



Apologies for the late sending of this newsletter - things have been very busy at Glos MAWN Central ☺

Welcome to the **SPRING** edition of the newsletter for the Gloucestershire **Meaningful Activity and Wellbeing Network!** The Locality area meetings took place in March 2017 at: Gloucester Farmer's Club, 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 May and September 2017, although Stroud Venues will be changing for both May and September meets.

The dates and venues for all the May locality meetings can be seen at the end of this newsletter.

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 date and venue details to be confirmed soon.

The theme for this round of meetings was: **"Making things Grow"**; Chris Evans from the Butterfly Garden, Phill Huck from Orchard Trust and Rachel Tomlinson from Westonbirt Arboretum came to the area meetings to discuss the benefits of using the outside environment and how accessible their services are. Liam from Active Gloucestershire came to each of the locality meetings and spoke about the development of an inter-home new age bowls league. Details of the services presented at the meetings were put up on our Facebook page. Join us on Facebook www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK

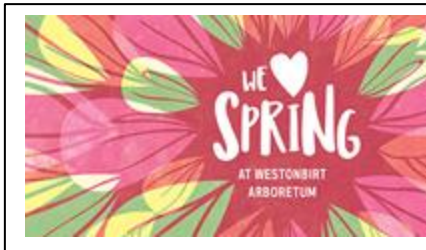







At each of the locality meetings, the groups were asked to review the Activity provision checklist that was produced by the Activity Champions Network as this needs to be done regularly to keep the document current and in line with the Care Act and other legislation that helps you deliver outstanding in Meaningful Activity and the Wellbeing of the people you support.

The Network has had a longstanding relationship with Active Glos., who are always looking for opportunities to help you keep the people you support moving, healthy and active through appropriate activities. If you are keen to find out about the New Age Bowls league loan scheme and funding available to purchase equipment, then contact Liam Nicholls at Active Gloucestershire. Tel: 01452 393605 or email: liamnicholls@activegloucestershire.org

DIRECTORY OF RESOURCES

At each meeting, network members like to share ideas for activity and add to our directory of resources

<p><u>Name of place/activity:</u> Westonbirt Arboretum</p> <p><u>Address:</u> Tetbury, Gloucestershire. GL8 8QS</p> <p><u>Phone No:</u></p> <p><u>WWW.</u> www.forestry.gov.uk/westonbirt</p> <p><u>Type of activity:</u> Accessible outdoor place; facilitated visits and self-led group bookings. Some outreach work into care homes locally.</p>	  <p>ACCESSIBLE</p> <p>Yes</p>  <p>PARKING</p> <p>YES</p>
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<p><u>Name of place/activity:</u> Orchard Trust</p> <p><u>Address:</u> Upper Stowfield, Lower Lydbrook, Glos.</p> <p><u>Phone No:</u> 01594 861359</p> <p><u>Email:</u> phill.hucks@orchard-trust.org.uk</p> <p><u>WWW.</u> www.orchard-trust.co.uk</p> <p><u>Type of activity:</u> Day services, hydrotherapy, rebound therapy, small holding and animal encounters</p>	  <p>ACCESSIBLE</p> <p>YES</p>  <p>PARKING</p>
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Gloucestershire Meaningful Activity & Wellbeing Network

Name of place/activity:

The Butterfly Garden and Dundry Nursery

Address:

The Brambles, Bamfurlong Lane

Cheltenham

Glos. GL51 6SL

Phone No: 01452 713068

Email: info@thebutterflygarden.org

WWW: www.thebutterflygarden.org

Type of activity: Educational, recreational and therapeutic project for people Dealing with issues that they find disabling.



YES



Network Bunting Project!! It's a suitable activity to be made 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, at the end of year event in November 2017 we will decorate the venue with the bunting made by the:

Gloucestershire Meaningful Activity and Wellbeing Network and the people you support!

Borrow a Box Scheme was launched at this round of meetings and really took off with the Forest group.

The idea is that you all have items that you may not currently use with the people you support such as craft items, reminiscence items, board games or books etc. Bev has boxes that you can decorate and fill with your currently unused items; bring your box along to your locality meeting and swap boxes with people who have done the same, with items that you can use. This ensures things that you aren't using aren't clogging up your cupboards if they can be used by other people. Bring the box back to your next locality meeting and swap boxes with someone else.

Dates and venues for the May meetings 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, Tel: **0300 421 8293**, or message us on **Facebook**.

Cheltenham: Monday 22 nd May, 11:00 – 14:30 The Pavilion, Hatherley Lane Cheltenham GL51 6PN	Gloucester: Thursday 25 th May, 11:00 – 14:30 Farmers Club, Tewkesbury Rd, Gloucester GL2 9AS
Stroud: Wednesday 27 th May, 11:00 – 14:30 Stroud Court, Minchinhampton. GL6 9AN	Forest: Friday 19 th May, 11:00 – 14:30 Sixteen Community Café, Bank Street, Coleford GL16 8BA

Apologies for the late sending of this newsletter as these meetings have already taken place