

Community Hub
1 Park Parade
Stonehouse
GL10 2DB
01453 822705



Issue 2 of 2019

Look out for our next
 edition in July 2019

Supporting our Community



WWW.facebook.com/AllPullingTogether



@APT_central

Did you know?

APT has access to so many services in our Community. We can get you advice on debt; housing; applying for Universal Credit; help you to write your CV; support you into employment and provide you with links to so many groups and activities in our Community. Did you know we provide a meal for a donation on a Monday or you can just come and have a hot drink and a bacon roll. We run children's activities, a guitar group, a Crafty stitchers group, a book club and so much more.

We have amazing links through our partner organisations based around Gloucestershire. Play Gloucestershire are in Stonehouse every Tuesday and the Play Rangers are soon to move their afternoon sessions, 4pm to 6pm to the Three Greens in Park Estate. Fair Shares hold their monthly meetings at APT and as partner organisations we are soon to link up and provide walks as part of the Stonehouse walks festival and hopefully continue with the walks through-out the year. So you can see that the volunteer team at APT are always busy, providing our Community with projects and activities to enhance life in the town of Stonehouse and the surrounding community. Come and see what we do in the hub on Park Parade at the junction of Park Road and Elm Road. The kettle is always on.



Members of APT volunteer team and the children's Garden Gang enjoying tea at the M5 Gloucester Services after planting herbs in the Community garden.



Dates for your Diary

- **Wednesday 29th May 9.30 to 12.30** Children's cake making session. Bookings taken for places.
- **Family Fun Day Saturday 27th July 12noon to 4pm** Held on the Three Greens in Park Estate.
- **Coach Trip to Barry Island. Saturday 17th August.** Book your place now!
- **Messy church sessions May 16th & June 20th.** Morley Hall.

Coming Soon

The APT children's garden gang will start again this year on Monday 13th May and run until October. The group meet after school on a Monday and grow all their plants in the small garden behind the APT office. We have raised borders in which they grow a variety of vegetables, herbs, fruit and flowers. The age range of the children is five to fifteen years and they all work together to build friendships and enjoy the fun of growing their own plants. The group was formed in 2012 and were entered in the Stroud District Council junior garden competition which they won twice. The produce the children grow is then taken home or if there is plenty we donate it to the Food Bank.



Save the date - Saturday 17th August

APT are organising a coach trip again! This year we are traveling to Barry Island in South Wales for a day of fun. The recently refurbished seafront now offers a sweeping promenade along the entire length of the award winning Blue Flag beach Whitmore Bay, against a backdrop of enticing cafés and restaurants, vibrant beach huts and lots to amuse the children with a climbing wall, mist feature, adventure golf and beautiful landscaped gardens. Or for the more adventurous, Barry Island pleasure park offers thrilling rides. And not forgetting the Gavin & Stacey connection. It should be a great day. If you would like to book a seat on the coach we need a deposit of £5 per adult and £2 per child. Entry to the pleasure park is free but each individual ride has its own ticket system.



On Wednesday 29th May APT will be holding a children's cake making morning which will run from 9.30am to 12.30pm. The aim is to get children making their own cakes to share with their friends and families. It may be just a simple chocolate crispy cake or even a cup cake, but it will be fun to see what they can produce. If you think your child would like to join this activity they must be aged between five and twelve years of age and you will need to book a place. So pop in to APT or phone us on 01453 822705 to book places.



Past Events

The Easter Town Trail was a great success with over fifty entries. APT would like to thank all the local businesses for joining in the fun and the inventive ways in which the pictures were hidden! Thanks also to Carol our local SDC Neighbourhood Warden for providing six hand decorated Easter eggs as part of the prizes. The winning sheets were drawn on Thursday 18th April by our colleagues from P3 Inclusion Charity, Jonathon and Christine. As the trail was so successful the volunteers might organise a similar activity later in the year. Keep an eye on the APT facebook page for information.



