

DATES FOR YOUR DIARY



Creating a
**Dementia
Inclusive**
Community

Designed & Published on behalf FOD Dementia Action Alliance by Andy Morgan-Watts email: andrew.morgan-watts@live.co.uk 07921 842407

CODES: DEMENTIA SPECIFIC ACTIVITIES # DEMENTIA INCLUSIVE ACTIVITIES # ACTIVITIES OR EVENT OF INTEREST TO ALL


FEB	MONTHLY	LOCATION	PO	
SAT 1st	9.00 EX SERVICES BREAKFAST	Taurus Craft The Deer Park AYLBURTON	GL15 6BU	01594 812 447
	9.30 COLD WATER SWIM & MEET	Court Farm Lakes & Café A48 WOOLASTON	GL15 6PJ	07718 229 732
	10.00 PRODUCE MARKET	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	07764 578 963
	10.00-1.00 THE REPAIR SHOP	Upcycle CHEPSTOW		
	10.00-1.00 CAFÉ BONNIES	The Lachen Rooms LONGHOPE	GL17 0QE	01452 830 023
	10.00-4.00 INDOOR BOWLING	MidGlos Bowling Club	GL	01452 619 073
	11.30-1.30 MEND & REPAIR CAFÉ	Community Centre 2 Bailey Hill YORKLEY	GL15 4RS	01594 560 190
	6.30 BARN DANCE	The Assembly Rooms ST BRIAVELS	GL15 6TG	07764 578 963
	7.00 SKITTLES & HOT DOGS	The Village Hall PILLOWELL	GL15 4RA	01594 563717
SUN 2nd	12.30-2.00 FREE LUNCH CLUB	The Village Hall King Alfreds Road SEDBURY	NP16 7AG	07522 178 639
MON 3rd	6.00 CREATE MAKE EAT	Forest Community Church 2 Parragate Road CINDERFORD	GL14 2LY	
	7.00-9.00 JOIN THE CHOIR	Artspace The New Mercury 3 Woodside St. CINDERFORD	GL14 2NL	01594 825 111
	11.00 MENTAL HEALTH DROP IN	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07880 729 941
	12.00 CARERS SUPPORT GROUP	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07880 729 941
	1.30-3.30 CRAFT GROUP	The Village Hall WOOLASTON	GL15 6NN	01594 529 521

	2.00 SINGING FOR THE BRAIN	The Main Place Old Station Way COLEFORD	GL16 8RH	07784 298 689
	2.00 OVER 60'S CHOIR	Library Old Station Way COLEFORD	GL16 8RH	01594 833 351
	2.30-4.30 MAN CAVE	@Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	4.00-5.00 MUSIC MAKERS	May Hill Village Hall All Saints Rd MAY HILL	GL17 0NL	01452 831 730
TUE 4th	10.00 WELLBEING WALK	Wilderness Centre Wysis Way PLUMP HILL	GL17 0HA	01594 542 567
	10.00 GAMES COFFEE MORNING	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	07764 578 963
	11.00 GARDENING PROJECT	Salvation Army North St. BROADWELL	GL16 7BX	07593 446 897
	12.30 CANCER CAFÉ	Village Hall 11 King Alfreds Rd SEDBURY	NP16 7AG	
	12.30-2.30 LUNCH CLUB	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827711
	12.00-2.30 LUNCH CLUB	The Village Hall ENGLISH BICKNOR		
	2.00-4.00 SPINNERS & YARN CLUB	Main Place Old Station Way COLEFORD	GL16 8RH	07860 159 120
	2.00-4.00 WI CRAFT GROUP	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
	2.30 THE TUESDAY CLUB	Taynton & Tibberton Village Hall TAYNTON	GL19 3AN	01452 790 239
	2.30-4.00 GOLDEN CIRCLE	Methodist Chapel COLEWAY	GL16 7JZ	01594 833 884
	7.00-8.30pm FOD DIABETIC GROUP	Worcester Road Hall CINDERFORD	GL14 2XA	01594 542 066
WED 5TH	10.30-12.30 MUSIC MEMORY CAFÉ	The Old Town Hall 2 High Street LYDNEY	GL15 6DY	07790 560 887
	1.30-3.30 MEMORY CAFÉ	The Community Centre Nass Lane LYDNEY	GL15 5AT	07918 779 249
	6.30 CHARITY QUIZ & CURRY NIGHT	Court Farm Lakes & Café A48 WOOLASTON	GL15 6	
	2.00 MEMORY CAFE	Village Hall 11 King Alfreds Rd SEDBURY	NP16 7AG	
THU 6TH	10.00 COFFEE MORNING	The Village Hall PILLOWELL	GL15 4RA	01594 562 170
	11.00-1.00 JOIN THE CHOIR	Artspace New Mercury 3 Woodside St. CINDERFORD	GL14 2NL	01594 825 111
	11.00-1.00 TALK to AGE UK	Forest Community Space Dockham Road CINDERFORD	GL14 2AN	01452 422 660
	5.30 SHALOM GET-TOGETHER	Parkend Baptist Church PARKEND	GL15 4JF	


