



Gloucestershire Meaningful Activity & Wellbeing Network

Newsletter for Activity Providers in Gloucestershire Adult Health and Social Care Spring 2017 Edition: May Issue.

Welcome to the May issue of the newsletter for the Meaningful Activity and Wellbeing Network!

Locality area meetings took place in May 2017 at: Gloucester Farmer's Club, The Pavilion in Cheltenham, Sixteen Community Café in Coleford and Stroud Court in Minchinhampton.

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

NB: the venue for the September Stroud area meeting will be Richmond Village, Painswick.

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

The date and venue are confirmed as **Wednesday 6th December 2017 at The Pavilion in Cheltenham.**

We've also been working on a business card and website for the Gloucestershire Meaningful Activity and Wellbeing network. (See below) Click on the blue highlighted www. Link below to access the network website.



**Gloucestershire
Meaningful Activity
& Wellbeing Network**

Supporting Meaningful Activity and Wellbeing
For Adult users of Health and Social Care Services throughout Gloucestershire

Tel: 0300 421 8293 Email: CHST@glos-care.nhs.uk
Web: www.gloucestershire.gov.uk/mawnetwork
www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK



Living well through activity in care homes:
care home staff resources

Living well through activity in care homes:
care home staff resources

Free resource can be downloaded from www.cot.co.uk

The theme for this round of meetings was: **Exploring the concept of Meaningful Activity.** Simon from GFitness www.gfitness.co.uk and Erica Sheppard-Aldecoa sheppardenterprises2@gmail.com came to the area meetings to demonstrate different activities that staff can do with the people they support.

Liam from Active Gloucestershire also came to each of the locality meetings to give an update regarding the New Age Bowls and Boccia equipment loan scheme and delivered equipment to the Gloucester group.

Details of the services presented at the meetings will also be put up on our Facebook page.

Join us on Facebook www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK

The Network has had a longstanding relationship with Active Gloucester who are always looking to help you keep the people you support active and healthy through appropriate and meaningful activity.





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

Network members are also keen to share ideas for activities and trips out and so we have added a **'show and share'** section to future meetings where network members can bring along an example of good practice in Activity Provision used with the people they support to share at their locality meeting. Contact Glos MAW Network on Tel: 0300 421 8293 or email CHST@glos-care.nhs.uk if you would like to be included in the next session.

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> Wheels for all Cycling</p> <p><u>Address:</u> Black Bridge, Podsmead, Gloucester. GL2 5AB</p> <p><u>Phone No:</u> 01242 512569</p> <p><u>Email:</u> Maryclare.faulkner@leonardcheshire.org</p> <p><u>Type of activity:</u> Specially adapted bikes for people of all abilities. £5 a session on Tuesday, Thursday and Sundays. Age 8 +</p>	 <p>Yes</p>  <p>YES</p>
<p><u>Name of place/activity:</u> Hillside Riding Academy</p> <p><u>Address:</u> Dick Whittington Farm Park. Longhope, Glos. GL17</p> <p><u>Phone No:</u> 07535 089556</p> <p><u>Type of activity:</u> Meet and groom Shetland ponies</p>	 <p>Accessibility not confirmed contact establishment.</p> 



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Name of place/activity:

Walk with Hawks

Address:

Phone No: 07956687275

Email: clare@walks-with-hawks.co.uk

WWW:

Type of activity:

Birds come into your care setting. People are able to handle the hawks and learn more about the different birds.



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** 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 December 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 demonstrated at each meeting and lots of people are really interested in having a box.

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 September meetings:

If anyone wants to book places, give suggestions for meetings content, or would like to share an idea of good practice at their next locality meeting.

Please contact the **Gloucestershire Meaningful Activity and Wellbeing Network** Group via:

Email: CHST@glos-care.nhs.uk, Tel: **0300 421 8293**, or message us on **Facebook**.

<p>Cheltenham: Tues 19th September, 11:00 – 14:30 The Pavilion, Hatherley Lane Cheltenham GL51 6PN</p>	<p>Gloucester: Friday 8th September, 11:00 – 14:30 Farmers Club, Tewkesbury Rd, Gloucester GL2 9AS</p>
<p>Stroud: Thursday 21st September, 11:00 – 14:30 Richmond Village, Painswick, Glos. GL6 6UL</p>	<p>Forest: Mon 11th September, 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