MHELO NEWSLETTER



September 2022

Pitville Park Picnic Everybody is invited!



We'd like to invite you to our end of summer bring and share picnic.

Wednesday 28 September 12-2pm Pitville Park Cheltenham Meet at the front of the Pump Rooms

What 3 Words location: https://w3w.co/foods.soils.frames

Find out about the MHELO network
Meet our steering group members
Socialise with others
Bring a dish to share and a picnic blanket
Drinks can be purchased from the Cafe or bring your own
Buses D & E go up Evesham Road
Parking available behind Pump Rooms

Just turn up, or if you want to find out more contact:
01452 234 003
mhelo@inclusion-glos.org
@mhelo



KEY EVENTS

Pitville Park Picnic Wednesday 28 September 12-2pm

Celebrating Five Years Thursday
6th October
1-3pm

Try A Mindfulness Walk Around Gloucester's Historic Docks

As part of the Serenity in the City Campaign Visit Gloucester, part of Gloucester City Council worked with Shaun Donaghy the host of the Mindfulness for Beginners Podcast to create a mindfulness walk around Gloucester Docks.

https://www.visitgloucester.co.uk /serenity-in-the-city/mindfulnesswalk

SPEAK UP GROUP

Have your say on what matters to you and help us make a difference.

This month we're talking about benefits:
- how to find out what's out there
- how to claim them



When: Wednesday 5th October 2022
Time: 12 - 1:30pm
Where: on Zoom or Gloucester Inclusion Hub
Contact: advocacy@inclusion-glos.org or call: 01452 234003
for the zoom link or for more information.



Try Something New for September



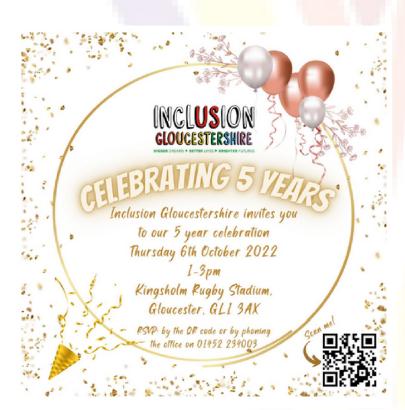
www.artshape.co.uk

Community Learning

The Community Learning programme is designed to offer participants opportunities to engage in diverse creative activities, from fine art and crafts to performing arts. Taking place over three terms you can join at any point to develop your skills, confidence and independence throughout the academic year.

These courses are subsidised for people who are 19+ and facing disabling barriers.

Art Shape are committed to making all of our provision as accessible as possible, so if you have any questions about these courses, or would like to be added to our mailing list to hear about upcoming courses, do not hesitate to contact us on 01452 863855 or email gemma@artshape.co.uk.





www.swrecoverycollege.nhs.uk

Introduction to Recovery face to face course

Recovery Through Activity – a new face to face course

Recovering Communities on Monday, 3rd October

Time and venue to be confirmed

Mindfulness Workshop

Telling your Story online course with Ed & Jane

Spirituality online course with Ed and David

Introduction to Recovery online course Growing with Compassion - new face to face course

Cr<mark>eat</mark>ive Journaling - new face to face course

Please contact Rachel or Erin: gloucestershire.selfmanagement @ghc.nhs.uk or 0300 421 1623 to find out more and book places