

Home Group

# Community Wellbeing Service

Volume 7  
June, 2021

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## Welcome!

Home Group exists so we can be the stepping stones that guide people back into the community during troubled times. We are a community wellbeing service who listen, understand and reassure people that they are not alone. We are social prescribing link workers that can refer people to the right services and community groups relevant to their strengths, interests and needs. Our community is the foundations of society and without social prescribing link workers giving people that helping hand to get referred to these services and groups, our community would be struggling to encourage people to leave their homes and receive help, meet new friends or improve their mental and physical wellbeing.

So for this edition we are asking for your help! We have had a drop in referrals recently but we know there are people out there who could benefit from our service! We have some great ideas for future community groups that include garden games and wellbeing classes. We just need people to get it all moving! Thanks, from Home Group.



# Q & A on, 'Tell Us More About Home Group.' With Gary Steer.

## What is your role at Home Group?

Community wellbeing advisor – to help encourage and motivate individuals and help get them back on track. Helping customers reintegrate back into the community with an aim of reducing social isolation and to improve their mental health & wellbeing.

## What is Home Group doing differently since the start of the pandemic?

For the last year we have had good practice in providing support over the phone. Whilst not ideal, we have still managed to provide the best service possible, but of course, we all look forward to talking to customers face-to-face again.

## How has Home Group impacted people's lives during this difficult time?

We have still managed to have a positive impact on people's lives. We have had to adapt to the unfortunate circumstances and its been a tough time for everyone. However, we feel that our customers have been on a positive journey with us.

## What is important to you about your role at Home Group?

The customer is always the most important thing for me. If they are happy with the service we provide and happy to shout about it then we are doing a good job.

## What do you like about Gloucester?

The endless hidden gems.

## Can you recommend any hidden gems? The Hungry Bean Café!

## What are you looking forward to doing coming out of

lockdown? Watching England win the Euros with my family of course!



**WALKING FOOTBALL**  
**AT GLOUCESTER PARK**  
Located off Park Road, GL1 1LY  
Delivered in partnership by

Contact James Aldridge  
for more information  
07593446891  
james.aldridge@ccp.org.uk

MEETING ON FOLLOWING DATES:  
TUESDAY 1ST JUNE 12PM - 1PM  
TUESDAY 15TH JUNE 12PM - 1PM  
TUESDAY 29TH JUNE 12PM - 1PM

\* WITH A VIEW TO THEN MOVING INDOORS.\*

Fun Inclusive group for both men and women.  
All abilities welcome.  
Helping to keep active and healthy.  
A slower version of the beautiful game.

Home Group, Caring for Communities and People (CCP) and Gloucester City Mission have teamed up to get our very popular 'Walking Football' group back up and running. Everyone of all ages and genders are welcome. It's completely free and is a great way to exercise and meet new friends without the risk of injury.

If Rugby is more of your thing, Gloucester Rugby host a walking rugby game at Longlevens Rugby Club at 10.30am on a Wednesday for £3.

CCP also offer a walking group every 1st Monday of the month. They meet outside Shire Hall at 10am and take a leisurely stroll round the outskirts of the city.

**Positive Steps Forward.**

2020 started  
Optimism for the New Year!  
But on the horizon  
Was a fast approaching fear.

What started in Wuhan  
Was not taken on board  
A flippant approach  
Would lead to discord

Between government and the  
public No protective appliance  
A concerned Chris Whitty  
Was aware of the science

A Blazé Borris  
No need to panic  
The warning signs were there  
It's about to go manic!

March Arrived,  
Still No action

Well, now it's a pandemic,  
Lockdown is here!  
A hold on gatherings  
And a delay on beer!

As Darkness descends  
Night becomes day  
The clock decides to stop  
All over the UK

The PM is mocked  
By a world of chastisers  
PPE is scarce  
Look at the price of  
sanitizers!

Advantage is taken  
Of a desperate nation  
Thousands lose lives,  
Tears of desperation.

However,  
It's beautiful weather,  
The NHS and  
organisations All pull  
together!

The public are lost,  
With nowhere to roam!  
2 metre hugs!  
And working from home!

A house full of people  
There's just no room! How will  
we talk?  
Oh look, here's 'Zoom!'

Services are restricted,  
Support via phone, Tenacity  
is built  
And resilience grown!

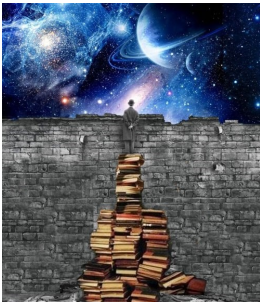
A year on now!  
We hope for immunity,  
A return to some normality  
And a rebuilt Community!

So, if you need our support,  
To get back on track,  
Fill in the referral form....

You'll never look back!

**By Gary Steer.**

This lackadaisical attitude Will surely  
cause fraction



**Free Bookshop.**

**38/40 Westgate Street. Opening  
hours:**

**Monday and Friday 10-2pm**

**Tuesday and Wednesday 10-1pm**



**Any young adult welcome for  
some quizzes and games!**

**Gloucester Quays open door  
market selling food, drink and  
artisan crafts. Saturday and  
Sunday (5th and 6th of June).**



Scan this code or go to [www.gloucestertours.co.uk](http://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!



