

DATES FOR YOUR DIARY




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

APR

Stress Awareness Month # Celebrate Diversity Month # National Pet Month.

- ***National Library Week (6–12th). Books are powerful. Libraries host events.***
- ***National Volunteer Week (20–26th). Doing good is cool.***

	MONTHLY	LOCATION	PO	
TUE 1st	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 7AQ	07522 178 639
	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 Ross Road ENGLISH BICKNOR	GL16 7PB	01594 860 985
	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



NEW	7.00 KINTSUGI HOPE WELLBEING GROUP	The Congregational Church ST BRIAVELS	GL15 6TD	0795 5432 414
	7.30 APRIL FOOL'S SPECIAL OPEN MIC	Orepool Inn Chepstow Road COLEFORD	GL16 8LH	01594 833 883
WED 2nd	10.30-12.30 MUSIC MEMORY CAFÉ	Main Place Old Station Way COLEFORD	GL16 8RH	01594 837 769
	10.00-2.00 ENERGY ADVICE	Village Hall 11 King Alfreds Rd SEDBURY	NP16 7AG	07522 178 639
	1.00 CRAFTERS GROUP	The Community Centre Nass Lane LYDNEY	GL15 5AT	0759 344 6897
	1.30-3.30 MEMORY CAFÉ	The Community Centre Nass Lane LYDNEY	GL15 5AT	07918 779 249
	2.00 MEMORY CAFÉ	Village Hall 11 King Alfreds Rd SEDBURY	NP16 7AG	07522 178 639
THU 3rd	10.00 COFFEE MORNING	The Village Hall PILLOWELL	GL15 4RA	01594 562 170
	10.30 PARKINSON'S GROUP	Bells Hotel & Country Club COLEFORD	GL16 8BE	0344 225 3694
	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
	2.30 PRAYER WALK	From Swan Road Car Park LYDNEY	GL15 5RU	07856 679 387
	5.15 SHALOM NETWORK	St James Church Centre BREAM	GL15 6ES	01594 562 985
	6.00 SKITTLES EVENING	The F&S Club Bromley Road ELLWOOD	GL16 7LY	01593 832 927
	6.00 FIT CLUB	Court Farm Lakes Main Road WOOLASTON	GL15 6PJ	07735 027 642
FRI 4th	10.00 HAPPY CRAFTERS	Sedbury & Beachley Village Hall SEDBURY	NP16 7AG	07522 178 639
	10.00 COFFEE MORNING	Forest Gate Church MITCHELDEAN	GL17 0BX	01594 544 844
	1.00 PUDDING CLUB	Sheppard House Sheppard Way NEWENT	GL18 1TL	01594 541 820
	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 CHARITY BINGO NIGHT	CRFC Clubhouse Dockham Rd CINDERFORD	GL14 2AQ	01594 822 673
	7.00 BOARD GAMES CLUB	Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	SHIPS AND GIGGLES SHOW	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910

	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
SCHOOLS BREAKUP				
FRI&SAT	9to5 the MUSICAL	The Old Town Hall LYDNEY	GL15 5DY	01594 843 113
SAT 5th	9.00 EX SERVICES BREAKFAST	Taurus Craft The Deer Park AYLBURTON	GL15 6BU	01594 812 447
	9.30-12.30 CHRISTIAN LIFE WITNESS	Glebe Chapel Community Centre NEWENT	GL18 1BD	01531 822 667
	10.00 PRODUCE MARKET	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	07764 578 963
	10.00 BACON BITES and BANTER	The Village Hall Lowe Road SOUDLEY	GL14 2TZ	01594 844 000
	10.00-12.00 COMMUNITY LITTER PICK	Steam Mills Lake CINDERFORD	GL14 3JJ	
	10.00-1.00 THE REPAIR SHOP	Upcycle CHEPSTOW	NP16 5PF	01291 408 300
	10.00-1.00 CAFÉ BONNIES	The Lachen Rooms LONGHOPE	GL17 0QE	01452 830 023
	10.30-1.00 COFFEE & CAKE MORNING	Onward Hall YORKLEY	GL15 4TD	07889 181 065
	1.00-5.00 COMMUNITY WORK DAY	Friends of Ragmans LOWER LYDBROOK	GL17 9PA	01594 860 244
	11.30-1.30 MEND & REPAIR CAFÉ	Community Centre 2 Bailey Hill YORKLEY	GL15 4RS	01594 560 190
	2.00-4.00 LIVE MUSIC FUN/FELLOWSHIP	The Wesley 7 Belle Vue Road CINDERFORD	GL14 2AA	01594823 414
	2.30-4.30 FOD ANIMAL FAYRE	West Dean Centre BREAM	GL15 6JW	01594 564 484
	7.00 MASS JAM @ THE GEORGE	The George ST BRIAVELS	GL15 6TA	01594 530 228
SUN 6th	GREAT BRITISH SPRING CLEAN			
	10.00 THE ANNUAL BIG LITTER PICK	From The Village Hall SOUDLEY	GL14 2TZ	07979 471 874
	10.00 YFC EASTER TRACTOR RUN	From Hollands Grove STROAT	NP16 7LR	
	10.00 SOUTH WEST CLASSIC CAR SHOW	Hanley Farm	NP16 7NA	01291 626 642
	2.00 GOD SPOT @ RODLEY	Rodley House Harrison Way LYDNEY	GL15 5BB	01594 842 778