FRI 7th	10.00 HAPPY CRAFTERS	Sedbury & Beachley Village Hall SEDBURY	NP16 7AG	07522 178 639
	1.00 PUDDING CLUB	Sheppard House Sheppard Way NEWENT	GL18 1TL	
	12.30 COMMUNITY LUNCH	St James Church Centre BREAM	GL15 6ES	01594 562 985
	2.00-4.00 CANCER SUPPORT HUB	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910
	7.00 BOARD GAMES CLUB	Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	2.00 FRIENDSHIP AFTERNOON	Methodist Church 71 High St. AYLBURTON	GL15 6DE	01594 840 123
	2.00-4.00 COMMUNITY CAFÉ	The Village Hall All Saints Road MAY HILL	GL17 0NL	01452 831 730
	7.00 OPEN MIC NIGHT	The Dog House Micropub COLEFORD	GL16	
SAT 8th	10.00 LOCAL PRODUCE MARKET	The Village Hall TINTERN	NP	
MON 10th	11.00 SING TO REMEMBER	The Community Centre Nass Lane LYDNEY	GL15 5AT	07413 066 526
	2.00 INDOOR GENTLE ACTIVE GAMES	Village Hall King Alfreds Road SEDBURY	NP16 7AG	07522 178639
TUE 11th	11.00 U3A PAINTING GROUP	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
	12.00 LUNCH CLUB	The Village Hall ENGLISH BICKNOR	GL16 7PB	01594 836 187
	12.00-2.00 COOKING GROUP	Baptist Church 27 Newland St COLEFORD	GL16 8AJ	07593 446 897
	1.30-3.30 WORDS GROUP	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827711
	2.30-4.00 MEMORY CAFÉ	Baptist Church 27 Newland St. COLEFORD	GL16 8AJ	01594 837769
	3.00 TUESDAY GROUP	The Village Hall North Road HUNTLEY	GL19 3DU	07831 213770
	5.30 dates LGBTQIA PROJECT	Baptist Church 27 Newland St COLEFORD	GL16 8AJ	07050 627 273
	7.00-9.00 FOREST CRAFT CLUB	The Community Centre Bailey Hill YORKLEY	GL15 4RS	07901 918512
	AYLBURTON WOMEN'S INSTITUTE	The Memorial Hall AYLBURTON	GL15 6DE	01594 842 912
	7.00-9.00 GARDENING SOCIETY	The Village Hall All Saints Road MAY HILL	GL17 0NL	01452 830013
WED 12th	10.00 MEMORY CAFE	St James Community Centre	GL	
	MUSIC MEMORY CAFE	The Old Town Hall LYDNEY		

