

# MHELO NEWSLETTER



## 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](mailto: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/mindfulness-walk>

## 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

This group is aimed at people who claim benefits and need support to understand what they are entitled to.



**When: Wednesday 5th October 2022**  
**Time: 12 - 1:30pm**  
**Where: on Zoom or Gloucester Inclusion Hub**  
**Contact: [advocacy@inclusion-glos.org](mailto: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](http://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](mailto:gemma@artshape.co.uk).

Severn & Wye  
Recovery College



[www.swrecoverycollege.nhs.uk](http://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**

**Creative Journaling - new face to face course**

**Please contact Rachel or Erin:  
[gloucestershire.selfmanagement@ghc.nhs.uk](mailto:gloucestershire.selfmanagement@ghc.nhs.uk) or 0300 421 1623 to find out more and book places**

