



The July round of Locality area meetings for the **Gloucestershire Meaningful Activity and Wellbeing Network** took place at: Brockworth Community Centre, The Pavilion in Chelt, Great Oaks in Cinderford and Stroud Fire Station. Feedback from the groups was very positive and we are looking forward to the next lot of meetings in September; as well as our end of year celebration and **Meaningful Activity and Wellbeing Awards** planned for November 2018 to acknowledge the network members commitment to the wellbeing of the people they support. Dates and venues for the September meetings are at the end of this newsletter.

The end of year Glos MAW Network Conference and awards will take place at The Pavilion in Cheltenham  
November 22<sup>nd</sup> 2018

**Don't forget to get your award nominations in by the end of September**

Ticket prices and booking details for November event will be published beginning of October

The theme for this round of meetings was **Animal Therapy** and how animals can be very therapeutic for many of the people we support in the elderly, dementia and Learning Disabilities care settings. We had some great talks from Therapy Dogs Nationwide (TDN) and Cotswold Riding for the Disabled (RDA), who have a fabulous scheme running at Cheltenham racecourse. The afternoon sessions at each meeting are more about showing and sharing activity ideas by the members of the group and also what activities are available in their local area. FoD meeting were introduced to the kinds of therapy used at Great Oaks, Cheltenham meeting were treated to seated yoga and a beautiful film on the intergenerational project at Wentworth Court. Kingfisher Church spoke to the Gloucester meeting about the services and clubs that they run and Chris from Stroud Fair Shares hosted a lively chance to chat session at the meeting at Stroud Fire Station.

At each of the meetings we introduced our love lists where we encourage group members to share their favourite ideas for activity and community activity services on a flip chart, which members can copy and back at the office it is typed out as an A4 sheet which can be posted on the Facebook page, added to the directory of resources and printed out in these newsletters.

We have also started a list of the transport companies that you use, so if you would like to share those details with the wider network, please bring them to your next meeting and we will add them to our list.

**If you would like to show and share your activities at the next round of meetings, please contact your locality reps to arrange your session or [clare.mckenzie@glos-care.nhs.uk](mailto:clare.mckenzie@glos-care.nhs.uk).**



# Gloucestershire Meaningful Activity & Wellbeing Network



**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](mailto:CHST@glos-care.nhs.uk)  
 Web: [www.gloucestershire.gov.uk/mawnetwork](http://www.gloucestershire.gov.uk/mawnetwork)  
[www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK](http://www.facebook.com/groups/ACTIVITYWELLBEINGNETWORK)



**Area reps:**

**Forest of Dean:** Anne Hale. Email: [a.hale@osjct.co.uk](mailto:a.hale@osjct.co.uk)

**Glos:** Anton Kronig contact through Glos MAW Facebook page

**Chelt & Nth Cots:** Sarah Davis. Email: [s.davis@osjct.co.uk](mailto:s.davis@osjct.co.uk)

**Stroud & Sth Cots:** Nicky Wray Email: [nicky.wray@nhs.net](mailto:nicky.wray@nhs.net)

**We are looking for another rep for each area, if you would like to put yourself forward please contact:**

**Glos MAW Network co-ordinator Tel: 0300 421 8293 or email: [CHST@glos-care.nhs.uk](mailto:CHST@glos-care.nhs.uk)**

## Gloucester Area MAW Network Love

XXXX      XXXX

- Mayfield Trust (Learning Disability Funding)
- Open days at the local Police and Fire Stations
- The Men’s Den – Tewks YMCA on a Thursday Morning
- Building Circle (LD) Gardening, Allotments @ Kingsway 10am – 12pm (Free Tea and Cakes)
- Kingfisher Church. Moor St. Tredworth. GL1 4NJ Snr Socials Tues 2pm – 3.30pm
- Gloucester Waterways Museum (Carers go free)
- Tennis for Disabled @ Plock Court Friday am. £3pp
- Boccia @ MS Therapy Centre Friday am £4 pp
- Reminiscence boxes from Glos Folk Museum
- [www.boatmobility.co.uk](http://www.boatmobility.co.uk)
- Active Gloucester
- [www.peeks.co.uk](http://www.peeks.co.uk)

