

Fair Shares

community time banks

Hello There!

We hope you've all been keeping healthy, happy and safe during these interesting times. 2020 has certainly proven to be the year that has shattered all of our plans, comforts and norms (and we're only still in August). But despite all the disruptions and the heartache that Covid has brought us I hope you will agree that the amazing community spirit of the people of Gloucester has been something truly special.

We're very proud here at Fair Shares for our participants playing a small part in the efforts to make life easier for people in the City. There are lots of other organisations, charities and groups in every corner of Gloucester doing the same and it's been a real honour to work with and alongside many of them.

Much of our work during this time has been supporting people with food: arranging and organising shopping, managing a food bank and cooking and delivering meals Monday to Friday. At the last count we've delivered just over 5500 meals. These have gone all across Gloucester to people who are struggling for all sorts of reasons.

To know more have a look at this short little video which really celebrates all the time and effort many people have put into this project.



Please remember if you or someone you know could do with some help and may be struggling contact us on 01452 415900 or Gloucester@fairshares.org.uk

Lockdown Easing & The Future



It's great to see that lockdown is slowly easing. It's going to still be a long slow process but we hope the positive steps we have seen keep progressing. As we go forward we are starting to rethink how our work continues and what Fair Shares looks like in the next few years.

We know it's going to be different to before: gatherings and group activities will be difficult as well as people visiting others' homes. Fair Shares has always been about bringing people together and finding ways to share skills, talents and interests with others in the community. Most importantly it's just about being a good neighbour and helping where you can.

How do we do this in a post Covid world? To be honest with you we're not sure. So what we're going to do over the next few months is call everyone and have a chat and talk to you about this.

**What would you like to see happen?
What ideas do you have?
How do you want to be involved?
What do you want from Fair Shares and how do you think we need to change?**

We already have some ideas and areas of work we want to develop – developing the outdoor space and allotment and using it for social events, walking groups, a cycling project (including teaching people who have never ridden a bike before) and using video and social media to share hobbies and interests.

If you go to our [facebook page](#) you can see how we've already started with videos of arts and craft and gardening. We've also run a few workshops around photography and you can download the handouts from our website or by using the buttons below.

Tips on Composition

Simple Tips for Better Photography

Art & Gardening Videos

So please have a think about your hobby or special skill that you may be able to share with others.

Social Wednesdays

FAIR SHARES COMMUNITY ALLOTMENT'S SOCIAL WEDNESDAYS

STARTS WEDNESDAY 12TH
10:30AM - 12PM
SAME TIME & DAY EVERY WEEK



COMMUNITY ALLOTMENT,
ST JAMES CITY FARM,
ALBANY STREET

Come down to our community allotment for a cup of tea or coffee, conversation and enjoy a wander around the allotment.



CONTACT RACHEL ON 07365 623 462 OR [ALLOTMENT@FAIRSHARES.ORG.UK](mailto:alotment@fairshares.org.uk) IF
YOU'D LIKE TO ASK ANY QUESTIONS ABOUT THE SESSIONS OR TO JOIN!

 @FAIRSHARES

 @FAIR_SHARES

We'll be trying our best to adhere to guidelines around social distancing due to COVID-19 and our main priority will be keeping people safe by using the outside spaces available to us.

We love our allotment so much, we want to share it with you!

So we've decided to open up the allotment each Wednesday morning for you to come, have a cuppa, a chat, take a walk around, all whilst keeping a safe distance.

Why not join us each Wednesday morning? The strawberries have finished but there might be plenty of other things to tempt you with!

We'll also be building a wooden shelter (not on Wednesdays, don't worry) so you can check on our progress and give us some ideas on how to decorate it.

Starting from Wednesday 12 August, 10.30 -12.00, at the Fair Shares Allotment, Upton Street Gloucester (next to St James City Farm) and then continuing each week at the same time every Wednesday.

It's such a peaceful green space, we'll look forward to seeing you!

Edible Plants & Magnificent Hauls!



Rachel, as part of #GEMonline, hosted a zoom session on edible plants! She covered the basics of how to sow and grow food, even in a small space, and how to up-cycle and use what you have rather than going out and buying pots.



One GEM, Nabeela, said after taking part in the session that she "*started growing salad tomatoes, cherry tomatoes, courgette, rocket, little gem lettuce, Italian style salad and other salad too.[...] They're all starting to grow and I already have some tomatoes from inside on my kitchen window sill.*"

What a great result!

Life has continued to be busy down at the allotment, both for insects and humans.

The bees 🐝 have been busy pollinating all the fruit and vegetables and certainly love all the lavender that is growing! Community Payback have been working hard clearing weeds and they also helped re-discover a path that had disappeared.

Produce is continuing to ripen each week and we've had a magnificent haul of onions, plenty of courgettes and the tomatoes are turning red!



Other Organisations & Misc. News

Matson, Robinswood & White City Community Partnership together
with The Club @ Tuffley invites you to its free

Holiday Kitchen

12pm - 1.30pm

Join us for lunch and a chat and pick up craft and
activity packs to help you stay creative & active this summer !