APT Annual General Meeting

On the first Thursday of each month the directors of APT hold their committee meetings at 7pm in the evening. Anyone can attend and April's meeting was our AGM at which election of officers took place. So there are some new faces on the committee this year. To introduce them to you, here are a few of our volunteers. There will be more photos of the team in our next edition of this newsletter due out in July.



Sara Lawlor - APT Minute Secretary



Marlene Jordan - Volunteer



Jacqui Turner - Administrator



Something for everyone

	Morning 10am – 1pm	Afternoon 1pm – 3pm	Evening
Monday	Open for Drop In 10am - 2pm Monday Munchdays 11am to 1.45pm	2pm—3pm Guitar Lessons Open to all Abilities Weekly	Skills for Life Maths & English Stroud College 6pm – 8pm
Tuesday	Open for Drop in. 10am – 12noon GL Communities Debt Advice No appointment necessary	Closed	Crafty Stitchers Open to everyone 7.00pm - 9pm Weekly
Wednesday	Closed for Volunteer Training	Closed	Closed for Volunteer Training
Thursday	Open for Drop in 10am – 12noon P3 Inclusion Advice	Open for Drop in Citizens Advice 1pm – 3pm	Closed
Friday	Closed	1st Friday of each month Fair Shares Meeting	Friday of each month Book Club 7.30pm Open to everyone
You must register your interest to participate in one of these courses due to limited spaces. Please contact APT for more information			

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 for more updates.

(Timetable subject to change).

Tel: 01453 822705

New Neighbourhood Connector

During the last week in March interviews were held for the post of Neighbourhood Connector in Stonehouse.

The LOOP project which this role comes from was originally started in Edmonton, Canada and helps to bring communities together. Gloucestershire is the first county in England to use the original concept.

The interviews were held at the APT Office with two members of the Gloucestershire Gateway Trust, The CEO of GL Communities and a volunteer from APT as the interview panel.

The Neighbourhood Connectors role is to find, motivate and support local people as hosts in the community. This in turn helps to create a caring and connected community with people feeling they belong. It could also lead to more projects and activities being set up by residents in Stonehouse.



Could you volunteer? Do you have a little spare time? You don't need to have hours available, as organisations that run with volunteers understand that you are giving your time free and maybe can only give an hour per week. Don't let this put you off, contact the group you feel you could support. There are many places in Stonehouse that would love some extra help such as Boatmobility; the Canal Trust; local Charity shops; Stonehouse Scout Group; the Food Bank and of course APT. We are all working together to help our Community.



Leigh Binns the new Neighbourhood Connector for Stonehouse

Leigh Binns was chosen as our new Connector. Some of you might know her as the Beaver Leader who is part of the volunteer team running Stonehouse Scout Group; some of you will know her as a Stonehouse Town Councillor; others will recognise her from the Crafty Stitchers group or the Book Club at APT. A busy lady but passionate about Stonehouse and the Community. She starts her new job at the beginning of May, so if she knocks on your door or stops you in the street, have a chat and see what you can do to help your neighbours and Community.



Wildlife in your garden

How can we help the local wildlife? There are many ways we can provide habitat for creatures in our own gardens. Here are a few suggestions.

Bee hotels are a magnet for solitary bees, providing a place for leafcutter and mason bees to raise their young. A bee hotel is simply a container filled with different sized hollow tubes, such as cut lengths of bamboo canes or the dry stalks of plants. You can even use rolled up cardboard with newspaper inside. Bee hotels need to be dry and have a back to them as the bees tend to lay their eggs at the very back of the tube.



Do you have a bird bath in your garden?

It doesn't need to be anything large, you can even use a plant pot tray, plastic or ceramic. Make sure the pot and the water are clean for the birds to drink and bathe in. If you have a pond or deeper water feature, try and make sure there is a shallow area to make it easier for frogs and other wildlife to get in and out of. Even a pile of stones at the edge will help.