xx

## Stroud & Sth Cots Area MAW Network Love

- Mindsong      ZooLab
- Therapy Dogs Nationwide**      **Cotswold RDA**
- [www.therapydogsnationwide.org](http://www.therapydogsnationwide.org)      [www.cotswoldrda.org.uk](http://www.cotswoldrda.org.uk)
- Visits from local nursery school      Oakham Treasures
- Slimbridge Bristol Zoo**      **Weston-Super-Mare**      **Staverton Airport**
- Willow Trust Boat trips      Visits from **WI** and other local groups
- Chance to Chat and Gentle Park Walks in Stratford Park**
- [www.fairshares.org.uk/stroud](http://www.fairshares.org.uk/stroud)
- [www.cotswoldboatmobility.org.uk](http://www.cotswoldboatmobility.org.uk)
- Wheels for all Gloucestershire
- Prinknash Abbey

XXX



## Cheltenham and North Cotswold Glos MAW Network

[www.artshape.co.uk](http://www.artshape.co.uk)

**Love** Nature in Art (Tewksbury Rd)

Willow Trust Boat Trips

GWR Steam train and cream tea [www.gwsr.com](http://www.gwsr.com)

Staverton Airport – Aviator Café

Pittville Park

Broadway Tower

**Animal Therapy** Burford Wildlife Park Birdland [www.walkwithhawks.co.uk](http://www.walkwithhawks.co.uk)

[www.therapydogsnationwide.org.uk](http://www.therapydogsnationwide.org.uk) [www.cotswoldRDA.org.uk](http://www.cotswoldRDA.org.uk)

### Music Therapy

[www.musicinhospitals.org.uk](http://www.musicinhospitals.org.uk)

Kerry O’Dowd Rebecca Hazelhurst Ruby Lamont

Andy Yapp – Guitarist Poppy Sisters

Phil Cothead – Punch and Judy

Glos Strings – Ukele band

Brian Black Magic Bob

### Relaxation & gentle movement

Sarah Perry – Yoga

X

## FoD Glos MAW Network

Perry grove Steam Railway

**Love**

Beechenhurst Café

[www.perrygrove.co.uk](http://www.perrygrove.co.uk)

[www.beechenhurstcafe.co.uk](http://www.beechenhurstcafe.co.uk)

Forest of Dean Discovery Pass (free parking stickers - Forestry Com

[www.forestry.gov.uk/forestofdean](http://www.forestry.gov.uk/forestofdean)

Westonbirt Arboretum

Lynette Knowles, with Zola and Posey. Therapy Dogs Nationwide

Orchard Trust Community Farm and Sensory Room

[www.orchard-trust.org.uk](http://www.orchard-trust.org.uk)

Chaxhill RDA (carriage riding for wheelchair users)

Burt Lush (singer and entertainer)

Tropical Discovery workshop

Active Minds Resources

Robotic cats and Seals

XXXX

The Gloucestershire Meaningful Activity and Wellbeing **Facebook** page is getting a popular way of staying in touch with the group and sharing ideas, we upload photos from each locality meeting and friends are also able to send us photos of the activities in their care establishment, with the written consent of the people in the photos. Please take a look at our Facebook etiquette in the ‘Files’ section to see how we ask the membership to make sure they are adhering to company confidentiality policies and protecting professionalism. We also welcome ideas for meaningful activity, crafts and sessions you conduct with the people you support and hope you find the Glos MAW Love lists useful. We will also post details of accredited training courses we know of and articles on good practice - please continue to share.

