

Fair Shares News

Winter 2018

GLOUCESTER

WINTER IS ALMOST OVER AND A NEW YEAR'S BEGUN

TRIPS AND LUNCHEES

Wednesday the 21st of March
Daffodils and Lunch
Leave at 10.00

Wednesday March the 14th
Lunch at Wheatstone Inn
Barnwood
Meet at 12.30

Wednesday April the 18th
Trip to Bristol Zoo
Meet at 9.00

Thursday April the 26th
Lunch at The High Orchard
Inn Gloucester
Meet at 12.30

Thursday the 31st of May
Trip for Shopping and lunch

Wednesday May the 23rd
Lunch at The New Dawn
Inn
Norton
Meet at 12.30

Thursday the 28th June
Lunch at Highfields Garden
Centre
Whitminster
Meet at 12.30

Wednesday the 11th of July
Trip to Barry Island,
Leave at 9.00



Our trips last year were rather popular and so we've been asked to book even more in this year. We're always on the lookout for new places to go, so if you've heard of anywhere exciting that you'd like to visit please get in touch.

Here's a reminder of the fun days we had last year so take a look at the side panels if you'd like to join us for this year's outings.



FAIR SHARES CHRISTMAS PARTY



We had a great turn out for our Christmas party as usual. But this year we put up a big board with the words "What does Fair Shares mean to me?" We invited people to write how they feel and we had an amazing response.

Some of our favourite answers were:

- * A Peace of Mind
- * Family
- * I thank FS for giving me back my confidence and self-esteem. It helps me with what I can do, not can't do!

* Family and Freedom – as a single mother there can be weeks I don't leave the house unless for the kids. But with Fair Shares I get out and about.



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WORKING WITH THE WILDLIFE TRUST

Our woodworking team at Fair Shares joined forces with the Wildlife Trust to help develop the Milton Avenue Nature Reserve in Podsmead. While the Wildlife Trust took on the conservation work we were asked to create some interesting and fun sculptures and signs. It was a really exciting project at every stage of the process from sourcing the wood from another Nature reserve to the final installations. There was a great sense of satisfaction for everyone involved as they were a vital part of transforming the nature reserve and creating a new community space for Podsmead. The giant hedgehog and the damselfly bench have been particularly popular.



SUMMER'S COMING! TIME FOR A HOLIDAY.



It's the time of year again to start thinking about the summer holiday and our annual Bournemouth trip. We hope to be able to go in late August or mid-September.

It will be a 3 night stay at the Travel Lodge Bournemouth Seafront. We hope the cost will be around £100 per person. The hotel is located within a short walk to the sea and pier which then leads into the park and town. We have a saving scheme which means you can save for your holiday in weekly or monthly instalments, so if you would like to use this facility just let us know. Don't delay as spaces are limited!



Get in touch with Shelley to let us know if you want to come along by contacting her at 01452 415900.

TRIPS AND LUNCHES (CONT.)

Saturday the 28th July

Trip to Kew Gardens London
Leave at 8.00

Wednesday August the 8th

Lunch at Harvester St
Oswolds
Meet 12.30

Wednesday the 10th October

Trip to Black Country
Museum
Leave at 9.30

Wednesday October the 24th

Lunch at The Wheatstone Inn
Barnwood,
Meet at 12.30

Wednesday the 28th

November, Lunch at The High
Orchard Gloucester,
Meet 12.30

Wednesday the 5th December

Trip to Bath Christmas
Market,
Leave at 9.30

Christmas Party Wednesday 12th of December at Fair Shares,

12.00 – 3.00

Let us know if you want to come on any of the trips, or if you need a lift for any of the lunches. All the trips will leave from Chequers. Costs are based on how many people are going and any group discounts we can negotiate.

Call **Shelley** on **01452 415900** for more details

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FAIR SHARES YOUTH WORK

We're really excited to be working with young people for another year and finding new and interesting ways to get them involved in our communities. This will be the seventh year of our Gloucester Fair Shares Youth Project. During that time we have worked with over 250 young people from the age of 14 and up.

Rich, our youth worker, takes small groups of young people or sometimes one to one to do practical work. They might be repairing a broken fence, assembling flat pack furniture, painting a church hall, helping clear local gardens, or taking part in community events and loads more. Rich teaches them practical skills but also provides some mentoring.

Many of the young people have gained skills and confidence through their volunteering and have since moved on to jobs or further education. For some it was a life changing experience and has opened new doors and new opportunities. We're very proud that Frankie, one of the young people who had started with our youth project and more recently has been working with us, received an award for Young Person of the Year at the Matson, White City and Robinswood Community Awards. It is well deserved and Frankie has become an invaluable member of our team.

We've been very fortunate that this work has been funded by the Office of the Gloucestershire Police and Crime Commissioner's Fund. We can't thank Martin Surl, the PCC, and his team enough for enabling us to do this vital work.



