

Community Hub  
1 Park Parade  
Stonehouse  
GL10 2DB  
01453 822705



Issue 3 of 2019

Look out for our next  
edition in October  
2019

## Supporting our Community



WWW.facebook.com/AllPullingTogether



@APT\_central

## It's Nearly Time

For Our Family Fun Day. APT are 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 free fun with Play Gloucestershire and the Gloucestershire Fire Brigade to stalls, information stands, food and lots more. Come and join in the fun and have a relaxing afternoon in a safe environment with plenty to see and do.



## VOLUNTEER



**Could you volunteer?** Do you have a little spare time? You don't need to have hours available, as we understand the time you give needs to fit with your life and maybe you can only give an hour per week. Don't let this put you off, contact APT and perhaps you would like to help us run the Fun Day. Come along to APT on **Thursday 25th July at 7pm** for a chat & cup of tea/coffee.

### Dates for your Diary

- Volunteer session Thursday 25th July 7pm at APT
- Family Fun Day Saturday 27th July 12noon to 4pm Held on the Three Greens
- Stonehouse Hort Show & Summer Jolly Sunday 11th August.
- Coach Trip to Barry Island. Saturday 17th August. Book your place now!

## Coming Soon

**A Coach trip** to Barry Island in South Wales has been booked for Saturday 17th August. We will be leaving APT in Park Parade at 9.15am and hope to be back by 6pm. There are a few places still available so if you are interested please contact APT as soon as possible. The seafront at Barry Island has recently been refurbished and has a sweeping promenade along the entire length of an award winning Blue Flag beach Whitmore bay. There are plenty of cafes and restaurants close by and lots to amuse the children including a climbing wall and landscaped gardens. For the more adventurous, Barry Island pleasure Park has a wide range of 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. Contact APT if you are interested. 01453 822705.



## Summer Fun at Morley Hall

The Holiday Club is running again this year at Morley Hall, it starts on Wednesday 31st July and runs through to Friday 2nd August. The days will begin at 10am and end at 2pm with lunch provided by "The Wiggly Worm" team. The age range covers primary school children. Why not come and join the fun.



## Looking Forward

The volunteers at APT are already looking at projects later in the year. Perhaps you have some ideas for sessions during the October half-term, what would your children like to do? Can APT provide the venue or are there things you would like to do in the Community? Contact APT to let us know your ideas, and we will see what we can do. 01453 822705





## Recent Events

**Stonehouse Civic Awards** were presented on Monday 3rd June at the Town Hall. APT are proud to announce that we were presented with the Community Group of the Year award for 2019. Three of the Highly Commended awards went to two people and a group who have very strong connections with APT. The Highly Commended person making an outstanding contribution is David Binns who delivers M & S food to APT and is one of our team of volunteers. The Highly Commended Young Person of the year is Mairead Lawlor who is a member of the APT Garden Gang, and the Highly Commended Community group are the Crafty Stitchers who meet at APT every Tuesday evening. Well done to everyone involved.



### Meet the APT Volunteers part 2

In the last edition we met three of our volunteers, this time here are three more of the team, Vicky; Rick and Rachel. Pop in to APT to meet the team and have a chat, the kettle is always on.



Vicky Thouless– Volunteer



Rick Jordan– Chair



Rachel Driver-Dickerson  
Volunteer

### Lets Keep Park Estate Tidy

At A.P.T we would like to create a project to keep the estate clean and litter free. The aim is to create “Litter Wardens”. The Litter Wardens would operate on a voluntary basis and be supplied with litter picking equipment. At A.P.T we have a number of these litter picking sets which consist of a hi-viz vest, litter picker, gloves and bags. Each Litter Warden could then pick up litter in their own small patch of the estate. This can be done whenever and as often as the Litter Warden feels able to do so. Each time litter is collected it can then be put with that persons own rubbish to be collected by the council on Wednesdays. If anyone is interested in becoming a Litter Warden and keeping their own part of the estate clean, please contact A.P.T.