	MEMORY CAFÉ	LYDNEY		
FRI 14th	1.00 PUDDING CLUB	Sheppard House Sheppard Way NEWENT	GL18 1TL	
	5.00 VALENTINES LIGHT UP THE LAKE	Court Farm Lakes & Café A48 WOOLASTON	GL15	
SAT 15th	8.30 PRAYER BREAKFAST	RING FOR VENUE	JANE	01594 563 803
	10.00 LOCAL PRODUCE MARKET	The Village Hall A466 TINTERN	NP16 6SZ	07512 856 024
	2.00 - 4.00 MEND & REPAIR	Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
MON 17th	1.30-3.30 CRAFT GROUP	The Village Hall WOOLASTON	GL15 6NN	01594 529 521
	2.00 SINGING FOR THE BRAIN	The Main Place Old Station Way COLEFORD	GL16 8RH	07784 298 689
	2.30-4.30 MAN CAVE	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	7.00-9.00 GOOD GRIEF GROUP	The Speech House COLEFORD	GL16 7EL	
TUE 18th	10.00 GAMES COFFEE MORNING	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	
	12.30-2.30 LUNCH CLUB	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827 711
WED 19th	10.00-11.00 CARERS CAFÉ	Bicky's Café 15 Pyart Court COLEFORD	GL16 8RG	0300 111 9000
	10.30-12.00 MEMORY CAFÉ	St James Church Centre BREAM	GL15 6ES	07907 024 004
	10.30 GOALS BEYOND GRASS	FOD Cycle Centre Cannop Valley COLEFORD	GL16 7EH	07393 867572
	10.30-12.30 MUSIC MEMORY CAFÉ	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	07966 627 840
	2.00-3.00 RHYTHM & CONNECT	The Community Centre MITCHELDEAN	GL15 0BQ	01594 812398
	2.00-4.00 SPINNERS & YARN CLUB	The Main Place Old Station Way COLEFORD	GL16 8RH	07860 159120
	2.30-4.00 TEA & CHAT	The Village Hall North Road HUNTLEY	GL19 3DU	01452 830757
	2.30-4.00 GOLDEN CIRCLE	Methodist Chapel 7 Forsdene Walk COLEWAY	GL16 7JZ	01594 833884
	5.00-7.00 AUTISIC ADULT DROP-IN	@ Candi 31 Market Street CINDERFORD	GL14 2RT	01452 317460
	7.00-9.00 LADIES GROUP	Pisgah Hall Old Road COALWAY	GL16 7JJ	01594 730713
	7.30 WEDNESDAY GROUP	The Methodist Church PILLOWELL	GL15 4RA	01594 562 131

THU 20th	2.00-4.00 BEREAVEMENT CAFÉ	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811910
	7.15-9.15 GARDENING CLUB PLUS	Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	7.30-9.00 NEWENT QUILTERS	The Memorial Hall NEWENT	GL18 1PT	07890 522592
FRI 21st	MONTHLY COFFEE MORNING	The Village Hall Gloucester Road STAUNTON	GL19 3RQ	01452 840 372
	10.00 SENIOR CITIZENS MEET	Y&C Building New Street MITCHELDEAN	GL17 0BX	07735 179 936
	1.00 PUDDING CLUB	Sheppard House Sheppard Way NEWENT	GL18 1TL	
	CANCER SUPPORT GROUP	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811910
	2.00 BAT & CHAT Table Tennis Club	May Hill Hall All Saints Road MAYHILL	GL17 0NL	01452 831 550
	4.30 WITH ONE VOICE	Wilderness Centre Wysis Way PLUMP HILL	GL17 0HA	07794 044 948
	7.30 CHARITY QUIZ NIGHT	The Village Inn SEDBURY	NP	
SAT 22nd	10.0-0-1.00 MEND & REPAIR CAFÉ	The Memorial Hall Market Square NEWENT	GL18 1PS	01531 890609
	10.30 CHRISTIAN FELLOWSHIP	Forest Sensory Service Centre CINDERFORD	GL14 2LJ	01594 827711
	11.20 BATTLE of COLEFORD	Mushet Walk COLEFORD	GL14	
	12.00-2.00 COMMUNITY PANCAKES	The Village Hall PILLOWELL	GL15 4RA	01594 562 170
SUN 23rd	8.00 QUIZ NIGHT	Ellwood Football Club	GL15	07480 063 563
MON 24th	11.00-12.30 SING TO REMEMBER	The Community Centre Naas Lane LYDNEY	GL15 5AT	07413 066 526
TUE 25th	12.00 LUNCH CLUB	The Village Hall ENGLISH BICKNOR	GL16 7PB	01594 836187
	2.00-4.00 TUESDAY GROUP	Wetherby Room West Dean Centre BREAM	GL15 6JW	01594 562822
	MAYHILL WI	The Village Hall All Saints Road MAY HILL	GL17 0NL	01452 831730
	5.30 dates LGBTQIA PROJECT	Baptist Church 27 Newland St COLEFORD	GL16 8AJ	07050 627 273
	7.00-9.00 FOREST CRAFT CLUB	The Community Centre Bailey Hill YORKLEY	GL15 4RS	07901 918512
WED 26th	10.00 FOREST SNAPPERS Photography Group	Meeting Point Varies	Call	JAMES 07593 446 891
	10.00 CRAFT GROUP	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910


