

Home
Group

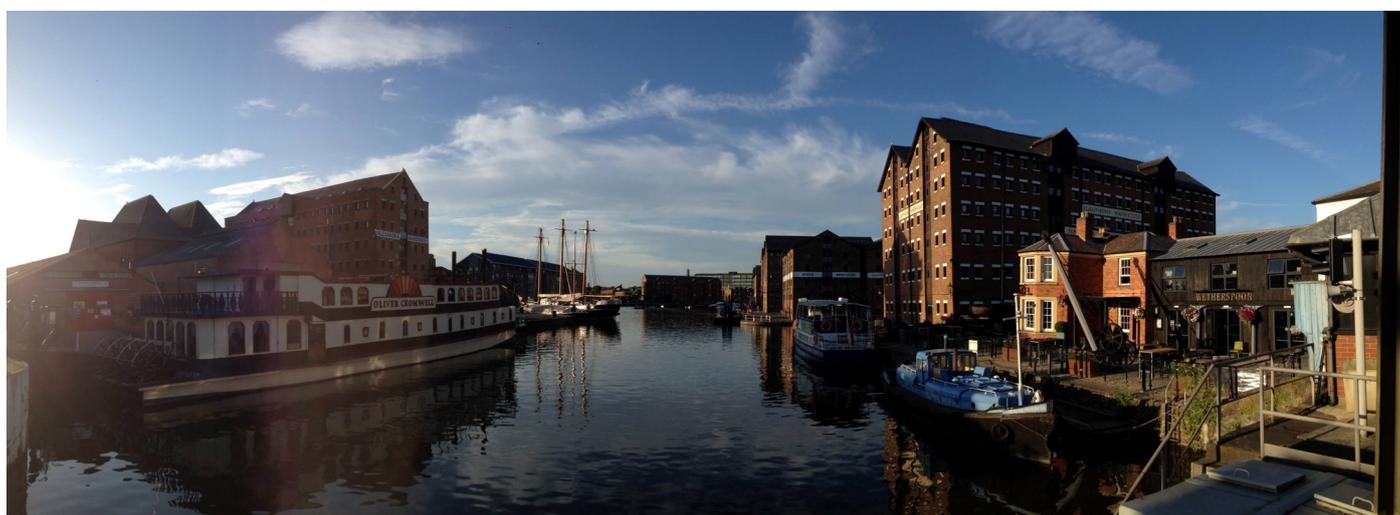
Community Wellbeing Service

Volume 5
April, 2021

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Welcome!

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Groovy Cafés In Gloucester!

Here is a selection of groovy cafés in Gloucester with outdoor seating. In the future when we are back to normal I will post some more cafes!

The Cavern is a place for young adults on Westgate street that offers games nights every Monday and every now and again live music. There's a Youth Support Service every night from 4-8pm that offers advice and they have their own service for anyone suffering with mental health. It's exciting that it is a month until it fully reopens and it does currently have some seating outside.

Guru on Brunswick is a snazzy café that is worth the extra few minutes walk from the centre. Offering tasty food and a wide range of smoothies at great prices, it is a nice place to relax and meet friends. It also luckily has quite a bit of seating too.

The Monk's Kitchen café is now open with seating outside. If you're facing the main entrance then just nip over to the left and you'll see it. Who wouldn't want to enjoy a cuppa outside Gloucester's most iconic building!

Peppers Café, on Bull Lane, just off Westgate Street is famous for being quaint and idyllic. It has a pretty courtyard, which is often used as a venue for music. They will definitely fill you up there and they care about the produce they buy so everything is of a high quality!

Thank you for all your hard work Matt!

Matt has supported over 200 patients and has changed the lives of so many for the better. One Lady was facing eviction, she was suicidal, had no money and had become estranged from her daughter. Matt worked with her for 4 months, offering advice, signposting and referring to relevant agencies. This lady is now secure in her property, she is claiming benefits and is debt free for the first time in 14 years. She has reunited with her daughter, and more importantly is not relying on the GP for medication and is no longer suicidal. I was present when Matt called the patient and both her and her daughter thanked Matt for everything he did to support them.

Another lady was struggling to cope with her children whilst they were home due to schools being closed. She is disabled and struggles to stand for long periods of time. She was depressed as she wasn't able to do any activities with the children. Matt organised for a specialist chair to be sent to her, which enabled her to sit at the work surface in her kitchen and she is now able to paint and cook with the children. It has changed the families whole way of living and mum now feels a proper part of the family and is able to take part in so many activities. These are just two patients whose lives Matt has really helped - I could go on and on." Jo (Home Group Social Link Prescriber)

My Own Experience - By Hadley Gilbert

FOMO

FOMO is a negative reaction to social media posts that I'm sure a lot of people reading have felt one time or another. The 'Fear of missing out' is a strong feeling of loneliness, inadequacy and anxiety, caused by looking at what other people share online. The effects of FOMO are insidious, so it isn't always clear why you may be experiencing low moods. Online, people's profiles paint an idealistic world around themselves by cherry picking positive things, which give an impression that everything in their lives is fabulous. This artificial perception can suggest that you aren't making the most of your own life and to being overly self-critical, starting a spiral of self-doubt and negativity. It's important to know that a lot of people feel this way. Social media posts don't represent the real world and to be safe it's best to use social media in moderation. We need to reassure ourselves that we can live our lives the way we want, regardless of what other people are doing. There's no rush either, so if you want some Mediterranean sun, even if it may be an idea for the future, you'll be there one day. In the meantime, I'm going to enjoy some sun at the Gloucester docks after I finish this sentence!

Don't Forget CCP's Virtual Mindfulness Sessions and their Quiz!

ONLINE MINDFULNESS TASTER SESSIONS with Vicky Smith
 11am - 12pm
 Tues 20th April
 Tues 27th April
 Tues 4th May
 Tues 11th May
 Meditation, developing awareness of your thoughts and feelings.
 No previous experience of mindfulness is required.
 You just need access to Zoom, and a chair or cushion.
 For more information please call James A 07593 446891 or James B 07593446894, or email james.baker@ccp.org.uk

CCP Caring for Communities and People
 Community Involvement Teams
 online zoom
QUIZ
 Fortnightly on Wednesdays at 11am
 Wednesday 10th March
 Wednesday 24th March
 Wednesday 7th April
 Wednesday 21st April
 Wednesday 5th May
 Wednesday 19th May
 GENERAL KNOWLEDGE PICTURE QUIZ FUN ROUNDS
 To join in all you need is access to the internet via your phone, laptop or tablet device. If you are interested please contact james.baker@ccp.org.uk or tel: 07593446894 or call James Aldridge 07593446891 or Samantha Dainty 07593446894.



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!**

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Home Group

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

‘However difficult life may seem, there will always be something you can do and succeed at.’ - Stephen Hawking

**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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