



Another three months have gone by, and we are delighted to provide you with an update on our progress. We want to extend our thanks to the community for their support in making this journey possible, whether through backing the project financially or participating in our services. A huge thank you also goes to our team for their continuous support throughout the project.

We would like to express our appreciation to Hop Kettle for their ongoing support. The monthly Hop On The Bus events have been incredibly successful. A special shout-out to all the amazing bands who generously dedicated their time to us, we are truly grateful.

We are also delighted to receive the following donations ...

Cirencester Charity Fund - £200

The Rachel Swindall Trust - £1,000 to help with providing resources for our Anxiety Support Group and Art Sessions.

British Autogard - £402 raised from their fun quiz night at Cirencester Rugby Club.

Thank you all immensely 🙏

All donations help us to continuing offering our activities at the centre...

Art Sessions - Fridays 12.30pm - 2.30pm

We have connected with many artists during our Friday art gatherings. A big shoutout to everyone who has joined us, and a special thanks to Caroline for her kindness and expertise in leading the group. Art offers numerous advantages by helping to clear the mind of worries, thus reducing stress and boosting self-esteem.

Decluttering Workshop

A big thank you to Paul Copper for generously hosting a decluttering workshop in April.

Paul offered assistance in areas where individuals might have been facing challenges of feeling overwhelmed by clutter and not sure where to start or how to manage the difficult task of organising a loved one's possessions after their passing. We gained an insight into how to support a family member who might be showing hoarding tendencies. The group was so popular that Paul kindly offered to return in June to deliver another workshop which was another great success.

NEW... Cheap & Cheerful Crafts

Anne has generously volunteered to lead Cheap & Cheerful Crafts which started in June. Mondays from 2.00pm to 3.30pm. We have been getting creative with recycled materials. Visit our website for session dates in July.

July 2024 News Letter

Anxiety Support Group

We would like to say thank you to our volunteer Rosy for her continuous support helping facilitate our monthly anxiety support group, we have been delighted to have welcomed new members.

Our group is the first Wednesday of the month from 2.30pm to 4pm, where we offer a safe, non-judgmental, and supportive environment for individuals facing similar challenges to come together. Joining a group can alleviate feelings of isolation and provide encouragement from fellow members. You might not feel like sharing your experiences, but you're welcome to join us for a drink and receive some tools to assist you in managing your anxiety.

Carers Support Group.

A special thank you to Linda who has given up her time each month to facilitate this group. Stephen Moore from Gloucestershire Carers Hub will be joining us in July. He will be explaining how being part of a group can help you in your caring role. How meeting carers will help you move forward. You don't need to attend every time to be part of this group.

Tea & Catch Up

It has been a pleasure meeting new people who have popped into our Tea & Catch Up sessions. Join us every second Wednesday of the month from 2:30pm to 4.00pm. Engage in conversations over a cuppa and take the opportunity to reconnect with others.

One to One Coaching

If you're feeling anxious about an upcoming social event, you don't have to face it alone. Our one-off coaching sessions before the event aim to assist you in handling your anxiety and regulating your nervous system.

One to One Counselling

Reach out via email for additional information and to express your interest.

Charity Shop

All donations make a difference to our shop in helping us fund our support services, so please keep them coming! Please feel free to come and visit and have a chat about how we can assist you.

*For further information about our services or to book a session please either email at centre@bigyellowbusproject.co.uk or give us a call on **01285 657818** we would love to hear from you.*

Stay updated on our website and social media for fundraising events happening all year round.

To donate to our project, visit www.justgiving.com/BYBP

Thank You

The Big Yellow Bus  Project Team

www.bigyellowbusproject.co.uk