	10.30-12.30 MUSIC MEMORY CAFÉ	CINDERFORD		07790 560 887
	10.30-12.30 INCLUSION HUB	The Salvation Army 43 North St BROADWELL	GL16 7BX	07525 849 333
	2.00-4.00 WEDNESDAY CLUB	Hanover Court Bilson Close CINDERFORD	GL14 2LQ	01594 823178
	5.00-7.00 AUTISIC ADULT DROP-IN	@ Candi 31a Market Street CINDERFORD	GL14 2RT	01452 317460
	6.30-8.30 CANCER CAFÉ	Village Hall 11 King Alfreds Rd SEDBURY	NP 16 7AG	07974 201590
	7.30 QUIZ NIGHT	The Rising Sun MOSELEY GREEN		
THU 27th	10.00 COFFEE MORNING	The Village Hall PILLOWELL	GL15 4RA	01594 562 170
	10.00 LYDNEY QUILTERS	Community Centre Naas Lane LYDNEY	GL15 5AT	07906 386 822
	10.30 MENTAL HEALTH DROP IN	@ Candi 31a Market Street CINDERFORD	GL14 2RT	01452 317 460
	11.00-2.00 GARDENING PROJECT	Salvation Army North Road BROADWELL	GL16 7 BX	07593 446 897
	12.30 SENIOR CITIZENS CLUB	The Orepool Inn Chepstow Road SLING	GL16 8LH	01594 530676
	2.30 BEREAVEMENT CAFÉ	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811910
	4.30 dates LGBTQIA LOCAL	Community Centre Naas Lane LYDNEY	GL15 5AT	07050 627 273
	10.00 AGEING GRACEFULLY COURSE	St James Church Centre BREAM	GL15 6ES	01594 562 985
FRI 28th	10.00-12.00 PUDDING CLUB	Sheppard House Sheppard Way NEWENT	GL18 1TL	01531 821 227
	CHARLIE'S CANCER SUPPORT	The Wesley Belle Vue Road CINDERFORD	GL14 2AA	07974 201590
	7.30 QUIZ NIGHT	The Memorial Hall RUSPRIDGE	GL14 3AE	01594 823 620
JAN	WEEKLY	LOCATION	PO	
EVERDAY	9.30-4.30 ARTSPACE	The New Mercury 3 Woodside St CINDERFORD	GL14 3AE	01594 825111
WALKING WITH WHEELS		From Forest Holidays 01594 837165 Speech House		01594 822607
CROSSROADS GLOUCESTERSHIRE BEFRIENDING		FOREST WIDE	Ring Sarah	01594 823414
GLOUCESTERSHIRE DEMENTIA ADVICE SERVICE			ALZHEIMER'S SOCIETY	01452 525222



12.00-6.00 COMMUNITY CAFÉ		Chill Out Zone 36 Broad Street NEWENT	GL18 1AJ	07581 312585
8.30-4.30 ADMIRAL NURSE		email;asma.pandor@nhs.net ACROSS the FOD		07815 978332
9.00-4.30 MANAGING MEMORY		Sarah Davies for Dementia Advice	CALL	08006 948800
9.00-5.00 ORCHARD TRUST		The Smallholding LOWER LYDBROOK	GL16 7PD	01594 861359
9.30-4.30 ARTSPACE		The New Mercury 3 Woodside St CINDERFORD	GL14 3AE	01594 825111
10.00-12.00 COMMUNITY FRIDGE		St James Community Hall BREAM	GL15 6ES	01594 562985
10.00-2.00 BROADWELL CAFÉ		Salvation Army 43 North Rd BROADWELL	GL16 7BX	01594 839106
12.00 FRIENDSHIP GROUP		Various Locations around the Forest	Julie	07790 560887
9.00-3.00 COMMUNITY CAFÉ		Sixteen 16 Bank Street COLEFORD	GL16 8BA	01594 835954
GENTS PUB LUNCH		Various Locations around the Forest	Julie	07790 560887
3.00 SINGING FOR THE BRAIN		Forest-wide for one hour	ZOOM	07784 298689
Meals on wheels		A hot meal and a friendly face for All Ages	CALL	01452 903 505
LADIES LUNCH CLUB		Various Locations around the Forest	Julie	07790 560887
MON	11.00-2.00 GET DIGITAL CONFIDENT	Sixteen 16 Bank Street COLEFORD	GL16 8BA	01594 822 073
	EVENING PRAYER on ZOOM		ZOOM	01594 823 620
	7.30 THE FOREST TREBLEMAKERS	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
MON.SAT	9.00-3.00 COMMUNITY CAFÉ			01594 835 954
TUE	10.00-12.00 WARM SPACE WARM WELCOME	Community Church Parragate Rd CINDERFORD		
	10.00-3.00 FOREST COMMUNITY SHED	Orchard Trust LOWER LYDBROOK	GL17 9PD	01594 780 170
AFTERNOON MEN'S SKITTLES		The Social Club Drybrook Road DRYBROOK	GL17 9JA	01594 543794
WED	SINGING FOR THE BRAIN		ZOOM	07784 298 680
THUR	11.00-1.00 JOIN THE CHOIR	Artspace The New Mercury 3 Woodside St. CINDERFORD	GL14 2NL	01594 825 111
	THE ROYAL FOREST of DEAN ORCHESTRA	The Primary School Station Road NEWNHAM	GL14 1AT	



