

Community Hub
1 Park Parade
Stonehouse
GL10 2DB
01453 822705



Issue 1 of 2024

Look out for our next
edition in July 2024

Supporting our Community



WWW.facebook.com/AllPullingTogether



@APT_central

Looking Forward....

We are looking forward to running the Easter Town Trail again this year. The team at APT will set up all the pictures in the local shops ready to start the trail on Saturday 23rd March. The trail sheets will be available to collect from the Pet Shop in Quietways or the APT office and then they need to be returned to APT by Thursday 4th April ready for the prize giving on Friday 5th April. Come and join the free fun.

There will also be an Easter children's craft activity at APT on Wednesday 27th March from 10am to 12 noon. Book your place to decorate an Easter bag. It is a free session so make sure you book your place as we have a limited number of spaces.



We have lots of activities taking place this year from coach trips to craft sessions. Keep an eye on our facebook page or watch for updates in our newsletters during the year. If there are ideas you have for activities during the year, get in touch and we will see what we can do to provide what you would like to have available in our community.

APT is still providing a food supply service which is open for everyone. You do not need to be referred or on any benefits to access the supplies. Our opening times for issuing the food are: Monday 9.30am to 11.30am and Thursday 12.30pm to 2.30pm. If you are able to find APT on facebook you will be able to see what is available on those days. We are also happy to take donations of tinned, packet foods or toiletries



Community Support....

All our support organisations are available on various days at the APT office. You will need to make an appointment for our financial and debt advice and Citizens Advice by contacting the numbers below. If there is anything else we can help you with, please let us know.

Financial & debt advice: The GL Communities advisor is available at APT every Tuesday from 10am until 12 noon. If you would like to make an appointment you can either contact APT on 01453 822705 or ring 01452 505544 / 01452 306581.

Housing Advice: A Stroud District Council Tenant Services officer is available for a drop in session every Monday morning 10am to 11am. No appointment necessary, just pop in and have a chat.

Citizens Advice: A support worker is available at APT every Thursday afternoon from 1pm to 3pm. To make an appointment ring the following number 0808 800 0510 or you can pop in to see the advisor.

P3 Housing Charity: An advisor is available every Thursday from 10am till 12 noon. No appointment needed, so just pop in and if you need to wait to see them, we will provide a cup of tea/coffee while you are waiting.

There are other Community Support organisations available. If you are looking for a particular contact number or you are not sure who to contact, please pop into APT and we will do our best to help you.



Assisted Walks: APT and Fair Shares are working together to provide a monthly assisted walk for those people with disabilities or dementia and their carers. Each walk will start from the Stonehouse Library on the last Wednesday of each month at 11 am. There will be a hot drink available before the start of the walk. So come along and meet up with others and enjoy the company and fresh air. The next walk will be held on Wednesday 27th March at 11am.



Activities Available.....

The team at APT have taken on board your ideas for courses and classes, so here are some of the new groups that have recently started at APT or will begin in the next few months.

Craft Groups running at APT: Would you like to learn to crochet? Or do you have your own project? Why not join the group that runs on a Wednesday 5pm to 6.30pm each week. You can pay £1.50 per week or donate dry/tinned goods for the APT food supplies. Pop along to meet the group and have a chat to see if it is what you are looking for.

Craft & Chat: This group has been meeting for a year. We hold it on the last Friday of each month, except for July and August. The group meet from 10am to 12 noon with free coffee/tea and biscuits available. Let us know if you would like to join us and bring your own project. So you could knit, crochet or bring some embroidery.

Maths Based Classes: APT will again be running courses based on maths for those people over the age of 19 years with up to a level 2 maths qualification. The four courses we will be running this year will be: Cooking on a Budget; Household budgeting; Free flow art and possibly another macramé course. If you are interested, please get in touch to book your place. The courses will all be free and based at APT.

Park Estate Litter Picks: Every two months we are again setting up litter picks around the Park estate on a Sunday afternoon. Our next date is Sunday 21st April. We meet at the APT office at 2pm and return to the office at 3.15pm for hot drinks and biscuits. The date in June is Sunday 23rd, join us if you can to help keep the estate tidy.

To book places on our courses or groups please pop into the office or ring 01453 822705.





