

Footsteps Autumn E-Newsletter

Providing counselling support for anyone affected by pregnancy related issues, the loss of a baby for any reason, at any time, and those struggling with infertility.



Welcome to our Autumn newsletter! We have filled it with lots of info about our upcoming events, opportunities to get involved, an introduction to PANDAS in Cheltenham, and much more.

Upcoming Events

Fundraising Ball - December 2nd at Stonehouse Court Hotel



The Gloucester Royal Bereavement Midwife Team have organised a fundraising ball which will be taking place on 2nd December from 6:30pm 'til 12am, at Stonehouse Court Hotel, Stonehouse. This event will be fundraising for Footsteps Counselling and Care and The Cheltenham and Gloucester Hospitals Charity.

The night includes a drink on arrival, 3 course meal including wine, and an opportunity to dance the night away! There will also be a raffle with prizes including afternoon tea and dinner at the hotel.

Tickets cost £40 and are available to buy from Footsteps Counselling and Care, 51 Westgate Street, Gloucester, GL1 2NW. We hope to see you there!
For full details please visit the [Facebook event](#).

Cheese & Wine Tasting - 10th November, at The Cathedral Deli



Come down to The Cathedral Deli, Westgate Street, Gloucester, on 10th of November, 6-8pm for some vintage Gloucestershire wine and cheese tasting, alongside nibbles and pickles. Tickets cost just £8 with proceeds going to support the work of Footsteps Counselling and Care.

We are very lucky to have the Woodchester Valley Vineyards coming to talk about the interesting history of English wine. We also have free tasters of some beautiful local homemade chutneys and jams!

Christmas Childrens Disco - Details To Be Confirmed!

Details to be released on our Facebook page nearer the time!

Tickets Giveaway for Christmas Gift Fair at the NEC, Birmingham



We have tickets to give away for the fantastic Christmas Gift Fair at the NEC, Birmingham!

If you fancy a ticket - which will be valid for one day between 10th and 13th November - simply pop into our shop on Westgate Street, Gloucester and we'll swap the tickets for a bag of donated items or a monetary donation!

Recent Events

Gloucester Brass Presents: 'An afternoon of family fun and music'



Calling All Business Owners!

THE LOCAL ANSWER

We're thrilled to be taking part in the The Local Answer's community support initiative - this means that by mentioning our name, **your business can receive a 10% discount** when advertising with the biggest publisher in Gloucestershire – The Local Answer Magazine. Well established and accessed by over half a million people every month, they have over 300 businesses benefitting enormously from advertising in up to 200,000 copies of the magazine. What's more – if you book with them, they will donate 10% of your booking to us!! Just mention our name! Call Chris on 01242 541079 for more information.

Baby Loss Awareness Week 9th - 15th October



From October 9th to 15th is baby loss awareness week, finishing with a global **Wave of Light** at 7pm on 15th October. The idea is that with each country lighting candles at 7pm local time, there will be a 'wave of light' across the Earth. For more information visit <http://babyloss-awareness.org/>



Footsteps Counselling and Care Blog

For interesting articles written by Footsteps volunteers and other guest bloggers please visit our [blog](#)! Our guest bloggers have included Emily, a volunteer for the NCT Gloucester branch and Natalie, who runs the Cheltenham PANDAS support group.

Meet Our Partners - PANDAS

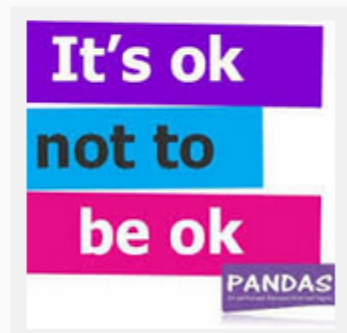


Each newsletter we like to introduce our readers to another charitable organisation in the area, and this time it is the turn of Pre and PostNatal Depression Advice and Support, more commonly known as Pandas.

The PANDAS Foundation aims to help support and advise any parent who is experiencing a perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.

PANDAS Support Groups are run in many areas of the UK. Each group set up is slightly different, but they are all run by people who have lived in experience of perinatal mental health illness and they offer peer support.

Our closest PANDAS support group is in Cheltenham. Visit their [Facebook page](#) or follow them on [Twitter](#) for more info. Their next meet up is on Friday 28th October at Hesters Way Children's Centre from 12.30 - 2.00pm.



For more information and regular updates, follow our [blog](#), like us on [Facebook](#), or follow us on [Twitter](#)