We also would love your comments on articles and ideas posted – **constructive critiques** of items are especially valued as we also would like to think that through the network we are helping with the continued professional development of the membership, that you are thinking about article contents and not just hitting the ‘like’ button and moving on – again I hope you think these items are useful for you.

## “Afternoon tea with Mr C” at Cotswold Riding for the Disabled, Cheltenham Racecourse

On a sunny afternoon in May a group of senior citizens went out for afternoon tea. Nothing unusual about that, except that it was tea with a pony at Cotswold Riding for the Disabled and they were all people who are living with dementia. With their carers and family members they were the first group to enjoy a cream tea while watching a riding lesson, followed by a chance to lead one of our lovely ponies round the fragrant sensory garden.

Afterwards Claire Jenkins, Cotswold RDA General Manager, said: “It was a very special day. The visitors shared many memories involving horses and it was heart-warming to see families having such a positive experience together.”

Following two successful trials we are offering three different “afternoon tea” packages. Our poster boy is our new pony Mr Chester, pictured here in the foreground, although other ponies may also feature! We are now taking reservations for September onwards. Also, don’t miss the “**special offer**” for the summer holiday period only!

**To make a reservation or to discuss your group’s requirements,  
Please ring Claire or Jane on 01242 584420 or email [info@cotswoldrda.org.uk](mailto:info@cotswoldrda.org.uk)**



### Packages

Please note, Packages B and C are only available in conjunction with Package A. Packages A and B and the Special Offer are suitable for participants who use a wheelchair. For Package C there may be limitations if a hoist is needed to mount the pony – please ask. There will be no charge for tea and cake for carers and family members who are accompanying participants, but donations are always welcome!

#### Package A:

- Tea and cake served while watching a group riding lesson
- Meet a pony in the indoor arena after the lesson
- Grooming kit, tack and feed will be explained and there will be an opportunity to feel the equipment and different feedstuffs
- Duration approx. 45 minutes
- Total cost for each participant £7.50

#### Package B:

- Package A plus:
- Time spent with a pony in the sensory walk within a group (if wet, inside the stable block)
- Opportunity to stroke and groom the pony and lead him through the various surfaces and amongst fragrant and tactile plants
- Duration approx. 1 hr 15 mins
- Total cost for each participant £12.50

#### Package C:

- Package A plus:
- A short ride (approx. 5 to 10 minutes) on a real pony or our wonderful mechanical horse
- Duration approx. 1 hr 15 mins
- Total cost for each participant £20.00

Please note: Riding is subject to risk assessment/health declaration and the availability of a suitable pony and volunteers. There is a rider weight limit of 12 stone for our real ponies, 16 stone for our mechanical horse. Duration includes time required for risk assessment, hat fitting and mounting.

Please call us to discuss requirements to avoid disappointment.



### Cotswold RDA Summer Holidays Special Offer

- Tea and cake served in our sensory walk
- Time spent with a pony in sensory walk within a group
- Opportunity to stroke the pony, groom the pony and lead the pony through the various surfaces and amongst fragrant and tactile plants.
- Grooming kit, tack and feed will be explained and there will be an opportunity to feel the equipment and different feedstuffs
- Duration approx. 45 minutes
- Total cost for each participant £5.00

We work with the charities Therapy Dogs Nationwide and Pets as Therapy. When possible, one or more therapy dogs will also attend these sessions but this is not guaranteed.

**NB** Barnwood Trust **Making Memories Family Leisure Grant** may be able to assist families with a grant for the sessions [www.barnwoodtrust.org.uk](http://www.barnwoodtrust.org.uk)

**Cotswold RDA** Tel 01242 584420 [info@cotswoldrda.org.uk](mailto:info@cotswoldrda.org.uk) [www.cotswoldrda.org.uk](http://www.cotswoldrda.org.uk)  
**Therapy Dogs Nationwide** [enquiries@therapydogsnationwide.org](mailto:enquiries@therapydogsnationwide.org) [www.therapydogsnationwide.org](http://www.therapydogsnationwide.org)

