

Community Hub  
1 Park Parade  
Stonehouse  
GL10 2DB  
01453 822705



Issue 2 of 2024

Look out for our next  
edition in October  
2024

Supporting our Community



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



@APT\_central

## New Activity....

A new community activity is coming to the Park Estate soon. On Sunday 4th August between 11am and 3pm, we will be having a Yard Trail. So if you live on the Park Estate and have items to sell, put a table on your path or drive, so that buyers can come and see the items for sale. You must sign up with APT so that we can produce maps for everyone. Free maps will be available from 27th July from APT; All Pets; the Fig Tree and the Nippy Chippy.

There will be a £2 fee for each house selling items. This fee will then be used by APT to buy food stock for our community pantry. APT will have a table outside the office and also provide refreshments during the day. Come and join the fun.



## Family Fun Day....

It's nearly time for our Family Fun Day. Saturday 17th August from 12 noon until 4pm, it will be held on the Three Green's in the Park Estate. Plenty to do and see, from stalls, food sellers and ice cream. Come 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](mailto:aptcentral@btconnect.com). There is no booking fee or charge for a stall, you just need to provide a raffle prize so that APT can support local charities in our community.

Let's make this a Summer to remember!



## Our Annual Coach Trip....

The coach trip this year will take place on Saturday 14th September. We have booked, as usual, with KB Coaches to travel to Minehead and will be leaving APT at 9.30am and leaving Minehead to come home at 5pm. If you would like to join us, you will need to book a seat by Monday 2nd September. Tickets will cost £5 per adult and £2 per child over 2 years old (children between 2yrs and 15 years old). Children under 2 years can travel free. Please provide your own children's car seats.

APT will provide maps of Minehead to help you find local attractions and the coach will drop us at the entrance to the Minehead Information Centre and West Somerset Steam Railway. The beach and esplanade are within view of the coach stop and the High Street a short walk away.

Don't forget if you would like to join us, book as soon as possible, so that you don't miss out. You will need to come to the APT office and pay with cash only.

Come and join us, enjoy a day out.



Minehead Beach

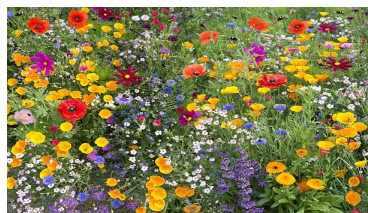


West Somerset Railway

## Summer Family Activities

Starting on Monday 29th July APT will be providing a different family activity each Monday for three weeks. So the first Monday (29th July) will be a nature trail around Stonehouse and down to the canal. Question sheets will be provided and can be collected from APT or All Pets in Quietways. The second activity will be available on Monday 5th August and will be a nature picture trail around the High Street. Picture sheets will again be available from APT or All Pets and must be completed by 19th August and returned to APT for a chance to win a prize.

The last Monday activity will be available on Monday 12th August. This will be a drawing and colouring competition for children to enter. A4 Paper, crayons/felt tips will be provided by APT if needed. Entries will be titled 'What nature means to me'. Entries must be handed into APT by Monday 19th August for a chance of a prize. Join the Summer fun.



## Did You Know.....

Did you know that you can book the APT office for a group / class or an activity that you would like to start? Come and talk to the volunteers at APT and see how we can help you.

This is how some local groups have started in Stonehouse. We support the group to get them running and then they can use the venue for as long as they want. If the group then grows too big for the APT office, we can also help them to find a bigger site in the town.

### Crochet:

If your passion is crochet or you would like to learn the craft, 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. Drop in and have a chat with the group and see if it is what you are looking for.

### Craft & Chat:

This group is run by APT. We hold it on the last Friday of each month, except for August. The group meet from 10am to 12 noon with free coffee/tea and biscuits available.

You will need to bring your own project, whether it is knitting; crochet; embroidery or craft of any kind, you will be very welcome to join us.

There is no joining fee, so just come and meet like minded people for craft and chat.

### Free Craft Courses combined with maths:

APT will be running new craft courses which include a certain amount of maths. These are free courses for anyone who needs to top up their maths knowledge. You need to be over 19 years of age and not have a level 2 maths certificate. If you are interested to see how the course works, come and have a chat and see whether it would be something you are interested in. The last craft course we ran included Free Flow Acrylic art, plasterwork and macramé. It was great fun and all free.

