

Winter 2016 Newsletter

Chris Moore and Emma Ordonez

The Exchange, Brick Row, Stroud GL5 1DF

Tel 01453 706555 stroud@fairshares.org.uk

emma@fairshares.org.uk

Next Meetings

Stroud: Thursday 26th January at 2pm at The Upper Lock Café, Wallbridge, Stroud.

Stonehouse: Friday 6th January at 12.30pm at APT, Park Parade, Stonehouse.

Christmas Party on Fri 9th December for anyone involved in Fair Shares & our projects



This year we have decided to hold a Christmas Party at the Maypole Hall, Stratford Road, Stroud, GL5 4AN. It will be from 12.30-2.30pm. We are asking members to bring some food or drink to share if that is possible for you - but if it's not please don't worry, just bring yourselves! We are hoping to have some music and it will be a great opportunity to meet up with old friends as well as meet new people and share what you have all been doing this last year. We hope to see you all there!

Gentle Park Walks



Now in their third year, our gentle park walks are still going strong. They take place every other Friday, although we have now stopped for a break over winter and they will resume in March 2017. These walks are open to anyone who would enjoy a gentle walk, as well as being accessible to those living with dementia and are wheelchair friendly. We meet at the Museum in the Park at 10.30am for a drink and then

leave for the walk at 11am. Walks are free and refreshments are provided for free by the Museum. It's been lovely watching how the walks have developed, seeing friendships form and blossom, and being constantly amazed at how people give so much time to help each other.



Men's Group



There is a regular men's group that takes place on the 2nd and 4th Tuesday of the month at The Old Crown Pub, Parkend, Paganhill, Stroud, GL5 4AZ. It's a chance to meet for a drink and a chat, we often play cards or look at memorabilia to stimulate conversation. Anyone who is interested can find out more by contacting Emma.

Cotswold Boatmobility

Based in Stonehouse and Ebley, Boat mobility is an inclusive accessible boating facility. They use cata-canoes and are also in the process of getting a wheely boat. Some Fair Shares members are involved in the project and others have been canoeing. It's really good fun and is free to have a go. We will be organising some more sessions with them next year. Contact info@cotswoldboatmobility.org.uk



Carers Feedback Group

In April this year Fair Shares has helped bring together a group of carers and people living with dementia to discuss their experiences of health and social care services. Regular meetings have taken place throughout the year and the aim has been to develop ideas and suggestions that could improve the way services are provided. We'd like to thank all those involved for their time and energy. If you would be interested in joining this group contact Chris.

Yoga

Sharmila has been running a monthly yoga class at William Morris College near Eastington for Fair Shares members. In a relaxed environment people have been taught techniques that have been beneficial to mind and body. The last session this year is on Wednesday 14th Decemeber 1.30-2.30pm. Contact Chris if you'd like to go.

Chance to Chat

Since a chance meeting with Su Chard a few years ago, Fair Shares has worked with Su to develop the Chance to Chat project. Researching and designing postcards and memory boxes aimed at stimulating memories and conversations with the idea of maintaining and rebuilding relationships involving people living with dementia, carers and others. The project is now being developed in the Forest of Dean and has received encouragement from the NHS 2gether Trust Dementia Education team and Managing Memory Services. One person explained how just one postcard led to a substantial change in relationships within her family that had signifigant benefits. We'd also like to thank the Museum in the Park and Stroud Library for their support lending the memory boxes to the public.

Trips



We've had a couple of lovely trips to the Forest of Dean this year. The first was to Clearwell Caves and the second was to Sudley Ponds. Trips out are a great way to meet people and make new friends and it's good to get out to different places. We

try to do a few trips a year and if you would like to go on a trip and have any suggestions please let us know.



Social Group

A group has developed in Stroud for people with health problems and/or mobility issues to come together and do activities together. They meet regularly at Upper Lock café to have a coffee and a chat and to decide what things they want to do. So far there have been trips to the cinema, Westonbirt Arboretum, canoeing and archery. Ideas for future activities include accessible cycling, a trip to see a pantomime, cooking and sharing a meal together. If you are interested in being part of this group please get in touch with Emma.



Stonehouse Community Allotment

Fair Shares members are continuing to work with students from the Apperley Centre (living with a learning disability and autism) to maintain and develop our Community Allotment.

Fair Shares have started to exchange skills and time with those studying at **William Morris College**, Eastington a college for those living with a learning disability and autism.

Contact Chris or Emma if you want to exchange your skills.

Remember to go along to our Charity Shop in Stonehouse High St for Christmas bargains.