**THE
COMMISSIONER'S
FUND**

Breaking the cycle of crime

INTRODUCING ONE OF OUR YOUNG PARTICIPANTS

Ryan is one of our young participants who came to us two years ago. He wanted to work with animals so we linked him with the St James City Farm and he has been volunteering with us and the farm ever since. He started off very shy but soon got into the swing of things and his confidence keeps on growing.

He's an excellent role model and now he even mentors other volunteers and looks after larger school groups.

Recently Ryan has spent lots of hours revamping the chicken area at the farm which was in a fowl state and to thank him for his work we named the area after him. The picture shows him receiving a Plaque from Deputy Police and Crime Commissioner Chris Brierley.



BEFRIENDING

Do you have some spare time that you may be able to offer as a befriender? There are so many people in our local community who are lonely and isolated due to their age or disability and they struggle to meet people and get out.

Could you offer an hour a week to meet up with someone and have a chat over a cuppa? This could help boost their mood and really give them something to look forward too. For some people the day can be very long with only the TV or radio for company; you really could make a huge difference.

So if you are interested or know anyone that might be, please contact us on 01452 415 900.

DANISH STUDENTS

We were very lucky to be joined in our work by two students from Denmark, Sif and Julie. They spent three months with us last year and during their stay they threw themselves head first into the world of Fair Shares and time banking.

They joined us in some of our activities, like helping Dorothy with her garden and by cooking some traditional Danish food at the lunch group and also spent hundreds of hours talking to staff and many of you finding out exactly how we work together as a community.

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OUR REGULAR ACTIVITIES

LUNCH GROUP:

Mondays

1.30pm food is served, or you can come along from 11am and help out with the cooking.

There is no charge for the lunch but we always welcome donations. Mondays is also a great day if you just want to pop by to catch up with us and see how things are going.

ART GROUP:

Tuesdays

2pm-4.30pm. Learn some arts and crafts and take part with some of our larger projects.

ALLOTMENT PROJECT:

Thursdays

11am-3pm. At our allotment at the City Farm. Learn about food growing and gardening and help us create a beautiful shared space.

ARCHERY:

Thursdays

8pm. Try your hand with a bow and arrow!

WOODWORKING:

Mondays/Tuesdays/Fridays

11am - 3pm. Come and work with Jon, learn some new skills, or help out with some of the large pieces of work that he's building.



They spoke to some of our supporters like Mark Gale from the Gateway Trust, Police and Crime Commissioner Martin Surl and even interviewed MP Richard Graham to find out how we fit into the bigger picture of life in Gloucester.

Here's what they had to say about their time with us:

"We have met so many inspiring people and have truly enjoyed taking part in the everyday life of Fair Shares. We want to thank you all for being so open and answering our many questions – you made our project possible!"

Fair Shares succeeds in creating an inclusive environment for people in the local community to meet and connect.

We are amazed by the strong community spirit in Gloucester and everyone's willingness to help their neighbours, which we will be inspired by in our continuous work and life in Copenhagen.

Again, we want to thank everyone who has welcomed us with a smile and taken the time to chat, and we look forward to come back to visit you all next year!



Best wishes, Sif and Julie"

NEW GROUPS AND VENTURES

MATSON WALKING AND PHOTOGRAPHY GROUP

We've had some interest in setting up a walking and photography group in Matson. It's at the early stages so far but if anyone is interested in some gentle walks and practising and developing their photography skills or starting from scratch and learning something new get in touch with us.

GLOUCESTER ATHLETICS CLUB

We met with Bob and Dave from the club and we were amazed with how much they do and can offer at the track. The track itself was resurfaced in 2012 and is a hidden gem of the city. More organizations are getting to know about it and use it but it would be great if the local community could access and use it more. Are you or your children interested in athletics? If so pop down as you can use the track for between £1.50 - £3.00 a session. They have plenty of opportunities for the disabled community and 'Wheels for All' use the track often. There is a club house that is being refurbished at present but is still functioning and available to use.

For more information on the track and what's available please contact Bob at bobpurcell1@outlook.com.

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THE MELTING POT COFFEE MORNING

The Melting Pot Café in Podsmead, run by Jose, is due to open soon and our Fair Shares wood work group have been busy helping get the café ready.

We hope to engage with more people in the Podsmead area and will be having a regular coffee morning there every week (day and time to be confirmed) to try and get the local residents aware and engaged with us.

If you'd like to join us at the coffee mornings then let Shelley know at 01452 415900.

FOOTLIGHTS CLUB @ ST BARNABAS CHURCH HALL

The Nostalgia Group, 'Footlights', at St. Barnabas Hall in Tuffley has been running since October 2017, and is proving to be very popular, regularly attracting up to fifty people. It provides an opportunity for over 55's to meet every Monday, (term time only) 2pm - 4pm, to enjoy company, chats, tea, cake, quizzes, and singalongs.

