

Introducing our new Volunteer Co-ordinator: Paul Tyrrell!



Hello, I'm thrilled to have started as Volunteer Coordinator here at Inclusion Gloucestershire at the beginning of June.

I wanted to take this opportunity to introduce myself and share a bit about my background. This newsletter is a fantastic opportunity to highlight and reflect on the volunteer achievements I have witnessed since starting my new role – happy reading!

My background and experience

I have worked for Inclusion Gloucestershire for 4 ½ years. During this time I have worked on a variety of Health and Wellbeing Projects. I am currently LeDeR Project Manager and Partnership Boards Coordinator.

I have been a volunteer myself and have been fortunate to witness the value you, as volunteers, add to Inclusion Gloucestershire. Outside of work, I enjoy spending time with my family and friends, watching films and I am also studying to become an accountant.

Volunteer Achievements ...

Volunteer Achievements:

- Elisabeth Wall, our newsletter volunteer, is now also supporting social media content creation on the MHELO project. Congratulations Elisabeth!

The Big Health Day 2025, Friday 13th of June, Oxstalls Sports Park, Gloucester.

Jamie, Melvyn Loraine and Pauline provided invaluable support to the reception team on the day, welcoming attendees with enthusiasm and the all-important goody bag! Gemma also supported the wider Inclusion Gloucestershire team on the stalls inside.

The Big Health Day is a fantastic opportunity for people and organisations in Gloucestershire to connect. It showcases the activities and support available to people in the county, all of which help to promote good health and wellbeing.

Two of our volunteers enjoyed meeting the Deputy Lieutenant of Gloucester, Dr. Shanta Nair DL, at an informal introductions and question and answer session.

Thank you to our volunteers, who were excellent representatives of Inclusion Gloucestershire at the Big Health Day!

Volunteer Support at the Drama Teams Web Weavers performance Saturday 12th of July 2025.

Thank you to our new volunteer Emily, who provided stage management support at our Web Weavers performance.

The performance was a great success, and your support was much appreciated by the team.

Advocacy Volunteer Training Day Saturday 26th of July 2025.

Thank you to our new and existing future advocacy volunteers who spent a Saturday with us in July, learning about how we provide advocacy support at Inclusion Gloucestershire and how they will be supporting the team in their roles.

Paul, Faye and Dave very much enjoyed delivering the training and we hope the course has provided a strong foundation for starting as an advocacy volunteer at Inclusion Gloucestershire.

A visit to St. Oswald's Retirement Village



Members of the Volunteering & Advocacy and Travel Training projects teamed up to attend an event on at St Oswald's Retirement Village on Wednesday 18th June.

Their "Big Health Event" brought together over 30 organisations from Gloucestershire's care and community support sector to showcase their services and opportunities to the residents.

It was also a great networking opportunity. Links were made with a number of local organisations that we hope to work in partnership with in the future. It was also a chance for one of our Advocacy volunteers to get involved in representing Inclusion Gloucestershire and find out more about other organisations we can signpost people too.

Thank you, Volunteers!



Thanking Volunteers – Volunteers Week 2025

Monday 2nd June 2025 marked the start of Volunteers Week 2025. This provided an important opportunity to thank each of our volunteers who support our work here at Inclusion Gloucestershire.

Each volunteer helps us work towards our vision: *To help achieve an inclusive society that values, respects and includes disabled people every day and in every way.*



Job Opportunity with Inclusion Gloucestershire

Volunteering & Advocacy Project Worker (5 hours per week)

The role sits within our small but friendly “Nothing About Us Without Us” Volunteering & Advocacy team. You will be working alongside another Project Worker, Volunteer and Advocacy Coordinators, and the Project Manager.

Job Purpose

To assist the project coordinators to recruit, train, develop and engage our volunteers. You will help ensure that people are involved, supported and understand what is expected of them in their role.

Who are we looking for?

We are committed to our advocacy being peer-led, so you will need to have lived experience of a disability, autism, neurodivergence or mental ill health to help us ensure that our Volunteering and Advocacy support is provided by the people that we aim to support.

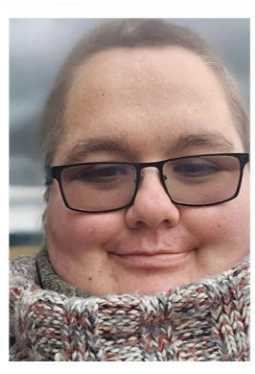
You will also need to have good administration skills and will be an expert in communicating with people, getting them involved and ensuring that Inclusion Gloucestershire is a welcoming, safe space for people with a range of disabilities. Could this be you?