Hedges, shrubs and trees are important.

They are used by all sorts of wildlife from birds to shrews to make their nests and forage for food. Many birds will already be building their nests, so it is important not to trim hedges between February and August. If you rake your lawn to remove any moss, leave some of the dry moss on a path for the birds to use when building their nests. The birds will also use dry grass and dry stems from garden plants to line their nests



Wildlife friendly planting can be anywhere, on a balcony, windowsill or in pots. You don't need a large garden to help the local wildlife. Containers lend themselves just as well to pollinator friendly plants. Here are a few you might like to try....

Cornflowers; Foxgloves; Wallflowers; Jasmine; If you would like to grow some herbs in pots these also help bees....Thyme; sage; and chives all produce flowers which bees love. Happy gardening.

Cooking on a budget

At APT every Monday we have what we call 'Munchday' which means you can have a meal or a bacon roll with a hot drink for a minimum donation of £1. We serve food from 11am to 1.45pm, come and join us to see what's on offer. Below are some ideas for you to try at home.



Chunky Bacon & Cheese Frittata

Serves 4.

- 8 rashers of rindless back bacon,
- small bunch of spring onions, sliced.
- 8 eggs
- 2 tbsp milk
- 3oz/85g cheddar cheese, cut into small cubes
- Knob of butter
- Thick slices of bread to serve.

- Snip the bacon into small pieces. Cook in a non-stick frying pan for 5-6 minutes until the fat begins to run. Drain off some of the fat and add the sliced spring onions for about 5 minutes until tender and the bacon is crisp.
- Beat the eggs and milk together and add pepper. Reserve a little bacon and mix the rest into the eggs with the spring onions and cheese cubes. Melt the butter in a 9in/23cm frying pan. Pour in the egg mixture and cook gently over a low heat without stirring, for 5 to 8 minutes until lightly set. Scatter over the remaining bacon.
- Pre heat the grill to medium
- Slide the frying pan under the grill to brown the top of the frittata, until it is bubbling and hot.
- Serve sliced with thick chunks of bread or a mixed salad.

Banana Sesame Fritters

Serves 4

- 4oz/100gms Self raising flour
- 2 tbsp sesame seeds (can be toasted)
- 1 tbsp caster sugar, plus extra for sprinkling.
- 4 bananas, peeled.
- Vegetable oil for frying.
- Honey, syrup or maple syrup to serve.



- Mix the flour, sesame seeds and sugar in a bowl. Make a well in the centre and beat in 150ml/1/4 pint cold water to make a smooth batter.
- Cut each banana into 4 diagonal slices. Fill a large pan or wok a third full with oil and heat until hot. Dip each piece of banana in the batter, then carefully lower them into the oil with a slotted spoon.
- Fry for 3 - 4 minutes until crisp, drain on kitchen paper. Serve hot, sprinkled with sugar and drizzled with honey, syrup or maple syrup.

Future Events



Family Fun Day APT will be holding their Family Fun Day again this year on Saturday 27th July from Noon till 4pm on the Three Greens in Park Estate. There will be lots of different activities for families to enjoy ranging from a bouncy castle to face painting. Come and join in the fun and have a relaxing afternoon in a safe environment with plenty to see and do.



New to Stonehouse - Walking Festival

A new idea has been brought together by a group of volunteers in Stonehouse to provide a walking festival for the town and surrounding area. All walks will be free to take part in and range from one mile to ten miles in length. The Festival will take place between Friday 13th of September and Sunday 22nd of September. Most of the walks will start in the town centre car park, but some will start at the Community Centre or the APT office at the junction of Park Road & Elm Road. Some walks will require you to take a picnic, others will stop at a local café. Various local areas will be included, from the canal towpath to Standish woods, Selsley and the local vineyards. The walks will range from easy to moderate and difficult. So something for everyone. The volunteer team at APT will be providing a family walk and the festival team are just putting the walks brochure together which will be available around the town. Look out for this new and exiting festival in Stonehouse. Open to everyone and all abilities.