MON 7th	6.00 CREATE MAKE EAT	Forest Community Church 2 Parragate Road CINDERFORD	GL14 2LY	07975 994 224
	7.00-9.00 JOIN THE CHOIR	Artspace New Mercury 3 Woodside St. CINDERFORD	GL14 2NL	01594 825 111
	10.00 TOWN COUNCILLORS COFFEE MORNING	The Town Hall High Street LYDNEY	GL15 5DY	01594 842 234
	11.00 MENTAL HEALTH DROP IN	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07880 729 941
	11.00-1.00 COMMUNITY GRANT ADVICE	Sixteen Community Café COLEFORD	GL16 8BA	01594 812 609
	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
	6.30 FOD AREA HEALTH FORUM	West Dean Centre High Street BREAM	GL15 6JW	07976 829 971
TUE 8th	10.00 FSS 1 STOP CAFE	The Village Hall King Alfreds Road SEDBURY	NP16 7AQ	01594 826 711
	7.00 MASS JAM & SINGALONG	The George ST BRIAVELS	GL15 6TA	01594 530 228
WED 9th	10.00 MEMORY CAFÉ	St James Church Centre BREAM	GL15 6ES	01594 562 985
	10.30-12.30 MUSIC MEMORY CAFÉ	The Old Town Hall 2 High Street LYDNEY	GL15 6DY	07790 560 887
NEW	2.00 VOLUNTEER COFFEE AFTERNOON	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	2.30 MEMORY CAFÉ	The Community Centre Nass Lane LYDNEY	GL15 5AT	01452 302 542
	2.30 PRAYER GATHERING	St Joseph's Church Tuthill LYDNEY	GL15 5PA	01594 563 803
	5.00-7.00 CASA Autistic Adults Drop In	@ Candi 31a Market Street CINDERFORD	GL14 2RT	01452 317 460
THU 10th	10.00 HSBC POP-UP BANK	The Town Council 4 Mushet Walk COLEFORD	GL16 8BQ	0345 740 4404
	12.30 COMMUNITY GRANTS ADVICE	The Memorial Hall 209 Bury Bar Lane NEWENT	GL18 1PT	01531 820 264
	12.30 SHARE LUNCH	Western Way Chapel Normansland Rd DYMOCK	GL18 2BE	No Phone No