Take a look at our website for details of how to apply and to find out more:

<https://www.inclusiongloucestershire.co.uk/volunteering-advocacy-project-worker-5-hours-per-week/>

Days out with the National Trust

By: Elisabeth Wall



There are a wide range of places that you can visit in Gloucestershire, from places to eat to places of historical interest, where you can absorb history and stories of the past.

One of the organisations that people can visit are sites run by the National Trust. The National Trust is a UK based charity interested in the conservation and the preservation of historic places, natural beauty spots, and green spaces around the country.

For more information about accessibility when visiting National Trust properties why not visit: www.nationaltrust.org.uk

Below you can find out more information about some of the National Trust locations in Gloucestershire.



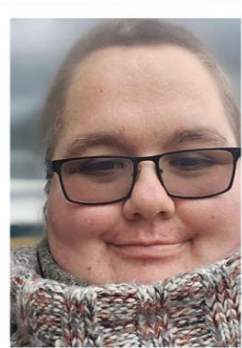
Chedworth Roman Villa - Yanworth, nr. Cheltenham, Gloucestershire, GL54 3LJ. This is the remains of one of the grandest Roman Villas in the country. The site includes in-situ mosaics, two bath houses and a water shrine. The site is surrounded by a woodland on a hillside.

Whilst there are narrow lanes and people need to follow the signs rather than the Satnav, there are four designated accessible parking spaces at the end of the approach road, next to the Visitor Centre. If these spaces are full, visitors can drop people off (if needed) and then park in the Woodland Carpark. There is an accessible toilet in the Visitor's Centre.

There are ramps and slopes on site, but you may require assistance if using a wheelchair due to the gradient. There are narrow corridors in some of the buildings too.

Days out at the National Trust

By: Elisabeth Wall



Newark Park - Ozleworth, Wotton-under-Edge, Gloucestershire, GL12 7PZ. A 16th century hunting lodge on a 725-acre estate, known for its exhibitions and country walks.

Features of Newark Park include:

- Visitor centre.
- Picnic area and tea pavilion.
- Second hand bookshop.
- Access to points of interests around the estate via ramps, slopes or steps.
- The main house.
- Parkland with hike / trail routes.
- An onsite car park with designated bays for Blue Badge holders.
- Accessible toilet at the visitor reception.

Woodchester Park - Tinkley Lane, Nympsfield, nr Stonehouse, GL10 3UH.

A “lost landscape” with the remains of an 18th and 19th century landscape park, with no fewer than five lakes. The Boat house, restored in 1998, now have bats roosted in the roof space along with a disused mine from the 1900’s, which provided the stone for the Woodchester Estate. There are several paths (some steep in places) from which people can take in the scenery and pass the unfinished Victorian mansion. The mansion itself is not part of the National Trust so there is a fee of £11 per adult to go inside. The Mansion Trust do provide a free minibus from the National Trust’s Buckholt carpark if you’re unable to walk there. However, there are steps down from the carpark to the bus stop. The site has 5 car parking sites with accessible toilets and a café but don’t follow the Satnav.

Lodge Park & Sherborne Park Estate - Sherborne, Cheltenham, Gloucestershire, GL54 3DT. Located within the Cotswold's, Lodge Park and Sherborne Estate features:

- A grandstand.
- Barn.
- Picnic area. The Barn and picnic areas have step free level access throughout.
- Working estate with hike / trail routes.
- Points of interest are accessed via ramps, slopes or steps.
- Both car parks on site have designated bays for Blue Badge holders.
- Disabled toilets are located near to the Lodge Park Grandstand.
- Some main routes have gravel and compact earth surfaces.
- Mobility scooters or equipment are not available to hire or borrow.

Westbury Court Gardens - 7, Court Gardens, Westbury-on-Severn, Gloucestershire, GL14 1PD.

A Dutch inspired water garden with a 449-foot-long canal, greenery and an ancient oak tree.

Features:

- Most entrances have step free level access.
- There is a gate in the car park.
- Seating is available.
- Toilet and changing facilities available with some adaptations by the pavilion entrance.
- Grass, block paving and gravel surfaces.
- Most paths are accessible for wheelchairs.
- There are some small ramps / slopes without handrails.