Supporting our Community

	Morning 10am - 12 noon	Afternoon 1pm – 3pm	Evening
Monday	9.30am till 11.30am Food supplies available 10am—12 noon SDC Tenant Services	12.30pm till 2.30pm Maths courses	Sewing Group Closed Session
Tuesday	10am – 12.30pm GL Communities Debt Advice	Closed	Closed
Wednesday	Meetings	Meetings	5pm till 6.30pm Crochet Group Open to all.
Thursday	Open for Drop in 10am – 12noon P3 Inclusion Advice	Open for Food supplies 12.30 till 2.30pm Drop in Citizens Advice 1pm – 3pm	Meetings
Friday	Craft Courses & Craft & Chat Last Friday of the month Open to all	Closed	Closed
<p>You must register your interest to participate in any of the courses due to limited spaces. Please contact APT for more information. 01453 822705</p>			

APT can help you write your CV, look for jobs, find the right advice for your needs as well as providing access to computers, the internet and a phone. Please check the window and facebook for more updates.
(Timetable subject to change).

Tel: 01453 822705



PEOPLE
POTENTIAL
POSSIBILITIES

P3 are here to improve lives and communities by delivering services for socially excluded and vulnerable people to unlock their potential and open up new possibilities.

We are based in Daniels Industrial Estate, Bath Road, Stroud GL5 3TJ
01453 750480

If you are new to using the service or if we already know you, you can:

- ◆ Text us
- ◆ Ring us
- ◆ Message us on the P3 Connect App
- ◆ Request a doorstep visit from us
- ◆ Arrange a Hub appointment

Local Support Organisations

Family Support: Home Start run family support groups which include Fathers groups around the district. To contact the organisation ring the office on 01453 297470 (based at Bonds Mill) Or email enquirieshomestartsd@gmail.com

Age UK Gloucestershire: Support for the elderly in all aspects of life. If you need help just ring 01452 422660 or you can email them: enquiries@ageuk

Gloucestershire Domestic Abuse Support Service: There to help anyone who needs support. Just ring 01452 726570 you can email them on:

support@gdass.org.uk



Flexible solutions for
Your advice needs.

Advice Services that provide
A total end to end solution

Sandra Day is a Money Advice Worker
at
GL Communities
and is well known to many across the
County

[Contact for more information](#)
Phone: 01452 505544

sandra@glcommunities.org.uk
www.glcommunities.org.uk
[Money Advice Line](#)
Phone: 01452 306581



We provide free, independent, impartial and confidential advice across the Stroud district, and we work to empower and enable people to use that advice to solve their problems, whatever they may be. Our main office is in Stroud. Because of Covid 19 we are currently only able to receive phone calls or emails. To speak to an advisor ring us on: 0808 800 0510 Calls to this number are free or visit our online email page

<https://www.citizensadvice-stroudandcotswold.org.uk/stroud-cab-email-advice.php>

and complete a short online form giving us a few sentences about your problem and how we can contact you.

PET WORD SEARCH

H	H	A	M	S	T	E	R	G	H
O	A	G	S	P	O	K	A	R	A
D	T	P	A	R	R	O	T	A	P
C	O	E	G	N	T	E	A	B	A
P	R	R	T	D	O	G	M	B	T
C	A	T	R	A	I	K	I	I	S
A	D	B	P	C	S	L	C	T	N
E	H	O	R	S	E	C	H	E	E
H	R	S	R	E	K	A	N	S	H
R	G	E	R	B	I	L	L	I	R

Find the following pets in the word search.

HAMSTER
HORSE
CAT
DOG
RABBIT
PARROT
TORTOISE
RAT
GERBIL
SNAKE

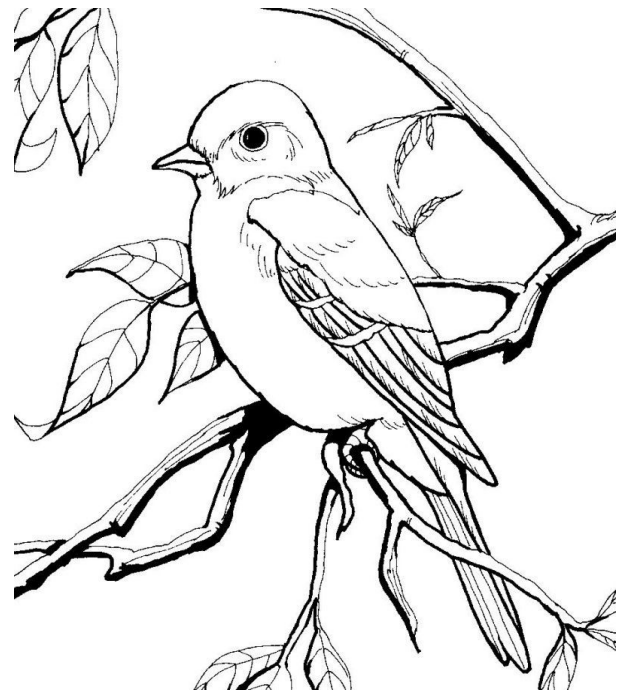
Children's Fun

The National Trust has a list of Children's activities '50 things to do before you're 11¾'. They are to help you to get to know your surroundings. Here are two more:

