

Empowering Minds Gloucestershire

Rethink
Mental
Illness

“Supporting Mental Wellbeing Through Connection, Community and Peer Support.”

The Empowering Minds Service supports people across Gloucestershire living with Serious Mental Illness or common mental health conditions to improve wellbeing, build resilience, and reduce the need for primary or secondary mental health services.

Contact us: 07570 343767.

What we offer

- **1:1 practical and emotional support** delivered face-to-face, online, by phone, or by text. Support is provided by a Peer Support Worker for up to 3 months, with the option to extend where needed.
- **Peer support groups and wellbeing sessions** that encourage connection, confidence, and shared understanding.
- **Support to reduce loneliness**, access meaningful activities, and develop confidence, resilience, and self-advocacy skills.
- **Discharge and reablement support** for adults leaving Acute Mental Health wards in Gloucestershire or those at risk of hospital admission.



- **Work to strengthen community connections**, reduce stigma, and improve access to local services and resources.
- **Ongoing signposting** and support to access other services, community opportunities, and advocacy where appropriate.

What support looks like

- **1:1 Mental Health Community Link support.** Person-centred, strengths-based support focused on building independence, resilience, and wellbeing.
- **Peer Support** available both 1:1 and in group settings, delivered by people with lived experience of mental health challenges.
- **Community link work**, raising awareness, identifying gaps in support, and helping to build stronger, more connected communities.

Contacts

Empowering Minds

www.rethink.org

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EmpoweringMinds@rethink.org

Stroud 07483 921207

Cheltenham

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07483 332531

Gloucester

bill.shearer@rethink.org

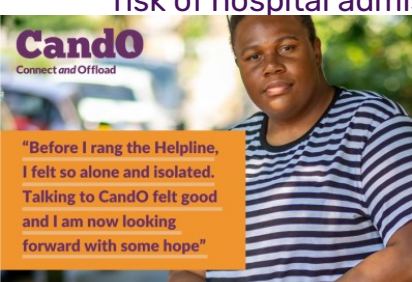
07301 006008

Forest of Dean

sue.callaghan@rethink.org

07425 736592

Our peer support groups offer empathy, understanding, and reassurance from people who have experienced similar challenges. They provide a safe and welcoming space for people to talk, feel heard, build friendships, and receive social support that can make coping with life's challenges easier.



Would you like to talk to someone today about your mental wellbeing?

CandO provides people aged 18 and over and living in Gloucestershire with confidential mental wellbeing support **every day** of the year between **2pm and 9pm**.

Call

0808 801 0606

Text

07537 410 022

Webchat

gloucestershirecandoo.org

Stroud



GARDENING GROUP **Tuesdays 10am-3pm**

The **Green Oasis** project at Weavers Croft Stroud. Working together outdoors improves people's mental health and wellbeing, building friendships, reducing loneliness and isolation.
Weavers Croft, Field Road, Stroud GL5 2HZ



EARTH WISDOM **Monday 10th August at 10am**

These sessions are designed to provide attendees with an opportunity to experience the mental health benefits of spending time in nature. Activities will be gentle, accessible and focused on supporting mental health through nature connection, mindful awareness and time outdoors. As the sessions take place outside, attendees will need to dress appropriately for the weather and terrain, including suitable footwear and clothing. Call 07301 006000 to book your place.
Weavers Croft, Field Road, Stroud GL5 2HZ



MENTAL HEALTH PEER SUPPORT GROUP **@ THE TRINITY ROOMS** **Tuesdays 10am-12.30pm**

Looking for a safe, friendly space to talk?
We offer a warm welcome and a range of social activities. Join our group for support, shared experiences, and understanding.
Trinity Rooms, Field Road, Stroud GL5 2HZ



THE GREEN CAFE @ THE TRINITY ROOMS **Tuesdays 10.30am-12.30pm**

A chance to chat and share a wholesome bowl of home-made soup.
Trinity Rooms, Field Road, Stroud GL5 2HZ



STROUD FOOD BANK **Tuesdays 11am-12pm**

The foodbank works using a voucher referral system. In order to get help from the foodbank, you will need a voucher issued by local agencies.
Call 01453 367077
Trinity Rooms, Field Road, Stroud GL5 2HZ



PEER SUPPORT - FOCUS ON ANXIETY **1st Tuesday of the month** **11am-12pm**

A chance to hear from those who have experienced and found ways to manage Anxiety. Co-produced with Peers and Staff.
Trinity Rooms, Field Road, Stroud GL5 2HZ

Stroud



MEN'S GROUP

Alternate Wednesdays 1.30-3.30pm

A safe place to learn or share skills.

A place where we Reclaim, Restore and Re-use.