FRI&SAT	10.00-12.00 WEEKLY COUNTRY MARKET	Next to the Co-op COLEFORD	GL16 8	
SAT	10.00-12.00 FOD AREA WIND BAND	Baptist Church 27 Newland St COLEFORD	GL16 8AJ	01452 427 242
GL14	WEEKLY	LOCATION	PO	
MON 6th	GLOUCESTERSHIRE CARERS GROUP	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	RE-THINK HEALTH SUPPORT DROP-IN
TUES 7th	10.00-1.00 MAN CAVE MORNING
FRI 17th	10.30-1.00 FIRST AID AWARENESS	.. Book in advance
MON 20th	10.00-2.00 COVID 19 VACCINATIONS
TUE 21st	10.00-1.00 MAN CAVE MORNING
THU 23rd	10.30-1.00 EMPLOYABILITY COURSE	.. Book in advance
FRI 24th	10.30-1.00 FIRST AID AWARENESS	.. Book in advance
MONDAY	10.00 COMMUNITY HUB	The Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	9.45-11.15 COMPUTER CLASS	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827 711
	10.00-12.00 COMMON GROUND	FCC 2 Parragate Road CINDERFORD	GL14 2LY	01594 824 076
	11.00-2.00 CANDI CAFÉ	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	12.00 MIXED SKITTLES	Rugby Club Dockham Rd CINDERFORD	GL14 2AG	07790 560 887
TUESDAY	10.00 WARM SPACE WARM WELCOME	Community Church Parragate Rd CINDERFORD	GL14 2LY	01594 824 076
	12.30-2.30 FSS LUNCH CLUB	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827 711
	2.00-4.00 SOUDLEY CRAFTERS	The Village Hall Lower Road SOUDLEY	GL14 2TS	01594 844 000
	7.00-8.45 BINGO CLUB	The Community Centre LITTLEDEAN	GL14 2BJ	01594 824 488
TUE-SAT	10.30-4.00 COMMUNITY CAFÉ	The George High Street NEWNHAM on SEVERN	GL14 1BS	01594 520 740
Tu We Th	9.30-2.30 ACTIVE LIVING	The Wesley Belle Vue Road CINDERFORD	GL14 2LJ	01594 823 414

WED	9.30-12.00 CRAFT CONNECT	Forest Community Church RUARDEAN	GL14 2LY	01594 824 076
	10.00-2.00 WOMEN'S SPACE	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 011 788
	1.30-3.30 HANDBELL RINGING	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827 711
	2.00-4.00 CRAFT CLUB	The Library Bell Vue Road CINDERFORD	GL14 2BZ	01594 822 581
	7.15-9.00 TOGETHER WE CAN	Causeway Club Edge Hill Rd CINDERFORD	GL14 2QH	07944 447 700
THURS	10.00-2.00 CRAFT & HOBBIES	The Forge Centre Valley Rd CINDERFORD	GL14 2LJ	01594 827 711
FRIDAY	12.00 LUNCH TIME SPECIAL	The Newham Club High Street NEWNHAM	GL14 1BS	01594 516 379
SAT	10.00-12.00 SATURDAY CAFÉ	St Peters Church NEWNHAM	GL14 1AD	01594 516 450
GL15	WEEKLY	LOCATION	PO	
MONDAY	10.30 COMMUNITY WALK	Meet @ Crown Lane PARKEND	GL15 4JE	01594 562 541
	10.30 ACTIVE BALANCE	The Memorial Hall WOOLASTON	GL15 6SU	01549 812 447
	11.00-12.30 COFFEE MORNING	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
	2.00 FRIENDSHIP CLUB	West Dean Centre BREAM	GL15 6JW	01594 563 456
	2.00 COMMUNITY CRAFT SESSION	The Village Hall Upper Road PILLOWELL	GL15 4RA	01594 562 170
	4.00 LYDNEY YOUNG at HEART	Freedom Leisure Centre LYDNEY	GL15 5DZ	07831 713 185
	6.30-7.30 UKULELE CLASS	Holy Trinity Church PRIMROSE HILL	GL15 5SL	01594 842 321
	7.15-9.15 FOREST TREBLEMAKERS	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
	7.30-9.30 LINE DANCING	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
MON-FRI	10.00-12.00 COMMUNITY FRIDGE	St James Community Hall BREAM	GL15 6ES	01594 562 985
TUESDAY	10.00 COFFEE & CAKES	The Netherend 'The Nethy' WOOLASTON	GL15 6NN	01594 529 335
	11.30 LUNCH CLUB	Victoria Centre Victoria Road LYDNEY	GL15 5 DG	01594 843 418
	1.30-2.30 ACTIVE BALANCE	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164