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





Supporting our Community

|                  | <b>Morning<br/>10am - 12 noon</b>  | <b>Afternoon<br/>1pm – 3pm</b>   | <b>Evening</b>  |
|------------------|--|--|---|
| <b>Monday</b>    | 10am till 12 noon<br>Food supplies available<br><b>10 am—11 am<br/>SDC Tenant Services</b>   | 1pm - 2pm<br>Craft session<br>Aimed at young<br>people not or part<br>attending school               | Sewing Group<br>Closed Session                          |
| <b>Tuesday</b>   | 10am – 12.30pm<br><b>GL Communities Debt<br/>Advice</b>  | Closed   | Meetings  |
| <b>Wednesday</b> | Courses & Meetings   | Meetings   | 5pm till 6.30pm<br>Crochet Group<br><b>Open to all.</b> |
| <b>Thursday</b>  | Open for Drop in<br>10am – 12noon<br><b>P3 Inclusion Advice</b><br><br><b>IT Support on the 2nd<br/>Thursday of each month.<br/>No appointment required.</b> | Open<br>for Food supplies<br>12.30 till 2.30pm<br><br>Drop in<br><b>Citizens Advice</b><br>1pm – 3pm | Meetings  |
| <b>Friday</b>    | Craft Courses<br>& Craft & Chat<br>Last Friday of the month<br>Open to all   | Closed   | Closed  |

**You must register your interest to participate in any of the courses due to limited spaces. Please contact APT for more information. 01453 822705**

**If you have a group you would like to start, let us know, and we can help get you Started.**

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](mailto: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](mailto: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](mailto: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](mailto:sandra@glcommunities.org.uk)  
[www.glcommunities.org.uk](http://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. 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.



### Ice Cream Wordsearch

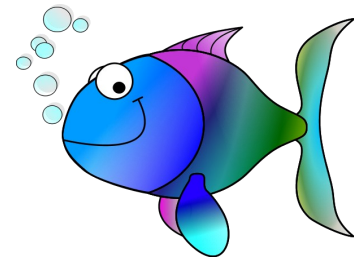


- banana split
- chocolate
- cold
- cone
- ice cream
- oyster
- sprinkles
- sundae
- vanilla
- wafer



www.ActivityVillage.co.uk - Keeping Kids Busy

### Colouring Picture



### Seaside Alphabet Challenge

Can you find a seaside themed word for each letter of the alphabet?

- 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.....

How many did you find?



# The Gardeners Year....

The gardening year is changing as we are told climate change is having an effect, but sometimes we might think that the rain will never stop!! Those of us that are lucky enough to have a garden, however small, still have work to do during the summer months. August is the culmination of months of effort; and if we are lucky with the dry weather there isn't so much lawn mowing to do, so hopefully there are times that you can sit back and enjoy your garden.

Here are some general garden tasks for the month of August:

- ◆ Water and feed plants frequently, particularly those in containers and pots.
- ◆ Keep weeding, so that they don't spread their seeds.
- ◆ Deadhead annuals, roses and other flowering plants and cut back perennials after flowering.
- ◆ When the flowers are over, clip lavender, rosemary and santolina.
- ◆ Take semi-ripe cuttings of woody herbs, shrubs and roses.

If you have a vegetable patch, however small, don't forget to harvest beans, lettuce, beetroot, courgettes, marrows and tomatoes.

If you have grown tomatoes in pots, remember to remove the lower leaves and keep pinching out the side shoots so that the plant has the energy to ripen the tomatoes.



## Stonehouse in Bloom

We are so lucky in Stonehouse to have a group of volunteers who are so passionate about gardening and the town, that they give up their time to make sure the town looks beautiful all year round. They have transformed the Chapel garden in the High Street, worked on projects at the station, had beautiful sculptures installed on the Town Green and planted and maintained so many tubs and baskets, it is just an amazing achievement. APT would like to thank the group for all the work they do.

If you would like to join them, make new friends, enjoy gardening or just get active, please contact Deborah Curtis at:

[deborah.curtis647580@gmail.com](mailto:deborah.curtis647580@gmail.com)



## Cooking on a Budget.....

APT has been running 'Cooking on a Budget' courses for two years. The courses are to help local people with their cooking skills but also to explain simple maths and how we use the maths in everyday life. If you are interested in one of our courses, get in touch with us. Here are some more of our recipes to try:

### Potato, Spinach and Cheese Melt.

Takes approx. 25 minutes and feeds 4 people.

650g / 1lb 7oz new potatoes cut into long wedges  
 1 tbsp. oil  
 250g pack of ready washed baby spinach leaves  
 100g / 4oz Cheese (such as Double Gloucester)  
 1 or 2 tbsp. snipped fresh chives  
 100g / 4oz wafer thin smoked ham.

1. Bring a large pan of salted water to the boil. Add the potatoes and boil for 12 - 15 minutes until tender.
2. Drain the potatoes well, then return them to the pan. Add the oil and lightly toss the potatoes. Put the pan over a medium heat, add the spinach, cover and shake the pan occasionally until the spinach has wilted.
3. Cut the cheese into cubes or crumble it straight into the pan. Season well and add the chives. When the cheese starts to melt, spoon on to hot serving plates. Using scissors, snip the ham over the top and serve straight away.