NEW	2.00-4.00 BEREAVEMENT CAFE	Ow Bist Dockham Rd CINDERFORD	GL14 2AN	01594 811 910
	7.00 CHOCOLATE BINGO	The Sports Club High Street BREAM	GL15 6JF	01594 563 840
10th - 18th	COLEFORD AREA WALKING FESTIVAL			
FRI 11th	1.00 PUDDING CLUB	Sheppard House Onslow Way NEWENT	GL18 1TL	01531 821 227
	1.00-3.00 STROKE CLUB	Crawshay Place CINDERFORD	GL14 2EW	07790 560 887
	7.00 FASHION SHOW	Teri Chance Boutiques 14 Harbour Rd LYDNEY	GL15 5ET	07771 634 404
	7.30 SINGO BINGO	The Village Hall North Road HUNTLEY	GL19 3DU	No Phone No
FRI-SUN	CELEBRATE 10 YEARS	The Community Centre YORKLEY	GL15 4RS	01594 560 190
SAT 12th	9.00-3.00 SPRING CHARITY CAR WASH	5 South Road BROADWELL	GL16 7AD	
	10.00-3.00 EASTER EGG-STRAVAGANZA	Social Club & the Village BERRY HILL		01594 832 294
	11.00 MEND & REPAIR	The Community Centre YORKLEY	GL15 4RS	01594 560 190
	11.00-3.00 SPRING CRAFT FAYRE	The Old Town Hall	GL15 6	
	11.30 SPRING CRAFT FAYRE	The Rugby Club CINDERFORD	GL14	07790 560 887
	5.00-8.00 FULL MOON SWIM	Court Farm Lakes Main Road WOOLASTON	GL15 6PJ	07735 027 642
	7.00 FREE SPRING CONCERT	St Andrew's Church Church Lane WOOLASTON	GL15 6PR	01594 529 551
	SPRING CONCERT FOD ORCHESTRA	St Peter's Church High Street NEWNHAM	GL14 1AD	No Phone No
	17.30 THAI EVENING STREAM TRAIN	Norchard Station Forest Road LYDNEY	GL15 4ET	01594 845 840
SUN 13th	10.00 PALM SUNDAY PROCESSION	From West Dean Centre BREAM	GL15 6JW	07949 872 756
	10.00 MONTHLY FARMERS MARKET	The Community Centre Bailey Hill YORKLEY	GL15 4RS	07901 918512
	10.00 CAR BOOT SALE	The Memorial Hall PARKEND	GL15 4JF	01594 564 920
	12.00-4.00 EASTER FAYRE	CTFC The Causeway Club CINDERFORD	GL14 2QH	No Phone No
	2.00 GOD SPOT with Kings Arms	Rodley House Harrison Way LYDNEY	GL15 5BB	01594 842 778
	2.00 EASTER PANTOMIME	Bell Hotel & Country Club COLEFORD	GL16 8BE	01594 832 583


	5.00-7.00 FOREST FOLK SESSION	The Blacksmith Arms ALVINGTON		GL15 6AT	01594 529 657
MON 14th	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 Rd SEDBURY		NP16 7AG	07522 178639
TUE15th	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	The 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
	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 16th	10.00-11.00 CARERS CAFÉ	Bicky's Café 15 Pyart Court COLEFORD		GL16 8RG	0300 111 9000
FREE	10.00 FOREST SNAPPERS Photography Group	Meeting Point Varies	Call	JAMES	07593 446 897
	10.30 & 12.30 EASTER EGG HUNT	Bathurst Park LYDNEY		GL15 6	
	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
	11.00 DEMENTIA AWARENESS DAY	Asha Centre Lower Spout Lane MITCHELDEAN		GL14 0EA	01594 822 330
	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 17th	2.00-4.00 BEREAVEMENT CAFÉ	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811910
	11.30 SENIORS LUNCH CLUB	@ Candi 31 Market Street CINDERFORD	GL14 2RT	07749 686 457
	7.30 ANNUAL PARISH MEETING	WOOLASTON		07958 308 332
FRI 18th	GOOD FRIDAY 			
	10.00 VILLAGE EASTER EGG HUNT	Littledean School (In the front playground)	GL	
	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	
SAT 19th	8.30 PRAYER BREAKFAST	RING FOR VENUE	JANE	01594 563 803
	9.00-1.00 SATURDAY MARKET	Market Square NEWENT	GL	
	CELEBRATE 10 YEARS	The Community Centre YORKLEY	GL15 4RS	01594 560 190
	10.00 FARMERS MARKET	Village Hall Swains Field WOOLASTON	GL15 6SU	01594 529 523
	2.00-4.00 MEND & REPAIR	Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	7.00 RACE NIGHT FUNDRAISER	The Assembly Rooms East Street ST BRIAVELS	GL15 6TG	01594 501 750
SUN 20th	EASTER DAY 			
	9.00-2.00 EASTER BONNET COMPETITION	Court Farm Lakes & Café WOOLASTON	GL15 6PJ	07718 229 732
	2.00 GOD SPOT @ RODLEY	Rodley House Harrison Way LYDNEY	GL15 5BB	01594 842 778