#### Dates and venues for the meetings in September are:

<b>Cheltenham &amp; North Cots</b>	The Pavilion, Cheltenham. GL51 6PN	6 <sup>th</sup> September 10.00 am – 2.30pm
<b>Stroud &amp; South Cots</b>	Stroud Fire Station. GL5 4JT .	18 <sup>th</sup> September 10.00 am – 2.30pm
<b>Forest of Dean</b>	Great oaks, Coleford. GL15 5RA	20 <sup>th</sup> September 10.00am – 2.30pm
<b>Gloucester</b>	Brockworth Comm. Centre. GL3 4ET	27 <sup>th</sup> September 10.00am – 2.30pm

If you have any suggestions for the content of the meetings or have something for the show and share please contact your area reps or CHST on Tel: 0300 421 8293, or Email: [clare.mckenzie@glos-care.nhs.uk](mailto:clare.mckenzie@glos-care.nhs.uk)

Don't forget to get your nominations in for the **Meaningful Activity and Wellbeing Awards** by end of September 2018

Information and nomination form at the end of this newsletter.

Nominations need to be on an official nomination form and sent with supporting evidence such as photos or links to youtube clips, to: [CHST@glos-care.nhs.uk](mailto:CHST@glos-care.nhs.uk)

**The awards are to be given at the end of year Conference 22<sup>nd</sup> November 2018**

**Gloucestershire Meaningful Activity and Wellbeing Awards 2018**

**Care home Support Team and Gloucestershire Meaningful Activity & Wellbeing Network are very honoured to be asked by GCPA to host the annual Activity Co-ordinator of the year award.**

We acknowledge the role of activity staff is quite varied and activity providers are not all referred to as Activity Co-ordinators, we have decided that there should be 4 categories in these awards which we will be presenting at the Meaningful Activity and Wellbeing Conference and CPD event and end of year network meeting.

**The Four Categories are:**

1. Inspirational member of staff supporting Meaningful Activity and Wellbeing.
2. Innovative project supporting Meaningful Activity and Wellbeing.
3. Environment most supportive of Meaningful Activity and Wellbeing.
4. Connecting to the wider community.

You will have until the end of September 2018 to nominate your staff member, activity project, supportive environment or how your service connects to the wider community for an award.

**Please use the nomination form and send any supporting photographs to:**

**Gloucestershire Meaningful Activity and Wellbeing Network Organisers and Administration C/O Care Home Support Team.**

**Email: [CHST@glos-care.nhs.uk](mailto:CHST@glos-care.nhs.uk)**

**Tel: 0300 421 8293**

**Postal nominations to:**

**Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester. GL3 4AW.**

Each nomination will be critiqued by the judging panel who will decide the winners of each category.

The winners of each category will then be contacted and invited to receive their award at the

**Meaningful Activity and Wellbeing Network Conference 22nd November 2018.**



## Nomination form for Gloucestershire Meaningful Activity & Wellbeing Awards 2018

Which Category are you wishing to nominate for?

1. Inspirational member of staff supporting Meaningful Activity and Wellbeing.
2. Innovative project supporting Meaningful Activity and Wellbeing.
3. Environment most supportive of Meaningful Activity and Wellbeing.
4. Connecting with the Wider Community.

Name of Individual or Activity Provider:

Contact details of Activity service that they represent:

**Why you consider this Person, Project, Environment or Community connection; Inspirational, Innovative and worthy of the award?**  
(Unfortunately we will not be able to consider nominations that are not accompanied by this supporting statement)

Please send your nomination with any additional supporting photographs to:

Gloucestershire Meaningful Activity and Wellbeing Network Organisers and Administration

Care Home Support Team, Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester. GL3 4AW.

Email: [CHST@glos-care.nhs.uk](mailto:CHST@glos-care.nhs.uk) Tel: 0300 421 8293