1. When it's pouring with rain, what could be better than chucking on your wellies and waterproofs and zooming around in the puddles, soaking up all the watery fun? You just need rain, some waterproof clothing, wellies and yourself. If you're running around, you could jump in puddles, squelch in mud, jump over puddles, splash along paths, splish round your garden or splosh around the park. You might even be able to convince some grown-ups to join in too once they realise how much fun it is.

2. When it comes to creating wild art, the only limit is your imagination. What will you use, and how? There's so much to choose from in the natural world - but make sure you're not making your art from another creature's home. You could perhaps try and find things that vary in colour and texture so that you had even more choice and can pull together something really wild. You could use leaves, twigs, feathers, seeds, grasses, pebbles. Maybe look for some moss and mount it all on paper or if you want to stay outside, clear a place on a path in your garden and use the path as your paper. Anything is possible.

Colouring Picture



Alphabet Challenge

Can you find an animal, bird or plant name for each letter of the alphabet?

Write them on a piece of paper and see how far you get.

A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; X; Y; Z.

Cooking on a Budget

Another of our recipes to try: **Roasted Vegetable Pasta**

1 red pepper, seeded and cut into strips or tomatoes
 2 courgettes (you could use marrow) cut into sticks
 2 garlic cloves, finely sliced
 3 tbsp olive oil
 300gm/10oz pasta shells
 200ml crème fraiche or soft cheese
 2 tsp wholegrain mustard
 85gm/3oz cheddar, grated

1. Preheat the oven to 220c/gas7/fan oven 200c
2. Put the courgette & red pepper in a roasting tin and sprinkle the garlic over the top.
3. Drizzle with olive oil, season and toss to make sure all the vegetables are coated with oil. Roast for 15-20 minutes, until the vegetables are tender and just beginning to brown.
4. Bring a large pan of salted water to the boil. Add the pasta and cook for 10-12 minutes until just cooked. Drain, then stir into the roasted vegetables, with the crème fraiche or soft cheese & mustard and grated cheese. Serve immediately.



Try some different crunchy bars: **Chocolate & ginger nut bars**

100gm/4oz unsalted butter or solid stork
 Plus a little extra for greasing the tin
 185gm/7oz plain chocolate
 2tbsp golden syrup
 225gm/8oz ginger biscuits crushed
 100gms/4oz nuts these can be mixed or just one type & need to be toasted and chopped.

1. Lightly grease a 18cm/7in sponge tin.
2. In a heatproof bowl set over a pan of simmering water, heat the butter, 4oz of the chocolate & the syrup. Stirring occasionally until melted.
3. Remove from the heat & stir in the biscuit crumbs & three-quarters of the nuts. Press the mixture into the tin.
4. Melt the remaining chocolate, then spoon it on top of the flattened mixture & sprinkle over the rest of the nuts.
5. Chill for 1 hour before cutting into slices to serve.



Completed APT Courses & Activities

Here are some more of the courses & activities that the team at APT have organised over the last few months. Don't forget if you would like to join in with any of the activities or courses, to save disappointment, book your place by either visiting APT or ring the office number: 01453 822705.



Cooking on a Budget



Free Flow Acrylic Art



Macrame



Patchwork



Free Flow plaster

We Volunteer could you?

- You can make a difference
- Learn new skills
- Give to the community
- Have fun and be rewarded
- Have good work/life balance
- Make new friends

For more information please contact :

All Pulling Together Community Association
On 01453 822705 or visit the office at 1. Park Parade.



Puzzle answers:

Word Builder: 1. Wet; 2. Whet; 3. Threw; 4. Writhe; 5. Their; 6. Tier; 7. Tie.