## Something for everyone

	<b>Morning 10am – 1pm</b>	<b>Afternoon 1pm – 3pm</b>	<b>Evening</b>
<b>Monday</b>	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 <b>Starts again in September</b>
<b>Tuesday</b>	Open for Drop in. 10am – 12noon GL Communities Debt Advice No appointment necessary	Closed	Crafty Stitchers Open to everyone 7.00pm - 9pm Weekly
<b>Wednesday</b>	Closed for Volunteer Training	Closed	Closed for Volunteer Training
<b>Thursday</b>	Open for Drop in 10am – 12noon P3 Inclusion Advice	Open for Drop in Citizens Advice 1pm – 3pm	Closed
<b>Friday</b>	Closed	1st Friday of each month Fair Shares Meeting	Friday of each month Book Club 7.30pm Open to everyone
<b>You must register your interest to participate in one of these courses due to limited spaces. Please contact APT for more information</b>			

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

## Our Partner Organisations

Did you know that All Pulling Together CIC is one of nine 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)

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 Motorway Services for their continued support.



Clare Skivington  
Motorway Services  
Community Coordinator

## Stonehouse Neighbourhood Connector

We would like to introduce you to Stacey Williams our Neighbourhood Connector who will be covering the Stonehouse area. The Connectors role is to find, motivate and support local people as hosts in the community. This will help to create a connected community with people feeling they belong. It could also lead to more activities being set up by residents in Stonehouse. So look out for Stacey in the community and along the High Street, chat to her & let her know what you would like to see in our community.





## APT Children's Garden Gang

This year the Gang have been again working hard to grow the fruit, vegetables and flowers in the garden behind the APT office. They meet on a Monday afternoon at 3.30pm till 5pm to work together and learn about the different plants & how to grow them. They keep a journal of all that they do so they can see how much they have accomplished during the Summer months. Again this year they entered a display in the Stonehouse Flower Trail to depict "What does it mean to be Green". Using recycled items to grow the flower display in.



## The Oak Tree on the Green

In one corner of the Greens on Park Estate stands one of the most recognisable of British trees, the mighty oak tree. This species of tree lives longer than any other British native tree. It also supports a greater variety of wildlife than any other species of British tree. Some of the wildlife which can inhabit the oak are birds, squirrels, insects such as wasps, moths and beetles. Ivy, mistletoe, lichens, mosses, algae and fungi can also invade the bark and branches. It might seem that the trees are under constant attack, but once a sapling becomes established oak trees can live for up to 800 years. The oak tree on the green is of the English or Pendunculate variety. The name pendunculate comes from the fact that acorns, which develop on the female flowers, actually grow on stalks called penduncles. The female flowers are upright and grow on shorter stalks, male flowers hang down as yellowish green catkins. In a good year each tree can produce as many as 50,000 acorns but few that fall to the ground grow into full sized trees. The acorns form in early summer, then fall during a few weeks in the autumn.

## Tree Project



One of the contributing factors of the climate change problem has been the loss of so many trees and hedges in recent years. At A.P.T we would like to try and help our environment by creating a "Tree Project". The aim would be to collect as many acorns, horse chestnuts (conkers) and hazel nuts as we can during the autumn. Then plant the nuts in pots, and hopefully grow them into trees, which can be planted in and around Stonehouse or anywhere else thought to be appropriate. If anyone is interested in getting involved with this project please contact A.P.T.

# Cooking on a budget

Have you joined us recently at APT on a Monday? 'Munchday' 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, so keep an eye on our facebook page to see what's on offer each week. Try the recipes below for something different:

## Tuna & Two Cheese Pasta

Serves 4

300g/10oz Penne

350g/12oz Frozen Peas

1 Red Pepper, seeded & cut into chunks

150g pack of Soft Cheese with herbs & garlic

8 Rashers rindless streaky bacon

300ml/half pint of milk

1. Cook the pasta in a large pan of boiling water for 10 –12 minutes, after five minutes add the frozen peas and the chopped pepper and bring back to the boil.
2. Preheat the grill and cook the bacon until crispy. Cut into bite sized pieces.
3. Put the soft cheese & milk into a saucepan. Warm through, stirring continuously until smooth & thickened.
4. Drain the pasta & vegetables, and toss with the cheese & bacon. Serve with black pepper.