	2.00 COMMUNITY WALK	Meet @ Assembly Rooms ST BRIAVELS	GL15 6TG	01594 530 752
	2.30 INDOOR SOFT BOWLS	Goode Court Bream Road LYDNEY	GL15 5JP	03701924 572
	7.00-9.00 GOLDEN TRIANGLE CLUB	The Community Centre Naas Lane LYDNEY	GL15 5AT	07500 244 721
	7.20-9.00 SPRINGFIELD SINGERS	St Josephs' Church Nass Lane LYDNEY	GL15 5PA	07730 896 844
WED	10.00-12.00 SEWING GROUP	Four Seasons Café Bathurst Park LYDNEY	GL15 5DQ	078721 47855
	10.00 COFFEE & CAKE	Holy Trinity Church PRIMROSE HILL	GL15 5SL	01594 842 321
	10.30 KINGS ARMS CHURCH	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712164
	10.30 COMMUNITY WALK	Meet @ Community Centre YORKLEY	GL15 4RS	01594 562468
	10.30 PARKINSONS EXERCISE	The Memorial Hall ALVINGTON	GL15 6BN	01594 529 287
	11.30 LUNCH CLUB	Victoria Centre Victoria Road LYDNEY	GL15 5 DG	01594 843 418
	12.30-4.30 OPEN DAY Food Fun	The Christian Fellowship Swan Rd LYDNEY	GL15 6RU	01594 841 457
	1.45 FRIENDSHIP CLUB	The Danby Centre		
	7.00-9.40 BRIDGE CLUB	Community Centre Naas Lane LYDNEY	GL15 5AT	01594 842 708
	7.00 STRINGSPLUS MUSIC GROUP	The Parkend Club Lion Row PARKEND	GL15 4JZ	01594 562 566
THURS	9.30 FIT FOR LIFE	Forest New Life Church @ The Baptist Church PARKEND	GL15 4JF	No Phone number listed
	10.00 KNIT & NATTER GROUP	Four Seasons Café Bathurst Park LYDNEY	GL15 5DQ	07872 147 855
	11.00 COFFEE MORNING	Goode Court Bream Road LYDNEY	GL15 5JP	07019 24 572
	11.30 LUNCH CLUB	Victoria Centre Victoria Road LYDNEY	GL15 5 DG	01594 843 418
	1.30 OVER 60'S FELLOWSHIP	The Village Hall Butts Lane BLAKNEY	GL15 4DW	01594 516 180
	2.00-3.00 BREATHE IN SING OUT	Community Centre Naas Lane LYDNEY	GL15 5AT	07905 789 683
FRIDAY	10.00 GOSLINGS COMMUNITY CAFÉ	The West Dean Centre BREAM	GL15 6JW	01594 564 484
	10.00-3.00 AZALEA CLUB	Nass Lane Community Centre LYDNEY	GL15 5AT	01452 302 542
	10.00 COMMUNITY WALK	Meet @ West Dean Centre BREAM	GL15 6JW	01594 562 822

