

Home
Group

Community Wellbeing Service

Volume 4!

March, 2021

Inside this
issue:

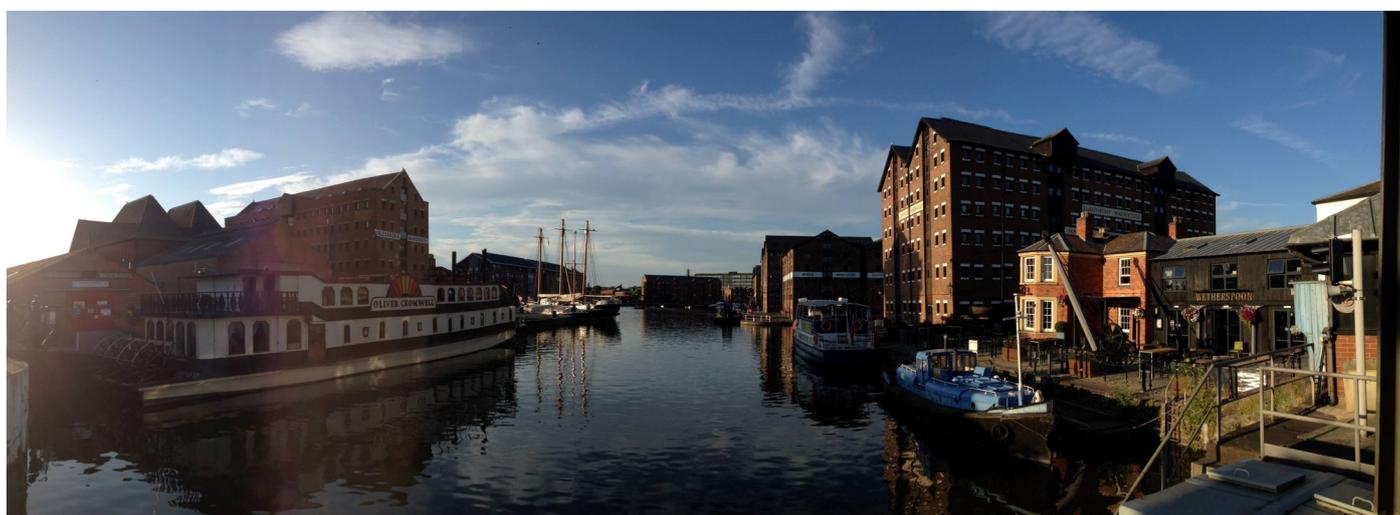
Virtual Classes!	2
A Home Group Story	2
Healthy Eating!	3
Our Mental Health!	3
Meet The Team!	4

Welcome!

Hello, I hope this newsletter finds you well! In under two weeks we will be allowed to meet up to five other people or combine two households outdoors! Now that the days are getting warmer and longer we can focus the newsletter's attention on places in Gloucestershire you might like to visit, where you can socialise, exercise and explore.

In this edition we are focusing on our mental and physical health. On page two we have included how to access some of the guided classes still available online, tai chi, chair Zumba, arts and crafts.. the list is endless!

Our team is still working from home but we look forward to returning to our offices in GL1 and the community centres that we use, in the near future. We have also formed a team that will focus on working within the community, organising social gatherings for meeting, greeting, mindfulness and wellbeing!



Virtual Classes: Hop On A Class Via The Website Link Or Follow Their Facebook Page!


VIRTUAL WELLBEING


 15th March - 21st March

For more information about our Virtual Wellbeing offer, please email: virtualwb@theaws.org

MON	TUES	WEDS	THURS	FRIDAY	SATURDAY	SUNDAY
9:15am Soca Caribbean Dancing	9:15am Zumba	9:15am Active mums	9:15am Yoga Meditation	9:15am Menopause Matters	10am Cardio Combat	9am Fitness Pilates
9:30am Fishing Art, Hopes & Dreams	9:30am Reflexology & Healing Forward	9:30am Stronger, Smoother & Balanced	9:30am Crochet & Knitting	9:30am Body Conditioning	11am Zumba	10-15 am Sensory Walk
10am Chair Based exercise	2pm Storytelling	10am Sensory Walk	10:45am Soca Caribbean Dancing	10am Chair Based Exercise	11:30 am Dance Fitness	11:30 am Zumba
4:30pm Risk & Sketch	4pm Guided Meditation SELF LOVE	4pm Tai-Chi	2pm Hemping Anxiety in Later Life	11:15am Hearing Meditation	2:15pm #BurstingWithBirdsong Anthem	4pm Nature inside Out
6pm Beginners Salsa	5pm BodyFit	6pm Yoga Meditation	2pm Sensory Walk	2pm Tropical-Tea (Cuppa & Chat)	4pm Teeny Explorers	8pm Forest Bathing
	6pm Slow Zumba	6pm Beginners Afro Beats		5pm Cook-a-long		
	7pm Sew and Tell		6pm Zumba			

How to join a session:
 Email thistricom@theaws.org to take part
 Email shebina@saheli.co.uk to take part
 Follow The Active Wellbeing Society and join when live
 Enter www.activewellbeing.org.uk in your browser



