



**Welcome to the Summer/Autumn edition of the newsletter for the Gloucestershire Meaningful Activity and Wellbeing Network!** The final round of locality area meetings for 2017 took place in September at: Gloucester Farmer's Club, The Pavilion in Cheltenham, Sixteen Community Café in Coleford and the Stroud & South Cotts area meeting was hosted by Kay James at Richmond Village Painswick. Thank you for your Feedback from each meeting and the many lovely comments about how the meetings are so useful for you. We are now going to be busy recording your views and evaluations from all meetings in 2017, to present to the commissioners, for them to see how successful the network is and for them to continue funding future network meetings. The steering group will meet to review 2017 end of November 2017 and plan future meetings/events for 2018.

There will also be an end of year whole network CPD event planned for **8<sup>th</sup> November 2017** to celebrate one year of the Glos MAW 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: **Social Inclusion** Canon Judith Knight from the Gloucestershire Diocese attended the Glos and Stroud meetings to discuss how the church in Gloucestershire can help develop more community links with people living in care homes or supported living. Mary-Clare Faulkner and film maker Mike Morris came to the Glos and Forest meetings to show an excellent film and to discuss the **Wheels for All** projects going on in the different areas. The film is available on youtube for those who were unable to attend the meetings <https://youtu.be/EGCGOfXFRBw?t=16> and Mike has also posted it on the Glos MAW Network Facebook page. Anna from Leonard Cheshire stepped in to Mary-Clare's shoes at the Cheltenham meeting and Rowland from Active Gloucestershire came to Stroud to promote the benefits of the wheels for all projects, how inclusive these cycling schemes are for all the people you support, LD, Elderly and people living with dementia. A Meaningful Activity suitable for everyone!!

### 😊😊 A big welcome to new members of the Glos MAW Network 😊😊

We try to keep the themes of each meeting relevant for all activity providers and the people you support. The format of each meeting will be the same and an agenda has been introduced as the locality groups are getting bigger! – Fab 😊 The main speakers before lunch will be asked to attend all four locality meetings to keep the information that we give the same. We try to choose speakers who have an exciting activity/opportunity to share with activity providers in Adult Health and Social Care in elderly/dementia and LD.

**We are always looking for ideas, which is why we really need you to complete the evaluations with any suggestions for speakers.**

The lunch break is a time for people to network and get to know each other which is why we ask you to bring your lunch and to sit around the tables to enjoy with each other, a lot of idea swapping goes on then! The afternoon sessions are to show and share an activity used within your services, again we always need people to join in with this so please contact us to let us know that you would like to show and share at your next locality meeting. There's also the **Bunting Project** and the legendary **Borrow a Box** scheme xxx

## What happened in the different Locality Meetings?

	<p><b>Gloucester area</b> rep Anton showed the group how he was able to introduce low cost sensory experiences into Saintbridge Hse. Donna from Avalon Res home told the group about their new 'Friends of Avalon' activity organising and fund raising group.</p>	
	<p><b>Forest of Dean area</b> was treated to Hannah from Mindscape as she described a Forest based project to bring art and creativity into care homes for elderly residents. She also took away requests for the same kind of project to be run for people supported by the learning disability services.</p>	
	<p><b>Cheltenham and North Cotswold area</b> meeting were entertained by Tim from Nazareth House as he showed us the easy and cost effective activity of composing poems with the people you support. All he needed for the activity was a pen, some flipchart paper and a great stock of corny jokes and one liners 😊 !! We hope to publish the finished poem soon!!</p>	
	<p><b>Stroud and South Cotswold</b> meeting was hosted by Kay James at Richmond Village. Kay kindly gave a tour of the home's spa facilities and Sue from Barnwood Trust talked about the various grants available to the people you support. Kirstin &amp; Maureen from Cotswold house talked about how activities bring a better quality of life to the residents and demonstrated reminiscence boxes available from Fair shares via Stroud library.</p>	

**Just a gentle reminder for those of you who use the Facebook page.** [www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK](https://www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK)

Please remember this is a closed group for activity providers working in Gloucestershire for adult users of health and social care which is supported by Glos CC, GCS NHS Trust, 2gether Trust, GOPA and CQC.