You can change the flavours of your pasta dish, simply by using tuna or prawns instead of the bacon. Use different vegetables, such as broccoli or tomatoes. Use whatever you have in the cupboard to make it a cheap and easy meal.

## Lemon Yogurt Ice Cream

Serves 4

2– 3 Lemons

600ml/1 pint carton of plain yogurt

150ml/5 fl oz double cream

100g/3 & half ounces caster sugar

1. Squeeze the juice from the lemons, to make 6 tablespoons in total. Put the juice into a bowl, add the yogurt, cream and sugar. Mix well together.
2. Pour the mixture into a freezerproof container, uncovered. Freeze for 1-2 hours or until it starts to set around the edges.
3. Turn the mixture into a bowl & stir with a fork until smooth. Return to the freezer & refreeze for a further 2-3 hrs or until firm. Serve with a little pared lemon rind. Add a lid if returning to the freezer.





# Future Events

## Walking Festival

The first Stonehouse Walking festival takes place from Friday 13<sup>th</sup> to Sunday 22<sup>nd</sup> September 2019. The programme ranges from a 10 mile walk with some steep inclines resulting in lovely views, to walks of moderate difficulty, also gentle, flat walks along the canal, railway line and around town, and a half hour flat walk suitable for people in wheelchairs and others with mobility problems. There are 16 walks over 10 days and the launch walk includes celebrating with a local vineyard's award winning wine. Points of interest include a weir, viaduct, ancient woodland, hilltop views and historic buildings. Special interest walks include looking at our historic heritage, interesting local trees, a family fun walk and a dusk nature walk. Come and join the fun, look up the walk information on the web site [www.stonehousewalks.co.uk](http://www.stonehousewalks.co.uk)



APT Family Fun walk will start at the APT hub on Park Parade at 10.30am on Saturday 14th September and last for approximately 2 hours. Families can bring a picnic which can be left at APT while the walk is underway. The walk takes in all the children's play areas in Stonehouse with time to use the play equipment before moving on to the next area. We end up back at APT to collect our lunch before having a picnic on the Three Greens. Toilets available at the beginning and end of the walk. Parents must supervise their children when using the play equipment.

## New Ideas

During the Summer months the volunteers at APT begin to look at new projects and sessions for our Community. These ideas can range from art classes to exercise sessions. So we need your input to find out what everyone would like us to provide. What is your hobby? Can we bring a group together to enjoy each others company while undertaking something you really enjoy doing. Let us know at APT. 01453 822705



**Book Club** APT Book Club still meets once a month on a Friday evening. If you enjoy reading why not pop in and see what they are reading this month. Contact APT for the time & date. 01453 822705





## Play Gloucestershire's

Play Rangers in **Stonehouse**



**Tuesdays 30th July, 6th, 13th, 20th August**  
 Oldends Lane Playing Fields, Stonehouse.  
 10am—4pm

Our Play Ranger activities take place outdoors in all weathers and are open access. This means there is no registration, children are free to come & go as they please. Under 7's are welcome and should be accompanied by a parent or carer.



Proudly supporting youth social action









Play Gloucestershire is the leading provider of free, outdoor, active play in the county. If you are new to Play Rangers please come and say hello to one of our team on site and we can get you started, you can find more details on our website and social media channels.



[www.playgloucestershire.org.uk](http://www.playgloucestershire.org.uk)



Get Out & Play

Help support Play Gloucestershire text PGPR07 and £1 to 70070



## 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



## Mandyz Carz

### Private Hire Taxi Driver

## 07495514255

## Local Lady Driver

### All day or night

### No job too small or big

### Stonehouse & beyond



## For all your private hire needs

## Share & Repair

**Skilled volunteer repairers needed**

Share & Repair, the Stonehouse repair community workshop, aims to keep items out of landfill. Volunteers try to fix kitchen gadgets, garden tools, toys, clothing, clocks, bikes etc. only asking for a donation (and the cost of any parts needed).

Volunteers enjoy the satisfaction of fixing things in the company of others, using their skills in a good cause and saving people money.