#GEMonline
29th March - 2nd April



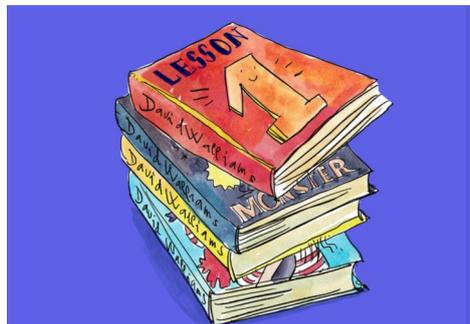
Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
29th March	11am: General careers advice with Ci 2pm: Mock Interviews with Tony and Sue	10am: Cheltenham Job Club with the GEM team 1:30pm: CV and cover letter workshop with Ci 2pm: Mock interviews with Tony and Sue 2pm: Stroud Job Club with the GEM team 3pm: Cotswold Job Club with the GEM team	10am: Yoga with Lisa 11am: Music and Song Singalong with G. Communities and friends 11:55am: Chair Yoga with Lisa 12pm: Lunchtime stretch and train with Alex 3:30pm: Magic Workshop with Tony	10am: Gloucester Job Club with the GEM team 11:55am: ESL support group with Carole 1:30pm: Job searching tips with Jason	Good Friday

<https://www.glosgem.org/perch/resources/gemonline-timetable-march.pdf>

<https://theaws.co.uk/virtual>



<https://www.royalvoluntaryservice.org.uk/virtual-village-hall>



For ages 7-12
David Walliams and the BBC's free online writing course!

<https://www.bbcmaestro.com/courses/david-walliams>

A Lovely Letter Received From A Client To Our Team Member, Oli.

"I would just like to say how I was when Oli and I first spoke. I was withdrawn, nervous, anxious and my head was mixed up with different feel-ings. I was scared to go out-side, I didn't trust anyone. I'm not going into my trauma except for how Oli changed my life for the better. I owe him more than words can explain. My fear of going outside was partly from being attacked and trauma from my past flooded back. He gave me tools to help, explained things to me that I didn't understand. I cried to him sometimes but he just listened and put things in bitesize pieces so I could process info better. He put me at ease. I felt very positive and

usually by the end of our talk I'd be laughing at some-thing he had experienced etc. I am now doing so much better, I'm sleeping better, I'm going outside enjoying life a lot more. I have never experienced so much positivity and empowerment from someone before Oli. He genuinely does care about people and his positivity is infectious. I've learned loads to cope with life's bad downs and feel now I can face anything. I found that if I needed to talk or just cry to someone he was always there just a text

away and would always inform me if he couldn't contact me straight away, which made me feel supported and that he genuinely cared. I just wish there was more people in the world like Oli. Now I'm feeling like a new person just because of Oli giving me insight, compassion, understanding and support. I would definitely say Oli you changed my life giving me insight and now I can fight whatever comes my way. I can't say thank you enough. I wish you all the best for your future."

My Own Experience - By Hadley Gilbert

Managing Our Relationship With Social Media And The News:

"I remember my mood greatly improved when I reduced the amount of news I watched on social media. It was clear when I became happier that the news was projecting its negativity on me and that I was finding it harder and harder to appreciate my own life and the things I wasn't mindful of: a loving family and friends, good food and a nice nap! I realised that I wasn't doing any good being constantly bombarded with news that was out of my hands and that I didn't in fact have some obligation to keep up with bad news. There will always be bad news, but there will always be good news and what matters the most is how you feel in yourself. There is nothing more important than you because you have the potential to create some good news in your own life!"

BBC Article, 'How Diet Can Affect Your Mental Wellbeing' What Does It Say?

What is notable in this article is learning about how bad processed food and drink really is and why it is bad for our mental health. Essentially, we have a sensitive gut and we can disrupt the digestive process with lots of sugar, alcohol and processed foods, which contain preservatives, additives and often carcinogens. Through

clinical trials, we now know for certain that the gut and the mood is inextricably linked, so that an unhealthy gut can lead to adverse effects on our mental health.

So what do we do? Well, of course a diet rich in vitamins, minerals and fibre is essential: nuts, seeds, fruit and veg. No one's telling us to eat like a songbird, though it is becoming increasingly clear what to avoid!

Read the full article:

https://www.bbc.co.uk/food/articles/diet_wellbeing



Scan this code or go to www.gloucestertours.co.uk to experience three different self-guided tours: 'City Centre,' 'The Docks' or the 'Kings, Queens and Martyrs.' In a near future newsletter I will discuss the many tours that Gloucester has to offer in real life!

**Get in
Touch!**

GL1 Leisure Centre
Bruton Way
GL1 1DT

Home Group

[https://
www.homegroup
p.org.uk/](https://www.homegroup.org.uk/)

“I believe we are here on planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.” - Rosa Parks

**PLEASE SEND COMPLETED
REFERRAL FORMS TO OUR EMAIL!**

hgl.communitywellbeing.gloucester@nhs.net

ANY QUERIES GIVE US A CALL ON :

0300 131 0024

JOIN OUR VERY OWN
FACEBOOK GROUP! THE URL IS:

[https://www.facebook.com/groups/
homegroupgloucester](https://www.facebook.com/groups/homegroupgloucester)

Meet the Team and their Respective Surgeries!

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