	3.00 FOLK AT THE FRINGE	Littledean Taphouse LITTLEDEAN	GL14 3NL	01452 929 281
	7.15-9.15 GARDENING CLUB +	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
MON 21st	BANK HOLIDAY MONDAY			
	12 noon WYF EASTER GAMES DAY	The Village Hall WOOLASTON	GL15 6SU	
MON-SUN	MIZUIKU FAMILY WORKSHOP	The Harbour LYDNEY	GL15 4ER	01886 888 394
TUE 22nd	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
	MAY HILL 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
	10.00 CRAFT GROUP	Great Oaks Hospice The Corse COLEFORD	GL16 8QE	01594 811 910
	10.30-12.30 MUSIC MEMORY CAFÉ	The Wesley Belle Vue Road CINDERFORD	GL14 2AA	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
	2.30 AFTERNOON TEA	Baptist Church 27 Newland Street COLEFORD	GL16 8AJ	07391 009 169
	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
WED 23rd	ST GEORGE'S DAY +			
	NEW COMMUNITY HUB	Victoria Centre Victoria Road LYDNEY	GL15 5DG	01594 822 073
	10.30-12.30 FREE DIGITAL SUPPORT	DITTO		
	5.00-7.00 CASA Autistic Adults Drop In	@ Candi 31a Market Street CINDERFORD	GL14 2RT	01452 317 460
THU 24th	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
	10.30-2.30 FAMILY CRAFT SESSION	@ 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
	11.00-2.00 VET CLINIC	Salvation Army 43 North Rd BROADWELL	GL16 7BX	07525 849 333
	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
	2.30 PRAYER GATHERING	Stroat Church A48 Gloucester Road STROAT	NP16 7LR	07856 679 387
	4.30 dates LGBTQIA LOCAL	Community Centre Naas Lane LYDNEY	GL15 5AT	07050 627 273
FRI 25th	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
	10.30-12.30 FAMILY CRAFT SESSION	@ Candi 31a Market Street CINDERFORD	GL14 2RT	01452 317 460
	11.00-2.00 CLOTHES POP UP SHOP	The Sports Club High Street BREAM	GL15 6JF	01594 563 840
SAT 26th	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
	6.30 ANNUAL CONCERT	Assembly Rooms East Street ST BRIAVELS	GL15 6TG	01594 501 750
	7.30 CHARITY CONCERT	St Mary's Church Church Lane LYDNEY	GL15 5TL	01594 840 648
	6.00 THE GREAT BALDINI MAGIC	The Village Hall Lower Road SOUDLEY	GL14 2TZ	01594 844 000
SUN 27th	LONDON MARATHON			
	1.00-3.00 CLASSIC CAR SHOW	The Racecourse CHEPSTOW	P16 6EH	07907 856 504
	12.30-2.00 FREE LUNCH CLUB	The Village Hall King Alfreds Road SEDBURY	NP16 7AG	07522 178 639
	3.00 AFTERNOON CONCERT	St Paul's Church Parkend	GL15 4HJ	01594 564 920
MON 28th	11.00-12.30 SING TO REMEMBER	The Community Centre Naas Lane LYDNEY	GL15 5AT	07413 066 526
	11.00-12.15 MOVEMENT TO MUSIC	West Dean Centre High Street BREAM	GL15 6JW	07769 658 298

	7.30 COMMUNITY ASSOCIATION AGM	The Community Centre MITCHELDEAN	GL17 0BQ	07866 459 170
WED 30th	10.00-12.00 THE SMUGGLE FAIRIES	The Community Hub Milestone Walk SLING	GL16 8JD	01594 834 759
	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
	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
	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
TUE	10.00 WARM SPACE WARM WELCOME	Community Church Parragate Rd CINDERFORD	GL14 2LY	07975 994 224

T W&T	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 3 Woodside St. CINDERFORD	GL14 2NL	01594 825 111
	THE ROYAL FOD ORCHESTRA	The Primary School Station Rd NEWNHAM	GL14 1AT	
FRI&SAT	10.00-12.00 WEEKLY COUNTRY MARKET	Next to the Co-op COLEFORD	GL16 8	07927 483 403
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
TUES 7th	10.00-1.00 MAN CAVE MORNING
THU 17th	11.30 SENIORS LUNCH CLUB
TUE 21st	10.00-1.00 MAN CAVE MORNING
MONDAY	9.00 MONTHLY MANDAY MONDAY	The Memorial Hall 45 Ruspidge Rd RUSPIDGE	GL14 3AE	01594 823 620
	10.00-12.00 COMMUNITY HUB
	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
	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 High Street 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
WED	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 FREE 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	9.00 FIT SQUAD BOOTCAMP!	Court Farm Lakes Main Road WOOLASTON	GL15 6PJ	07735 021 642
	9.15-12.30 KINGS ARMS CHURCH	Community Centre Naas Lane LYDNEY	GL15 5AT	07519 712 164

