

Our monthly programme of events

Gentle Park Walks take place on the 1st and 3rd Friday of each month. We meet at 10.30am at the Museum in the Park in Stratford Park and leave for the walk at 11am. They are open to anyone who would enjoy a gentle walk, as well as being accessible to those living with dementia and are wheelchair friendly.

Our Social Group meet on the 2nd and 4th Tuesday of the month in the Old Crown Pub, Paganhill from 2pm-4pm. We have a drink, play cards and games, chat about our lives and memories and support each other.

An activity group for people with long term health conditions has developed in Stroud and meet some Mondays at The Upper Lock Cafe by Wallbridge at 1pm. We then plan some activities to do in the month. If you are interested in being part of this group please call 01453 706555 or email emma@fairshares.org.uk

Fair Shares Christmas Party

Bringing everyone together to celebrate

Our Christmas Party took place on the 14th December at the Maypole Hall in Paganhill with over 70 people enjoying the fun.

We want to say thank you to everyone who came and made it such a lovely event. We were so grateful to those who came along early and helped set up and decorate the hall and to all who brought food to share. Also big thank you to Clive, Wendy, Pat and John who had been practicing for several weeks and provided us with great music and entertainment and helped to get us in the festive mood!

For us, it's a chance to bring everyone together who is part of Fair Shares and acknowledge it's the support and work of our members that makes Fair Shares as an organisation. It's nice for the different groups to meet and see the variety of activities and people in our time bank.

Happy New Year to you all and all the best for 2018. If there is anything you need a hand with, or anything you would like to get involved in or offer to others please get in touch with us on 01453 706555 or email stroud@fairshares.org.uk



Fair Shares News

WINTER 18

STROUD

Fair Shares Meetings

Coming along to one of our meetings is a great way to catch up on what's been happening in Fair Shares. You can also find out what we have planned for the future and let us know if there is anything you would like to do or need a hand with.

Stroud meeting is on the last Thursday of the month at Upper Lock cafe by Wallbridge at 2pm. The next meeting is 25th January.

Stonehouse meet on the 1st Friday of the month at APT on Park Parade at 1.30pm. The next meeting is 2nd February

And there's more...

Stonehouse community allotment meet on Thursdays and one Saturday every month. For more information contact clare@solarious.co.uk

Cotswold Boat mobility is an inclusive accessible boat facility based in Stonehouse and Ebley. They have regular sessions on Wednesday mornings.

For more information contact info@cotswoldboatmobility.org.uk

Our plans for 2018

It's going to be a busy year here at Fair Shares

We would really like to offer more gardening and DIY support to participants and are on the lookout for people who could help.

We thought it would be more fun if we got a group together that could go out as a team. If you are interested in this please let us know, or if you have ideas on where we could find new members that might offer this then please contact us on stroud@fairshares.org.uk or 01453 706555.

We will be organising some fun trips for this year. If you have any ideas of places you would like to visit get in touch and let us know. We are also hoping to go on another Fair Shares holiday, so watch this space!

As well as continuing our walks in Stratford Park in Stroud, we are hoping to start new walks in Nailsworth. These will be aimed at people living with dementia, their carers, families and friends. They will take place at Ruskin Mill. These walks will be more of a ramble for one or two miles and so will be a bit more challenging and less accessible than the walks in Stroud. We will be looking for people who can help with these walks. If you are interested please contact us.

We are looking at how we can work with the Youth Support Service to give young people opportunities to learn new skills and build their confidence and experience by being involved in the Time Bank and our activities. Rich, our youth worker from Gloucester, will be supporting the project.

"Chance to chat" will be coming to Stonehouse. The project will be led by Stonehouse resident Su Chard and uses specifically designed postcards to encourage people to chat, make connections with each other and stimulate memories. Although they are aimed at those living with dementia, they can also be used by anyone. You will be finding these postcards all over Stonehouse and are for all to pick up and use.

Stroud Fair Shares

The Exchange

Brick Row

Stroud GL5 1DF

01453 706555 stroud@fairshares.org.uk

Fair Shares
community time banks