You may be emailed to confirm who you are and what interest you have in the group when you send us a friend request.

Could we ask that when you would like to share a post or photo with the group, before sending it to us to approve (or decline):

- Have you checked and can you prove that the people you support in the photo have given **consent to share** their images?
- Does your organisation have a social media policy? Are you aware of what constitutes as breach of confidentiality?
- **Is the content of the post appropriate?** Is it legal, decent and non-political? Check the people in the background are they protected? Under 16? Above all, are the people in the photos dressed properly and not exposing too much (think leg bags, underwear, too much bare flesh, etc.?) **Would you like your grandparents to be seen in that way?**

**Also what about your privacy settings?** Are you aware that we may be able to see all your personal details and previous posts when we click on to your personal Facebook page from posts you have shared on the Glos MAW Network page?



# Gloucestershire Meaningful Activity & Wellbeing Network

## DIRECTORY OF RESOURCES

<p><u>Name of place/activity:</u>  <b>Wheels for All</b>          Blackbridge Athletic Track Gloucester.          Some dates at Pedalabikeaway. Forest of Dean  <u>Contact:</u> Mary Clare Faulkner  <u>Phone No:</u> 07393 867572  <u>Email:</u> maryclare@inclusivecyclingglos.co.uk  <u>Facebook:</u> Gloucestershire Wheels For All  <u>Type of activity:</u> Inclusive cycling for people with mobility issues, physical, learning or sensory difficulties. Use of adapted cycles, trikes, companion trikes, hand cycles and side by side bikes.</p> 	 <p>Yes</p>  <p>YES</p>
<p><u>Name of place/activity:</u>  <b>Willow Trust Barge Trips</b>          The boats are moored at:          Saul Junction          Frampton on Severn          GL2 7LA          Tel: 01285 651661  <u>Web:</u> <a href="http://www.willowtrust.org">www.willowtrust.org</a>  <u>Type of activity:</u>          A registered charity that provides accessible canal boat trips for people with physical and learning disabilities</p> 	 <p>YES</p> 
<p><b>Barnwood Trust</b> have grants available for individuals supported in health and social care settings, whose wellbeing would be enhanced by the purchase of equipment or services up to £250.  <a href="http://www.barnwoodtrust.org">www.barnwoodtrust.org</a>          Email: <a href="mailto:grants@barnwoodtrust.org">grants@barnwoodtrust.org</a>          Tel: 01452 614429</p>	



# Gloucestershire Meaningful Activity & Wellbeing Network

Name of place/activity:

## Therapy Dogs Nationwide

Local Contact: Anne Bishop

Web: [www.therapydogsnationwide.org](http://www.therapydogsnationwide.org)

## PAT Dogs

Local Contact: Gerald Seal

Email: [Gerald.seal@hotmail.co.uk](mailto:Gerald.seal@hotmail.co.uk)

Web: [www.petsastherapy.org](http://www.petsastherapy.org)



YES



**These animal therapy organisations will come to your care establishment.**



**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. If you do book on to the end of year event on **8th November 2017** (booking will be essential) bring your flags and 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 has had an addition at this round of meetings. Each locality has been given a box containing the Dementia board game. The home borrowing it this time will be able to keep it until next year's meetings in February 2018.**

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 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.

**Care Home Support Team** along with **Gloucestershire Meaningful Activity and Wellbeing Network**  
**CPD event and celebration of 1 year of**

**Gloucestershire Meaningful Activity and Wellbeing Network**

**8th November 2017 at the Pavilion in Cheltenham.**

Details and booking forms will be sent out nearer the time as places will be limited and charged at **£10**

Includes: Grand Prize Draw. Refreshments, buffet lunch and afternoon tea dance.