VOLUNTEERING & ADVOCACY YEAR 1 REFLECTIONS

By: Ailsa Lane

In March and April, we wrote our report for year 1 of our volunteering and advocacy project.

The team worked really hard in year 1 and we exceeded our targets in several areas. Some of the things we are really proud of include:

- 80 people accessing advocacy support through our weekly drama sessions (20 more than our target)
- An amazing 73,870 people seeing our new advocacy films and productions
- 28 volunteers supporting us to deliver our work (13 more than our target)
- 33 people accessing 1-1 advocacy (more than twice our target)
- 142 people accessing group advocacy (through Speak Up groups or drama), 27 more than our target.

I learnt what it means
to have a voice.

Some of the things people have told us about what our advocacy offer means to them:

"... my Advocate provided useful information for me to explore and plan holidays in the future. Thank you for your time and support".

"I felt more comfortable knowing I could speak up for myself and say what I wanted for myself

"I couldn't do this without you. I really appreciate it".

"I have made friends...and talked about commonality."

We want to see our advocacy offer growing in strength over the next year as we know this is a really important gap around support for disabled people in Gloucestershire.

In the last year, 28 volunteers have supported us in our work in areas including:

- One off events (Big Health Day)
- Drama actors and assistant
- MHELO (mental health network) group volunteers
- Advocacy peer mentoring and Speak Up groups
- Volunteer Newsletter
- Administration on projects like community mental health transformation

- Hubs delivery
- Research
- Maintenance of our office

As well as bringing their own skills and experience to help us deliver our work, volunteers are supported to develop their skills and experience.

Some of our volunteers have gone on to paid employment and volunteering with other projects to continue to grow their skills and experience and add value to our work.

Our volunteers are so important to our work and we would like to say a huge thank you to all of them.

Ethan's Places To Go



In June I visited Winstone's Ice cream shop which can be found on Green Acres, Rodborough Common, Stroud, GL5 5BX.

There is parking on a grass ridge with some of it having flat access.

Whilst the shop is accessible for wheelchairs the area between the field and the shop is a bit steep and rocky to mobilise on, especially in the wet and snow as it is on the side of a hill.

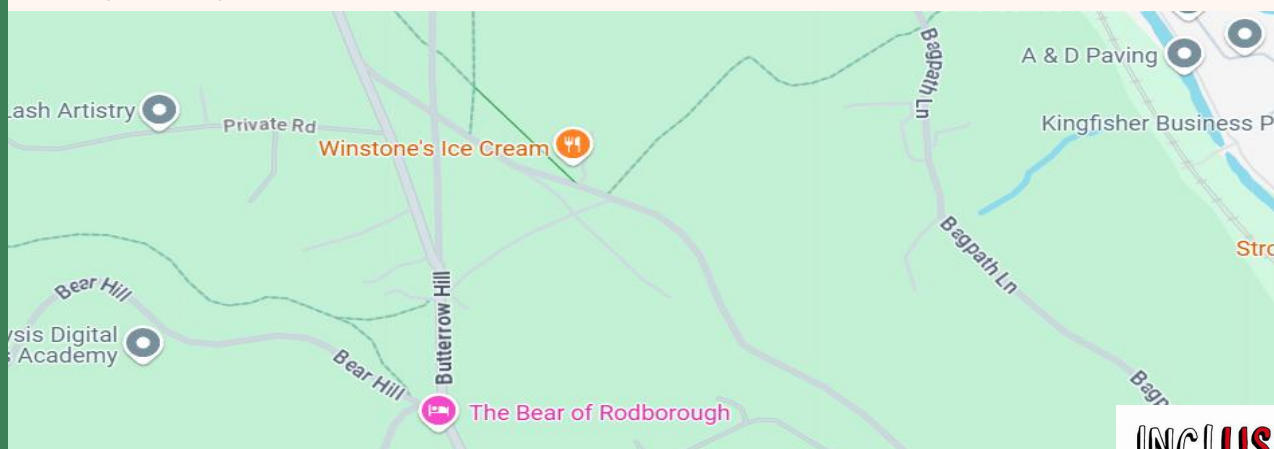
I enjoyed having an ice cream with my support workers and James.

With the good weather it can get busy but there's enough green space that people can spread out. There are at least two benches to sit on if you have mobility issues. You may also have to avoid the odd cow pat!!