Play Gloucestershire
**MY PARK Project in
Stonehouse**



Every Tuesday
On the Park Estate Three
Greens
4pm to 6pm

Our Play Rangers activities take place outdoors in all weathers and are open access.

This means there is no registration, children are free to come and go as they please.

Under 7's are welcome and should be accompanied by a parent or carer.



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Baby and Toddler Group

(from 0 to pre-school age)

Tuesday & Friday morning

9.30am to 12 noon

(term time only)

Come and say hello, chat and play with your child in a friendly atmosphere

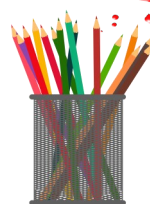
£1.00 per child, 50p for additional children

To include snack & refreshments

Held at Stonehouse Methodist Church, Park Road, Stonehouse



Messy Church



Fantastic Fun
Games; Craft &
Story time



Join us on:
Thursday 16th May; and
20th June 3.30pm to 5pm
Summer Holiday Club
31st July to 2nd August

Sessions held at:
Stonehouse Methodist Church
Douglas Morley Hall, Elm Road,
Stonehouse.

These are free events, donations gratefully received

Things to do this Spring

Stroud Buzz Club, Saturday May 11th, 11am to midday. Spring is in the air and summer is around the corner, so it's time for Stroud BuzzClub to meet again. If you and your children or grandchildren want to find out more about the wonderful world of bees and how to encourage them, come and meet in the Stroud Museum Courtyard. £3 per child, pay on the day, for accompanied children aged 5+.

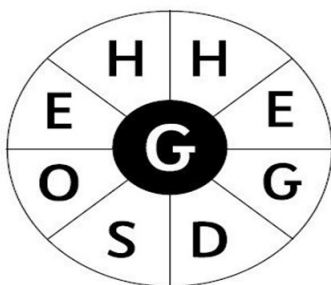


Children's Fun

Family drop in workshop - Stroud Museum; Jesters sticks & Royal Crowns. Wednesday May 29th 11am to 4pm. Come along to the Museum as we get ready for Stroud Shakespeare Festival and play homage to the Bard's Fools and Kings and Queens – make a jester's stick or royal crown. A family drop in workshop for all ages. (drop in) cost £2 per item

Word Wheel

Your aim is to create as many words of 2 letters or more using the letters in the word wheel only once in each word, and always to include the letter in the centre of the wheel.



- 8 + words = Good
- 10 + words = Excellent
- 12 + words = Outstanding



Colouring Picture



A Nature Scavenger Hunt

See if you can find all of the following items and then maybe you could ask for help to build a bug hotel like the one on page 6, to put all the creatures in.

- A Feather
- A dandelion flower
- Two different leaves
- A flower or a petal
- A small stick
- A ladybird or beetle
- A piece of moss
- A seed or seed pod
- A worm
- A woodlouse



Join us in learning basic guitar skills in our new workshop.
Come along, learn a new skill and make new friends!
Guitars provided.

Every Monday 2pm – 3pm

at

APT, 1 Park Parade, Stonehouse, GL10 2DB

Please contact us on **01453 750480** to book your place



www.p3charity.org



**Flexible solutions for
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**Sandra Day is a Debt Specialist 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

Tuesday Mornings at APT

10am to 12 noon.



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 offices are in Stroud and Cirencester with outreaches at various other locations across the Stroud and Cotswold districts, including APT in Stonehouse.

**No appointment necessary, drop in on
Thursdays 1pm to 3pm**

**Come and join us
for
Monday Munchday
At APT
11am to 1.45pm
Every week**



**Bacon rolls &
Fresh home-made food / tea / coffee
All for a donation of £1**

Drop in and join us

Issue 2 of 2019

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



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@apt.central

Email aptcentral@btconnect.com

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

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