There is a variety of entertainment on offer, with regular guest performers, including 'The Poppy Sisters' from Worcester (pictured). We celebrate the music and memories of yesteryear, and above all, we have a lot of FUN!

Entry is £1, which includes refreshments and raffle. Everyone is welcome to join.

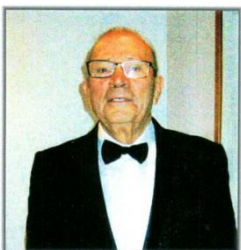
For further information, please phone Lorraine Campbell on: (01452) 520883.



SAD LOSS OF TWO MUCHED LOVED PARTICIPANTS, DOROTHY AND MICHAEL

Dorothy, one of our participants, sadly passed away in December. She lived in Matson and accidentally found out about Fair Shares when she was walking past the Friendship Café community building one day, came in and joined our weekly lunch. She became a regular attendee even though she didn't eat the lunch but it gave her an opportunity to meet people and socialise, which was very important to her.

We got to know Dorothy as she shared her interests and her life stories. She said she would like to get more involved with Fair Shares and give her time to visit someone who might be lonely. We were able to provide some help through our young people's project by tidying her garden.



MICHAEL JOHN OXLADE

1938 - 2017

Although Dorothy had only been involved with Fair Shares for a short time, at the funeral her daughter mentioned how much she valued coming along to the Fair Shares groups. In the past people hadn't always been very kind to her and so the open, welcoming and friendly nature of Fair Shares really meant a lot to her. She is a great example of how small acts of simple kindness can be so important and make such a difference.

Sadly we lost one of our much loved participants Mike in December, he passed away peacefully surrounded by family and will be hugely missed. Our thoughts go out to his wife Barbra and family. Mike was such a gentle soul and did so much at Fair Shares. He spent his time befriending, baking us amazing cakes and getting involved in many activities. Mike and Barbara were always happy to help and despite moving to Cheltenham kept in regular touch.

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Can you help?

Like all small charities Fair Shares struggles to make ends meet. Here is one simple way you or your family and friends could help us to raise more money – and it doesn't have to cost you a penny.

If you shop online then **easyfundraising** is a simple way to raise money for Fair Shares. Shop with any of over 3,300 well-known retailers via the **easyfundraising** website: easyfundraising.org.uk and a percentage of what you spend is passed to Fair Shares at no additional cost to you.

Retailers include Amazon, M&S, Vodafone, eBay, Tesco, Viking and many more. Please register to support us today – www.fairshares.org.uk/donate.

We are always trying to think of innovative ways to raise money so if you think of any or have the time to help us fund raise please get in touch with **Sue on 01452 415900**.

New Trustees

We were sorry that two long standing Trustees, Lyn Ashton and Colette Kilminster, stepped down after serving 10 years and would like to take this opportunity to thank them for their hard work and commitment.

We now have 4 new Trustees who bring with them a wealth of knowledge and have already been working very hard over the last few months to support and develop Fair Shares. We are pleased to have on board Julie Cigman, Alison Cathles, Sue Oppenheimer and Pat Gifford (awaiting photo).



Mark Hayman, Fair Shares Treasurer, is leaving us in March after almost 5 years which leaves a huge gap and need for a new Trustee with a financial background. We'd also like to recruit a Trustee with experience of working with the criminal justice system so please spread the word and let us know of anyone you think may fit this role and is a supporter of Fair Shares.

Thank You

We would just like to take this opportunity to say a huge thank you to all our participants who make Fair Shares what it is today. Whether you give your time every day, once a week, once a month or when you can we want you to know how much it is appreciated. Fair Shares and the team really value everything you do and can see the difference your time makes to our communities.

NEXT TIME watch out for details of our 20th anniversary later this year.

FAIR SHARES PRISONS PROJECTS

Our work encouraging volunteering in our local prison continues to flourish. Prisons have lots of male and female offenders who give up their free time to help fellow inmates in many different ways; for example by teaching reading, maths and by being Samaritans. The prisoners sign up with Fair Shares and are then able to send out hours to help their families or they donate their hours to us to use to help people in Gloucester.

So far prisoner hours have been used in Gloucester to tidy up gardens and outdoor spaces, and to help someone move in an emergency. If you know a family who has someone in prison who could benefit from a few hours volunteering please contact Lucia or Shelley.

Some prisoners are able to send the hours out to help their own family and we will be helping a grandmother with their garden very soon. For offenders who live elsewhere we try to connect with other time banks. One time bank in Wales has swapped some of the prisoners volunteering hours for vouchers and two sets of children have managed to go on days out provided for them by their parents volunteering within the prison.

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