Quiz answers: 1. Mercury; 2. Independent Broadcasting Authority; Columbia Broadcasting System; 3. Stanley; 4. Congress; 5. Pablo Picasso; 6. Harold Wilson, Sir Alec Douglas-Home 7. New Orleans; 8. Washington, Moscow, London, Rome, Paris, 9. Nelson; 10. Ironbridge, Shropshire.

2024 Family Fun Day....

The APT main event for the Summer is our Family Fun Day. This year it will be held on the Three Greens in the centre of Park Estate on Saturday 17th August from 12 noon to 4pm. Plenty to do and see, from stalls and food vendors to children's activities and a raffle. Come along and join the fun.

If you would like to have your own stall, contact APT and leave us a message on 01453 822705 and we will get back to you with the booking details. You can also email us on aptcentral@btconnect.com. There is no booking fee or charge for a stall, you just need to provide a raffle prize so that the volunteers at APT are able to raise some funds for children's activities later in the year.

Let's make this a Summer to remember!



Coach Trip....

Our coach trip this year will be on Saturday 15th September, but where would you choose to visit? Barry Island; The Black Country Museum; or do you have some other ideas? Let us know where you would like our coach trip to go this year, we need to book during the month of May so that we have time to apply for any entry tickets to venues or provide maps and information packs. Be sure to get in touch and have your say on where we go this year.



Our Partner Organisations

Did you know that All Pulling Together CIC is one of twelve organisations to receive funding from the Gloucester M5 Services via Gloucestershire Gateway Trust.

Our partner organisations are:

- Fair Shares Gloucestershire
- Matson & Robinswood Residents Group
- GL Communities in Matson
- Gloucestershire Wildlife Trust
- The Nelson Trust
- Play Gloucestershire
- Together in Matson
- The White City Adventure Playground (The Venture)
- The Redwell Centre, Matson
- Read With Me
- GL4

When you visit the Gloucester Services 3p in every pound spent (not fuel) is returned to the local community and used by the above groups to continue the work that they do in our Communities. APT would like to thank Gloucestershire Gateway Trust and the M5 Gloucester Motorway Services for their continued support.



Holiday Fun

During every school holiday we provide picnic bags and craft activity bags for up to 55 children. The contents of the picnic bags are sourced for us by Caroline at Wynns Café in Stonehouse High Street and the craft bag contents are provided by APT. Each holiday we try to make the contents of the craft bags different, so depending on the time of year, they may be Easter based or Halloween. Our next holiday bags will be given out during the Easter holidays.



Puzzles



- | | | | | | | |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1. Damp | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | |
| 2. Sharpen | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | |
| 3. Tossed | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | |
| 4. Squirm | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5. Belonging to them | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | |
| 6. Row | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | |
| 7. Fasten | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | |

Answer each clue so that every word contains the same letters as the previous Word, plus or minus one.

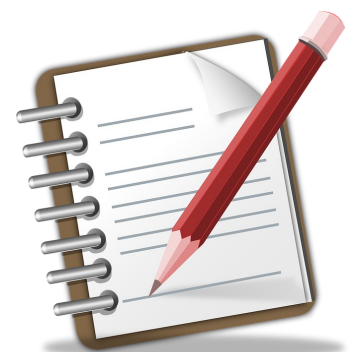
Answers on page 8



Quiz Questions: See how many you know?

- Which of the planets is closest to the sun?
- What do the following initials stand for? IBA; CBS?
- Who said " Dr Livingstone I presume" ?
- What does the USA call it's parliament?
- A world famous artist died in 1973, what was his name?
- Name the two men who where prime Minister immediately before Edward Heath?
- In which American town did jazz music originate?
- In which cities are the following buildings? The White house; the Kremlin; the Tate Gallery; the Colosseum; and the Louvre?
- What is the name of the Admiral who won the Battles of the Nile and Copenhagen?
- Where was the first Iron Bridge built?

Answers on page 8



Issue 1 of 2024

We would like you to tell us if you think we are providing what is needed in our community. Is there something we can help you with or you would like to see added to our timetable. Contact us at APT by phone; Facebook; twitter or email, and we will do our best to help.

Phone: 01453 822705



www.facebook.com/AllPullingTogether



@apt.central

Email aptcentral@btconnect.com

Web: <http://allpullingtogether.wix.com/allpullingtogether>

A Big Thank You to Funders supporting 'All Pulling Together'



Langtree Trust



Stonehouse Town Council



GLOUCESTER

SERVICES



Gloucestershire *Gateway* Trust