GL16	WEEKLY	LOCATION	PO	
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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 & MENTAL HEALTH 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
	10.00 CHAT & CUPPA	Pink Elephant @ Memorial Hall B4234 LYDBROOK	GL17 9PP	07341 621 779
	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	10.00-12.00 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	01594 852 542
	11.00-11.45 CHAIR YOGA	The District Recreational Club SLING	GL16 8 JP	07580 135 868
	7.15 5 STAR LINERS	The Village Hall CORSE & STAUNTON	GL19 3RQ	
	8.00 GENERAL KNOWLEDGE QUIZ	The District Recreational Club SLING	GL16 8 JP	07580 135 868
FRIDAY	10.00-12.00 SCRUMBS COFFEE MORNING	Christchurch Ross Road COLEFORD	GL16 7NE	07825 078 108
	10.00 CRAFTERS GROUP	Baptist Church 27 Newland Street COLEFORD	GL16 8AJ	0759 344 6897
	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	07927 483 403
SUNDAY	11.00 WALKING FOOTBALL	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 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

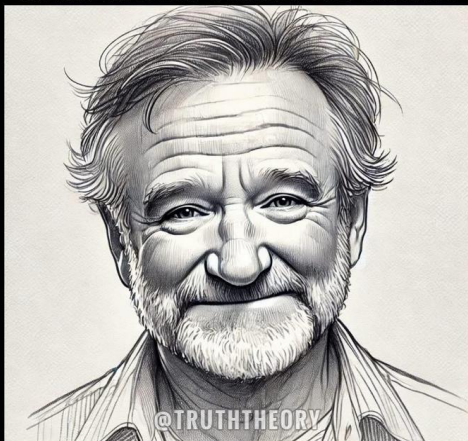
GL18	WEEKLY	LOCATION	PO	
M-W&FRI	10.00-2.00 MEN'S SHED	The Rifle Range The Community Ctr. NEWENT	GL18 1DB	07808 116 898
MON-THU	10.00-3.30 DAY CARE FOR (55+)	Sheppard House Onslow Road NEWENT	GL18 1TL	01531 821 227
MON&THU	10.00-6.00 COMMUNITY CAFE	Chill Out Zone 36 Broad Street NEWENT	GL18 1AJ	07581 312 585
WED	10.00-12.30 WELLBEING CAFÉ	The Community Centre Ross Road NEWENT	GL18 1BD	01531 822 667
THURS	10.00 COMMUNITY WALK	Chill Out Zone 36 Broad Street NEWENT	GL18 1AJ	07581 312 585
FREE	12.30 FOOD and FRIENDSHIP	The Sharing Kitchen Memorial Hall NEWENT	GL18 1PT	
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	
WED 12th	10.00 TIDENHAM FRIENDSHIP GROUP	Tidenham Royal British Legion SEDBURY	NP16 7AD	01291 628 709
MON	2.00 GENTLE EXERCISE	The Village Hall SEDBURY	NP16 7AG	07522 178 639

TUES	10.00-12.00 COMMUNITY DROP IN	DITTO	NP16 7AG	07522 178 639
	12.30-12.50 L/T MEDITATION	St Mary's Priory Upper Church Rd CHEPSTOW	NP16 5HA	01291 620 980
	8.30 QUIZ NIGHT	The Rising Sun Coleford Road WOODCROFT	NP16 7HY	01291 630 888
WED	1.30-3.00 BINGO	The Palmer Centre High Street CHEPSTOW	NP16 5LH	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	Baptist Church 1 Lower Church CHEPSTOW	NP16 5HJ	01291 622 987
SAT	7.30 BINGO	Tidenham Royal British Legion	NP16 7AD	01291 628 709
WED 26th	10.00 TIDENHAM FRIENDSHIP GROUP	DITTO	NP16 7AD	01291 628 709

**PEOPLE DON'T FAKE
DEPRESSION, THEY
FAKE BEING OK.
REMEMBER THAT. BE KIND.**



**For anyone who are
going through a tough
time right now.**

**Know you are not alone.
Please reach out. 🧑**

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - Text SHOUT to 85258
Abuse - 0808 2000 247
Refuge - 020 7395 7700



LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force