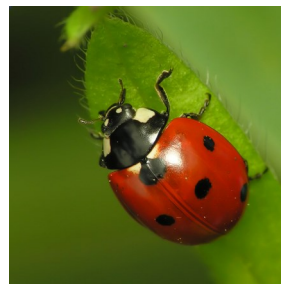
This ground breaking project is at  
**24 High Street, Stonehouse.**

Please drop in if you can help or contact Jeff Green, 01453 825741, [jg@phonecoop.coop](mailto:jg@phonecoop.coop).




**Is Your Neighbourhood Wild?** We often forget that our gardens, the walk to school or the local park have plenty of wildlife in them, so get out there and see how much you can find.

- ♦ Do a bug hunt in your garden or back yard, how many species can you find? Encourage more bugs by making a bug hotel. Include stones; twigs and dried leaves.
- ♦ Count how many birds you see on your way to school or even when you go to the shop. What are their calls like? Can you copy them?
- ♦ Try and guess what creatures might share your street, and draw one of them.
- ♦ Get to know a tree in your neighbourhood. Explore it's bark. Make a bark rubbing, using a sheet of paper, rub a soft pencil or chalk against the paper on the trees bark.
- ♦ What changes do you see in your neighbourhood during the different seasons. Is it just the colour of the leaves or are there other things? Make a list of the changes you see.

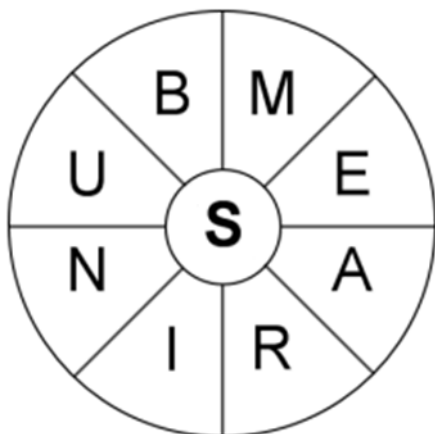


# Children's Fun

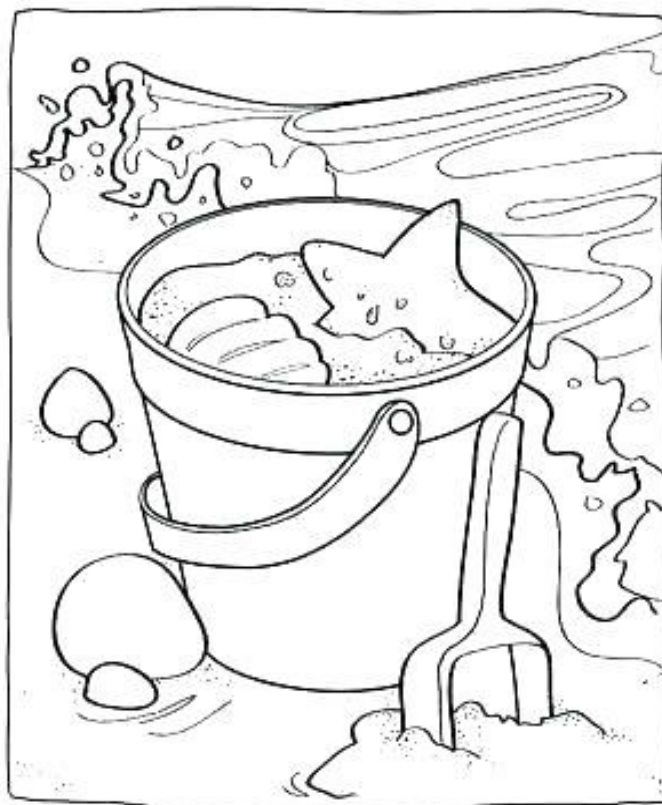
## Word Wheel

How many words can you make from the letters in the wheel. You must use the letter in the centre of the wheel and all the other letters can only be used once in each word.

Have fun and see how many you manage to make.



## Colouring Picture







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](http://www.p3charity.org)



**Flexible solutions for  
Your advice needs  
Advice Services that provide  
A total end to end solution**

**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](mailto:sandra@glcommunities.org.uk)

[www.glcommunities.org.uk](http://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 3 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



[www.facebook.com/AllPullingTogether](http://www.facebook.com/AllPullingTogether)



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Email [aptcentral@btconnect.com](mailto:aptcentral@btconnect.com)

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