Weavers Croft, Field Road, Stroud GL5 2HZ



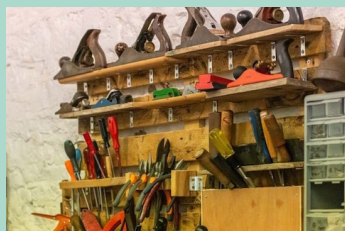
RETHINK MENTAL HEALTH DROP-IN

2nd Friday of the month 10am-12pm

Friendly support, advice and information.

No appointment needed – all welcome.

Paganhill Community Group, Farmhill Lane, Paganhill, Stroud GL5 4BX



MEN'S SHED

Fridays 1-3pm

A safe place to learn or share skills.

A place where we Reclaim, Restore and Re-use.

Weavers Croft, Field Road, Stroud GL5 2HZ



RETHINK MENTAL HEALTH DROP-IN

2nd Friday of the month 2-4pm

Friendly support, advice and information.

No appointment needed – all welcome.

Cashes Green Community Centre, 1-3 Queen's Drive, Cashes Green Stroud GL5 4NR

Cirencester



MENTAL HEALTH PEER SUPPORT GROUP @ THE BOTHY

Wednesdays 1.30-3.30pm

Looking for a safe, friendly space to talk?

We offer a warm welcome and a range of social activities.

Join our group for support, shared experiences, and understanding.

The Bothy, 12 Ashcroft Road, Cirencester GL7 1QX



PEER SUPPORT - FOCUS ON ANXIETY

1st Wednesday of the month 2-3pm

A chance to hear from those who have experienced and found ways to manage Anxiety.

Co-produced with Peers and Staff.

The Bothy, 12 Ashcroft Road, Cirencester GL7 1QX

Dursley



MENTAL HEALTH PEER SUPPORT GROUP @ THE TAB

Thursdays 10am-12pm

Looking for a safe, friendly space to talk?

We offer a warm welcome and a range of social activities.

Join our group for support, shared experiences, and understanding.

The TAB, Dursley Tabernacle, Parsonage Street, Dursley GL11 4BJ

Wotton-Under-Edge



MENTAL HEALTH PEER SUPPORT GROUP @ THE KEEPERS

Thursdays 1-3pm

Looking for a safe, friendly space to talk?

We offer a warm welcome and a range of social activities.

Join our group for support, shared experiences, and understanding.

The Keepers Community Hub, Symn Lane, Wotton-Under-Edge GL12 7BD

Gloucester



RETHINK POETRY GROUP

Mondays 10.30am-12pm

Read and talk about different types of poems, express your creativity, writing poetry is an accessible way to escape.

Why not pop along, have a chat over a cuppa and maybe create a few lines. Facilitator Bengi.

Waterstones Coffee Shop, 13-15 Eastgate Street, Gloucester GL1 1NS



GLOUCESTERSHIRE EMPOWERING MINDS

MENTAL HEALTH INFORMATION, SUPPORT & ADVICE DROP-IN

2nd Monday of the month 12-2pm

Looking for a safe, friendly space to talk? Our drop-in sessions offer a welcoming environment where you can speak openly, get support, or simply find out what help is available in your area. Anyone can attend who feels they would benefit from support, advice, or a conversation about their mental health.

No appointment needed.

The Coach and Horses – Home Ground Project, 2-4 St Catherine Street, Gloucester GL1 2BX

WOODWORK GROUP

Mondays 12.30-3pm

A safe place to learn or share skills, a place where we Reclaim, Restore and Re-use. Our group provides empathy, acceptance and reassurance for people who have been through similar experiences.

Fair Shares, Chequers Bridge Community Centre, Painswick Road, Gloucester GL4 6PR



MENTAL HEALTH PEER SUPPORT GROUP

@ MARION COURT

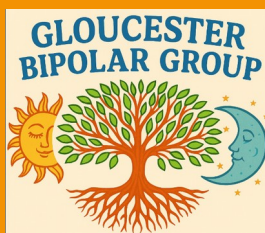
Thursdays 12-2pm

Looking for a safe, friendly space to talk?

We offer a warm welcome and a range of social activities.

Join our group for support, shared experiences, and understanding.

Community Room, Marion Court Apartments, Clare Street, Gloucester



BIPOLAR GROUP

Every other Thursday 2-4pm

A friendly, inviting place for people with bipolar disorder to meet and relax and chat over a cup of tea.

Please contact Lesley on 07809 616991 between 12noon and 5pm Monday to Friday for further details.

Wetherspoons, The Regal, 33 St Aldgate St, Kings Square, Gloucester GL1 1RP

Tewkesbury



MENTAL HEALTH DROP IN SESSION

2nd Wednesday of the month 10am-Noon

Rethink here every 2nd Wednesday from 10am-Noon.