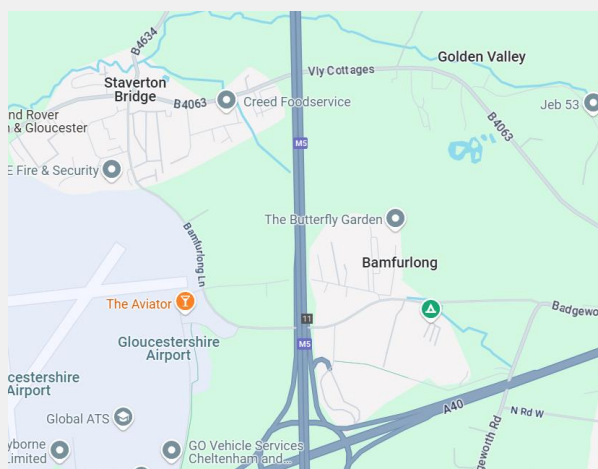
There are fantastic views of the Stroud Valley from this site with the sights and sounds of the local flora and fauna along with the trains in the valley below.

Winstone's sell their famous flavoured ice creams and drinks at reasonable prices and is often quieter in the week in term time and in the cooler months.

As well as eating on site you can now take Winstone's ice cream home with you. My favourite ice cream flavour is chocolate.



Dundry Nurseries (The Butterfly Gardens).



Dundry Nurseries is also home to The Butterfly Gardens. This place aims to offer stimulation and diverse opportunities for disabled people of all ages with the aim to deliver service of education, recreation, and therapy to anyone who needs it. They welcome everyone to help create an area that is safe.

The Gardens are based on the outskirts of Cheltenham; the project was initially set up when 6 Autistic students went to visit the nursery for general information. Through this initial visit they became the founder members of The Butterfly Gardens.

The gardens have now expanded to four acres of land existing with the original nursery. It still operates daily offering real experience with over 100 students using the grounds every week. These students often being referred from schools, colleges, friends and family, day centres and other support NHS agencies.

The Butterfly Gardens now have a greater offering and not just as a gardening service: they welcome volunteers who give their time through art, music, woodworking, and catering with new opportunities being offered on a regular basis.

The group is supported by Smith-Heath of Cheltenham, and their bookkeeper Mrs Jo Mason. Their activities are run and managed daily by the project managers Chris Evans, Danny Carroll and Susie Findlater, with help from teachers, support workers, and a team of volunteers.

For more information about the Butterfly Garden: Phone 01452 713068 or by post to The Butterfly Garden, The Brambles, Bamfurlong Lane, Cheltenham, Gloucestershire, GL51 6SL.

Opening times: Monday – Thursday 9am – 3pm.

Source acknowledgement: dundrynurseries.co.uk/

Useful Contacts



PALs - 0800 0151 548

Patient Advice and Liaison Service



Victim Support - 0808 281 0112



POhWER - 0300 456 2370

Advocacy Services Gloucestershire



CAB – 0808 189 6280

Citizens Advice Bureau



CASA - 01452 317460

Community Autism Support & Advice



GL Communities - 01452 505544

Advice & Resource Centre / Matson – Gloucester



GGLC - 07942383275

Gloucestershire Gay & Lesbian Community



Gloucestershire Service Directory - for care, support, places and people: <https://www.yourcircle.org.uk/>



Gloucestershire's Drug & Alcohol Services –
01452 223 014



Gloucestershire Domestic Abuse Support Service (GDASS) – 01452 726570 or 08082000247



Emergency Homelessness Assistance –
01452 396396



Gloucester and District Samaritans – 116 123.



The Cavern (Kingfishers Treasure Seekers):
mental health drop ins 6pm to 10pm every night.

INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

With acknowledgement and thanks to our Advocacy teams Partners:

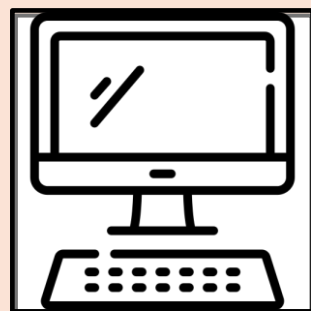
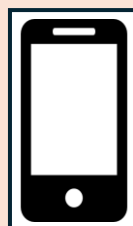
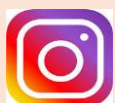
Access Social Care, Building Circles, Cheltenham Borough Homes, Gloucestershire Constabulary, Gloucestershire University, Leonard Cheshire, National Star College, Novalis Trust and Severn Wye Warm and Well.

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