Please note - we will be following social distancing guidelines

This project is aimed at children, young people & families living
in the communities surrounding each of the locations

where to find us...

Monday's @ The Phoenix Centre/Rose Garden, Matson Lane
20th & 27th July and 3rd, 10th, 17th & 24th August

Tuesday's @ Three Oaks Park, Baneberry Road
21st & 28th July and 4th, 11th, 18th & 25th August

Wednesday's @ The Venture, Northfield Road
22nd & 29th July and 5th, 12th, 19th & 26th August

Thursday's @ The Redwell Centre, Matson
23rd & 30th July and 6th, 13th, 20th & 27th August

Friday's @ The Club @ Tuffley, Tuffley Avenue
24th & 31st July and 7th, 14th, 21st & 28th August

Over the summer holidays the Matson. Robinswood and White City Community Partnership together with The Club @ Tuffley are doing a Holiday Kitchen. You can pop by any of their five locations on the days listed and get a neat activity pack for your kids as well as some lunch.

Jason from GEM joined us in our kitchen and cooked a lovely lunch which received rave reviews!

#GEMonline is still active as well,



with lots of free online sessions you can join - ranging from mock interviews to Chair Yoga!

[View the #GEMonline Timetable](#)

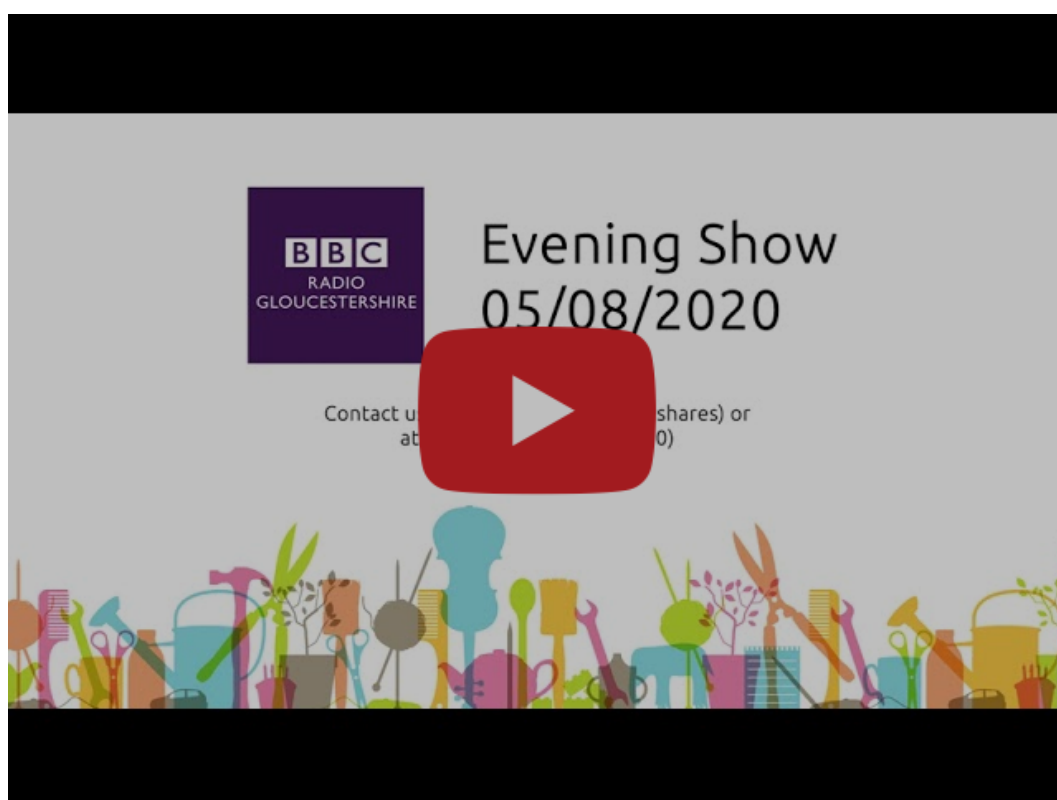
Gloucestershire Wildlife Trust would like to hear the views of Kingsholm & Barton residents! They're interested in your opinion on rain gardens and if you'd like one near you.

You can fill out their survey, and learn more about rain gardens, by clicking the button below.



[Have your say on rain gardens!](#)

Reyaz also had another appearance on Radio Gloucestershire's Evening program discussing what we've been up to at both Fair Shares and The Friendship Cafe, which you can listen to below!




Contacting Us

Please remember we are here.

If you need any help don't hesitate to contact us. Yes, because of covid there are lots of things that we can't do right now, but if there's something you need and we can't help, then we may know of another organisation or group that can. We will always try our best.

Also if you want to get more involved and have some time to give then contact us. Again the opportunities are a bit more limited right now, but we'll try our best to get you involved if we can.

Ring our office on 01452 415900 or email Gloucester@fairshares.org.uk.

If any of the above interested you then  us on Facebook or follow us on Twitter and see what else has been going on.



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