A chance to access our service for support, advice and also make a referral if needed. Contact Denis on 07483 332531

Northway Community Hub and Parish Office, Lee Walk, Northway, Tewkesbury GL20 8QG

Moreton-in-Marsh



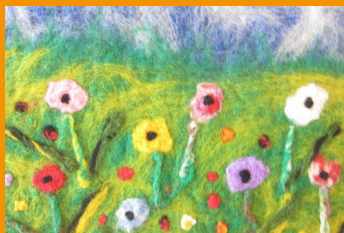
MENTAL HEALTH DROP IN SESSION

2nd Monday of the month 10.30am-12.30pm

A chance to access our service for support, advice and also make a referral if needed. Contact Denis on 07483 332531

Jameson Court, Moreton-in-Marsh GL56 0EW

Cheltenham



CRAFT and CHAT GROUP

Wednesdays 10am-12pm

A friendly space to relax, create, and connect? Our craft group offers a welcoming environment where you can meet new people, make friends, and enjoy creative activities. It's a chance to talk things through, share experiences, or simply focus on crafting in good company. No pressure - just support, conversation, and creativity.

Gas Green Community Centre, 6 Baker Street, Cheltenham GL51 9HQ



MENTAL HEALTH DROP IN SESSION

1st and 3rd Thursday of the month 10am-12pm

Rethink here every 1st and 3rd Thursday from 10am-12pm.

A chance to access our service for support, advice and also make a referral if needed.

Contact Denis on 07483 332531

West Cheltenham Pantry, Hesters Way Partnership Community Resource Centre, Cassin Drive, Cheltenham GL51 7SU



MENTAL HEALTH WELCOME SPACE

2nd and 4th Friday of the month 10.30am-noon

A peer support group enabling people to talk about their experience of hearing voices.

Sharing coping strategies for managing voices.

Gas Green Community Centre, 6 Baker Street, Cheltenham GL51 9HQ

Forest of Dean



NEWENT SHARING KITCHEN

1st Monday of the month 12.30-1.30pm

Come and have a chat and find out more about what the service offers and what support is available in your area.

All welcome.

Newent Community Centre, Ross Road, Newent GL18 1BD



WELCOME SPACE - CINDERFORD MENTAL HEALTH DROP IN

2nd Monday of the month 11am-12.30pm

We are here to support people experiencing moderate to severe mental ill health.

Facilitator Sue Callaghan 07425 736592

CANDI, 31A Market Street, Cinderford GL14 2RT



WELCOME SPACE - COLEFORD MENTAL HEALTH DROP IN

3rd Wednesday of the month 11am-noon

We are here to support people experiencing moderate to severe mental ill health.

Facilitator Sue Callaghan 07425 736592

The Main Place, Old Station Way, Coleford GL16 8RH



WELCOME SPACE - LYDNEY MENTAL HEALTH DROP IN

4th Wednesday of the month 10.30-11.30am

We are here to support people experiencing moderate to severe mental ill health.

Facilitator Sue Callaghan 07425 736592

Lydney Youth and Community Centre, Naas Lane, Lydney GL15 5AT

Volunteer with us



“Volunteering with Rethink has been an incredibly rewarding experience. What I value most are the relationships that develop, both with the people who attend the groups and with the other volunteers and staff. There is something special about being part of a community where people can be themselves, support one another, and feel less alone. I've gained a huge amount personally from those connections, as well as from seeing the difference that simple acts of kindness, listening, and encouragement can make to someone's day. It has given me a greater appreciation of the importance of human connection and has been a privilege to be involved in such meaningful work”.

Volunteering Opportunities at Rethink

Could your skills and experience help us make a difference? Volunteer with us and help us deliver change for people severely affected by mental illness.

Peer Support Volunteer

Gloucestershire

As a Peer Support Volunteer you will have lived experience of mental health and support service users on a wide range of non-complex issues that can be easily and quickly resolved. You will bring added skills and experience to our service and add real value to our team. You will provide additional support at our Peer Support group sessions.

Volunteer Peer Group Facilitator

Gloucestershire

As a Volunteer Peer Group Facilitator, you will play a key role in delivering our peer support groups. These groups run all around the county throughout the week. You will work alongside our team of peer support workers and other peer support volunteers.

Community Support Volunteer

Gloucestershire

As a Community Support Volunteer, you will complete face-to-face befriending activities with service users. You need to be able to travel around the locality in which you live to be able to do this. Ideally, you will be able to commit to a minimum of 1/2 a day (3-4 hours) of volunteering per week on a flexible basis, with the option to increase.

[Volunteer with us](#)

[Empowering Minds](#)