### Chocolate Crunchies

This no bake treat is great for lunchboxes or picnics

200g/8oz Digestive Biscuits  
 100g/4oz Butter  
 3 tbsp Golden Syrup  
 2 tbsp Cocoa Powder  
 50g/2oz Raisins  
 100g/4oz Dark Chocolate

1. Butter an 18cm/7in sandwich tin. Seal the biscuits in a strong plastic bag and bash with a rolling pin to form uneven crumbs.
2. Melt the butter & syrup in a saucepan. Stir in the cocoa and raisins, then thoroughly stir in the biscuit crumbs. Spoon into the tin and press down firmly.
3. Melt the chocolate in a heatproof bowl over a pan of simmering water. Spread over the biscuit base and chill for about half an hour.



This will keep up to a week if wrapped in foil.



## Support for the Community....

The APT main support organisations are on page 5 of this newsletter, but there is plenty more support available.

If you need help with a tablet / laptop or mobile phone come and see our guru. Nick from Creative Sustainability in Stroud comes to APT once a month on the 2nd Thursday, from 10.30am till 12.30pm. There is no charge for any work that he carries out.



Maybe you need to write a new CV and are looking for employment. Contact APT by phoning 01453 822705, if there is no reply, leave us a message and we will get back to you as soon as we can. We can help you to write your CV, an application letter and photocopy documents for you too. Pop in and see us if you need help.



Stroud District Council Tenant Services visit APT every Monday morning from 10am to 11am. If you have an issue you would like to discuss, just pop in. There is no need to make an appointment and your conversation will be private in a separate room.



We also have support from Social prescribers; the NHS Community team; Stroud District Foodbank; Kids Stuff; Stroud District Furniture Bank; and many other organisations. So if you need support get in contact with the volunteers at APT.

### Park Estate Litter Picks

The APT team carry out litter picks every two months around the estate. We have been joined recently by local residents, which is brilliant and makes the job so much quicker. So if you would like to join us, our next one will be at 2pm on Sunday 18th August, the day after our Family Fun Day. We meet at APT and then return to the hub for tea/coffee and biscuits.



### Puzzle answers:

Word Builder: 1. Eta; 2. East; 3. Sated; 4. Sedate; 5. Dates; 6. Seat; 7. Sat.

## Past Events....

### Gloucester Services Birthday

APT is so lucky to be funded by The Gloucester Services on the M5. For every £1 spent in the services (other than fuel) 3p comes back out into the community via Gloucestershire Gateway Trust. As mentioned in a previous newsletter, APT is one of 12 local organisations to receive these funds.

On Wednesday 12th June the Gloucester Services celebrated it's 10th birthday. APT attended an evening of celebration at the Southbound Services. Happy birthday to everyone involved.



### Stonehouse Town Awards

We were very lucky to be nominated for the "Community Group of the Year" again for 2024. The awards ceremony was held at the Town Hall on Thursday 25th April. Stonehouse Football Club were awarded the winners certificate with APT being highly commended. Thank you to every one that voted for us.



### Family Colour Run

Home Start invited APT to join the fun on Saturday 29th June at a Family Colour Run based at Park junior school. We set up our community information stand and joined in the fun. If you have never been to, or joined in with a colour run....it can get messy!! The families that enter the run pay a fee which helps organisations raise funds for future activities. Home Start had beautiful weather, which helped. As you can see from the photo, there was a lot of colour involved.



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

### 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.

# Puzzles



1. 7th Greek Letter

2. Orient

3. Satisfied

4. Serene

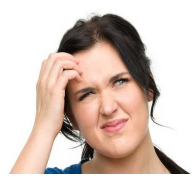
5. Romantic Meetings

6. Chair

7. Placed

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

Answers on page 9



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 2 | 6 |   | 3 |   |   | 1 |
| 6 |   | 5 |   | 7 |   | 2 |   |   |
| 3 |   |   | 5 |   |   | 8 |   |   |
|   |   | 9 |   |   |   |   | 2 | 8 |
|   | 4 | 3 |   |   |   | 9 |   |   |
| 2 |   |   | 7 | 8 | 9 |   |   |   |
| 4 |   |   |   |   |   |   |   |   |
|   | 3 | 7 |   | 5 | 4 |   | 9 |   |
|   |   |   |   | 9 | 6 | 1 |   |   |

## SUDOKU

Put each of the numbers 1 - 9, once in every row, column and 3 x 3 box.



Issue 2 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](http://www.facebook.com/AllPullingTogether)



@apt.central

Email [aptcentral@btconnect.com](mailto: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