touch with the network to share her creative activities.



**A project for the Network has been launched.** It's a suitable activity to be done with your service users.

To bring the network community together, you are challenged to make a string of three bunting flags to represent the fab new logo for the **Gloucestershire Meaningful Activity and Wellbeing Network**.



You can make as many groups of three as you like in whatever material you like; fabric, knitting, crochet, decoupage, paper and glue, potato printing, sponge printing – the sky's the limit! So **unleash the creativity within you and the people you support**. Bring your flags to each of the Locality meetings to show off your talents and swap ideas and, at the end of year event in November 2017, we will decorate the venue with the bunting made by members - **and** by the people you support! **When are the next meetings? Look below!**

**Dates and venues for the next meetings in 2017 have been booked** and are listed below. If anyone wants to **book places**, has any suggestions for meetings content, or would like to share something, please contact the Steering Group via Email: [CHST@glos-care.nhs.uk](mailto:CHST@glos-care.nhs.uk), Tel: **0300 421 8293**, or message us on **Facebook**.

<p><b>Cheltenham:</b> 9<sup>th</sup> March, 11:00 – 14:30 The Pavilion, Hatherley Lane Cheltenham GL51 6PN</p>	<p><b>Gloucester:</b> 15<sup>th</sup> March, 11:00 – 14:30 Farmers Club, Tewkesbury Rd, Gloucester GL2 9AS</p>
<p><b>Stroud:</b> 2<sup>nd</sup> March, 11:00 – 14:30 SGS Stroud College, Stratford Road, Stroud GL5 4AH</p>	<p><b>Forest:</b> 3<sup>rd</sup> March, 11:00 – 14:30 Sixteen Community Café, Bank Street, Coleford GL16 8BA</p>

**Don't forget – tea and coffee are provided – but bring your own lunch or buy it at the venue (not Cheltenham)**