	10.30-12.00 COMPUTER CLUB	Nass Lane Community Centre LYDNEY	GL15 5AT	07504 565 153
SUNDAY	9.15-12.30 KINGS ARMS CHURCH	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164
GL16 WEEKLY LOCATION PO 				
MONDAY	10.00-12.00 KNITTING & CROCHET	The Memorial Institute Park Road BERRY HILL	GL16 7QU	07748 45 452
	10.00 WELLBEING CENTRE	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910
	11.00-12.30 TABLETOP GAMES	Salvation Army 43 North Rd COLEFORD	GL16 7BX	01594 839 106
	2.00 OVER 60'S CHOIR	The Library Old Station Way COLEFORD	GL16 8RH	01594 833 351
MON TUE & FRI	DEMENTIA & M H ACTIVITIES	Myrtle Villa JOYFORD HILL	GL16 7AH	07765 917 923
MON-FRI	9.00-5.00 ORCHARD TRUST	The Smallholding LOWER LYDBROOK	GL16 7PD	01594 861 359
	10.00-2.00 BROADWELL CAFÉ	Salvation Army 43 North Rd BROADWELL	GL16 7BX	01594 839 106
MON-SAT	9.00-3.00 COMMUNITY CAFÉ	Sixteen 16 Bank Street COLEFORD	GL16 8BA	01594 835 954
TUESDAY	9.30-12.00 SEWING CLUB	Salvation Army 43 North Rd BROADWELL	GL16 7BX	07305 429 785
	10.00-11.30 COFFEE CLUB	Bicky's 15 Pyart Court COLEFORD	GL16 8RG	01594 368 300
	10.30 COMMUNITY WALK	The Village Hall STAUNTON	GL16 8NX	01594 562 340
	1.30 MINDFULNESS	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910
	2.00-3.30 SHORT MAT BOWLS	The Memorial Institute Park Road BERRY HILL	GL16 7QU	07748 45452
	2.00-3.30 CRAFT CLUB	Library Main Place Old Station Rd COLEFORD	GL16 8RH	01594 833 351
	6.30-9.00 SEWING CLUB	Salvation Army 43 North Rd BROADWELL	GL16 7BX	07305 429 785
	7.30 FOD LOCAL EXCHANGE	The Dog & Muffler Joyford Hill COLEFORD	GL16 7AS	01594 543 284
WED	9.30-12.00 COMMUNITY CAFÉ	The District Recreational Club SLING	GL16 8 JP	07580 135 868
	2.00-4.00 ART @ THE HUT	The Memorial Institute Park Road BERRY HILL	GL16 7QU	07748 45452

	2.30-4.00 BERRY HILL OVER 60	Memorial Institute Park Rd BERRY HILL	GL16 7QU	01594 810 316
	6.00-9.00 BOWLS CLUB	Angus Buchanan Ground Victoria Rd COLEFORD	GL16 8DS	07975 554 298
	6.00-8.00 MENTAL HEALTH RECOVERY GROUP	Café Sixteen 16 Bank Street COLEFORD	GL16 8BA	07394 945046
THURS	7.00-8.30 WIMBERRY CLOG	The Pludds Village Hall Ashdene Rd RUARDEAN	GL16 9UQ	
	7.15 5 STAR LINERS	The Village Hall CORSE & STAUNTON	GL16 8NX	
FRIDAY	10.00-12.00 SCRUMBS COFFEE MORNING	Christchurch Ross Road COLEFORD	GL16 7NE	07825 078 108
	10.30 COMMUNITY WALK	Meet @ Clock Tower COLEFORD	GL16 8RH	07967 046 159
FRI / SAT	10.00 Weekly COUNTRY MARKET	Next To Cop-op COLEFORD	GL16 8AA	
SUNDAY	11.00 WALKING FOOTBALL	NOW @ Freedom Leisure Centre LYDNEY	GL15 5DZ	Facebook
GL17	WEEKLY	LOCATION	PO	
MONDAY	7.00 FOD CHESS CLUB	Lamb Inn New Road MITCHELDEAN	GL17 OBX	07957 683 061
TUESDAY	2.00-4.00 EVERGREENS	Latchen Rooms LONGHOPE	GL17 0QE	01452 830 924
WED	AFTERNOON POOL	The Social Club Drybrook Road DRYBROOK	GL17 9JA	01594 543 794
	7.30-9.30 SING LAUGH BELONG Drybrook Male Voice Choir	The Rehearsal Room DRYBROOK	GL17 9BU	07772 881 259
T.W+THU	10.00-3.00 COMMUNITY SHED	Orchard Trust LOWER LYDBROOK	GL17 9PD	01594 780 170
THURS	AFTERNOON WOMEN'S SKITTLES	The Social Club Drybrook Road DRYBROOK	GL17 9JA	01594 543 794
FRIDAY	10.00-1.00 CRAFTERS CLUB	The Baptist Church COLEFORD	GL17 9NA	07593 446 891
	10.30 COMMUNITY WALK	Meet @ The Baptist Church LYDBROOK	GL17 9NA	07980 820 103
	AFTERNOON MEN'S SKITTLES	The Social Club Drybrook Road DRYBROOK	GL17 9JA	01594 543 794
GL18	WEEKLY	LOCATION	PO	
M-W&FRI	10.00-2.00 MEN'S SHED	The Rifle Range The Community Ctr. NEWENT	GL18 1DB	07808 116 898

MON-THU	10.00-3.30 DAY CARE FOR (55+)	Sheppard House Onslow Road NEWENT	GL18 1TL	01531 821 227
MON&THU	12.00-6.00 COMMUNITY CAFE	Chill Out Zone 36 Broad Street NEWENT	GL18 1AJ	07581 312 585
WED	10.00-12.30 WELLBEING CAFÉ	The Community Centre Ross Road NEWENT	GL18 1BD	01531 822 667
	12.00-6.00 COMMUNITY CAFE	Chill Out Zone 36 Broad Street NEWENT	GL18 1AJ	07581 312 585
THURS	10.00-12.00 COMMUNITY HUB	Chill Out 36 Broad Street NEWENT	GL18 1AJ	01594 822 073
	10.00 COMMUNITY WALK	fodcommunitywalks@outlook.com NEWENT	GL18	
FRIDAY	7.15 BRIDGE CLUB	6TH Form Centre Community School NEWENT	GL18 1QF	01989 770 949
GL19	WEEKLY	LOCATION	PO	
MONDAY	7.30 LEADON VALE CHOIR	The Staunton & Corse Village Hall STAUNTON	GL19 3RQ	Facebook
WED	10.00 COMMUNITY WALK	Meet @ Village Hall HARTBURY	GL19 3BJ	01452 700 707
FRIDAY	10.00-12.00 COFFEE MORNING	Pauntley Village Hall BRAND GREEN	GL19 3JD	01531 822 315
	2.00-4.00 SHORT MAT BOWLS	The Village Hall Over Old Road HARTBURY	GL19 3BJ	01452 700 054
FRI&SAT	5.30-10.30 COMMUNITY HUB	The Swan Centre STAUNTON & CORSE	GL19 3QA	01452 840 323
NP	WEEKLY	LOCATION	PO	
MON	2.00 GENTLE EXERCISE	The Village Hall SEDBURY	NP16 7AG	07522 178 639
TUES	10.00-12.00 COMMUNITY HUB	The Village Hall SEDBURY	NP16 7AG	07522 178 639
	12.30-12.50 L/T MEDITATION	St Mary's Priory CHEPSTOW		
	8.30 QUIZ NIGHT	The Rising Sun WOODCROFT	NP	
WED	1.30-3.00 BINGO	The Palmer Centre CHEPSTOW		01291 628 725
THURS	10.00 COMMUNITY WALK	Meet @ Sheila's Shop SEDBURY	NP16 7AA	07738 759 190
	1.00-3.00 GOOD AFTERNOON CHOIR	The Baptist Church CHEPSTOW	NP16 5HJ	



Forest of Dean Community Walks

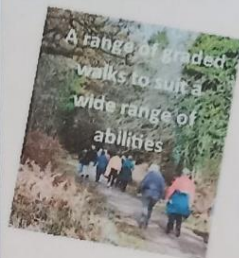
We provide free weekly group walks from 13 centres around the Forest with a choice of walks of between 10 – 60 minutes duration. Most of our walks finish with refreshments and a chat.

Walking is a way to improve physical health.



BREAM
CINDERFORD
COLEFORD
HARTPURY
LYDBROOK
LYDNEY
MITCHELDEAN
NEWENT
PARKEND
ST BRIAVELS
SEDBURY
STAUNTON
YORKLEY

Walking in a friendly group improves mental health



For more information

see our website: www.fodcommunitywalks.wixsite.com/mysite

find us on Facebook: Forest of Dean Community Walks

send us an email: fodcommunitywalks@outlook.com

or phone 07881 338476



Where you can find us in the community

Are you concerned with the rising cost of living? Do you need information, advice or support? We can help with all this and more! Talk to Age UK Gloucestershire's team, at our drop-in sessions. No booking is necessary!

Ow Bist - Forest Community Space

Thursday 11:00am - 1:00pm

- 6th February
- 6th March
- 3rd April
- 1st May
- 5th June
- 3rd July

Dockham Road, Cinderford GL14 2AN

Call Help Team on 01452 422660 or email helpteam@ageukgloucestershire.org.uk
ageuk.org.uk/gloucestershire/activities-and-events/communitydropins/.



Modify January 2025 Ambassador Baroness Fritchie DBE Registered Charity Number 1111773

Get 3 weeks respite stay for the price of 2

Offer valid on stays booked before 31 March 2025. Get in touch for more information. Terms and conditions apply.

The charity of St John's Care Home is a not-for-profit charity. Registered charity No. 1100291



The WI can be everything you want it to be



We offer all women all kinds of opportunities