

Opening Times  
Monday – Friday  
9:30am – 4pm

www.gdropin.com

# Cheltenham Drop In

## November 2018

2nd Floor  
Children's Library  
Chester Walk  
Clarence Street  
Cheltenham  
GL50 3JT  
01242 244950

Drop In can support you with:	Monday Drop In open 9.30am - 4pm	Tuesday Drop In open 9.30am - 4pm	Wednesday Drop In open 9.30am - 4pm
<ul style="list-style-type: none"> <li>Housing bidding</li> <li>Employment</li> <li>Advice with emotional, practical &amp; financial support</li> <li>Developing a social network</li> <li>Talks/ Workshops</li> <li>Keep Safe</li> <li>Hate Crime</li> </ul>	Swimming Meet at the Drop In 10am £1.60 (50p locker)	Coffee Morning 10:00am Cornerstone Centre £1.00	Fair Shares IT and Cuppa - Grove Street Resource Centre 10am – 12noon Free
	Gym – Leisure@cheltenham Meet at Drop In – 10.30am £3.50 +50p locker	Tai Chi at springbank meet at drop in 10am. £5.00	Bowling at Hollywood bowl Cheltenham £3.50
	<b>LUNCH CLUB AT BANKHOUSE (First Monday of the month see staff for details)</b> £10.00 Free	Cheltenham Bowling – Be at Drop In 10:30am £3.50	Health Walk at Park Campus. Meet at Drop-in at 1pm Free
	Cheltenham Library Computers £1.00 Free	Aqua Fit – Meet at the Drop-in at 11.30am Concession Price £4.40 50P	Educational/social/fun talk at Cheltenham Drop In (see 2 <sup>nd</sup> page for new talks for the month) Free
	Pool at Hollywood Bowling Meet at the Drop In. 1pm Free	Social Drink Museum café Meet at Drop in 1pm £2.50 for drink Free	Inclusion Hub Cheltenham oasis ability hesters way 13:00-15:00
	Healthy Walk. Pittville Meet at Drop In 1pm £1.50	Healthy Walk at Cox's Meadow Meet at Drop-in 1pm Free	
	The Zone Meet at Cornerstones for 1pm £10.80 will be more for a 3D film		
	Cinema at Cineworld		
Thursday Drop In open 9.30am - 4pm	Friday Drop In open 9.30am - 4pm	Saturday Drop In Closed	Sunday Drop In closed
Crazy Golf at Lost world Golf Cheltenham brewery-11am £8.75	Swimming Meet at the Drop In 10am 1.60 +50p locker	<b>TALKS AT CHELTENHAM DROP IN</b> <ul style="list-style-type: none"> <li>Fire Safety</li> <li>Keep Safe</li> <li>Healthy eating</li> </ul>	
Swimming at the Lido-Meet at Drop In for 11am. £4.20	Art Springbank Resource Centre 10am – 12noon Free		
Health Walking Group – Springbank Resource Centre 10.30am Free	Bowling at Cheltenham 1pm Bingo – As above 12:30pm £3.50	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>PLEASE NOTE THE ACTIVITIES ARE IN THE COMMUNITY AND ARE NOT RUN BY DROP IN STAFF. IF REQUIRE INFORMATION PLEASE ASK A MEMBER OF STAFF OR CONTACT COMMUNITY NUMBERS BELOW</p> </div>	
Soup Lunch At Cornerstones. Meet at the Drop In 11:30am £2.00	Zumba at springbank meet at drop in 1pm £4.50		
Over 50's Fitness At Cornerstones Centre 2-3pm £3.00	Quiz at Tewkesbury drop in 2pm-3pm Free		
Pool at the Hollywood bowl £1.00			
Forward employment resources centre 2:00pm-4:00pm Free			



To find out more about the Keep Safe Scheme visit [www.keepsafeglos.org](http://www.keepsafeglos.org)

## SIGN POSTING IN CHELTENHAM



**CITIZENS ADVICE BUREAU**  
St George's Pl, Cheltenham GL50  
3LA  
open Monday-Thursday 10:00-  
16:00



**Inclusion Gloucestershire**  
Oasis Hub  
Cassins Drive  
Hesters Way  
Cheltenham  
Open Thursday 1pm-3pm



**CHELTENHAM FOOD BANK**  
St George's Rd, Cheltenham  
GL50 3DU  
01242 570080  
opens Wednesday and Friday  
11:00-15:00



**Montrose House, Wellington  
Street, Cheltenham GL50 1XY**  
Open-Monday-Sunday 9:00-  
5:00pm

Forwards Work Clubs can support anyone who is finding it difficult to overcome health related barriers. Help is delivered by our experienced staff as well as partners including 2Gether Trust, Adult Education in Gloucestershire, Barclays and other partners including employers.

To find out when it takes place in your area please visit [www.forwardsgloucestershire.co.uk](http://www.forwardsgloucestershire.co.uk)

If you would like to attend please complete referral from by visiting [www.forwardsgloucestershire.co.uk](http://www.forwardsgloucestershire.co.uk)



**Cheltenham Open Door**  
39 Grosvenor St, Cheltenham GL52  
2SQ  
open Tuesday, Wednesday,  
Thursday and Sundays

**ART LIFT**  
Cheltenham@Wilson  
Patinting and Drawing  
14:00-16:00 Mondays

Grove Street  
Visual Art  
10:30-12:30  
13:00-15:00

Must be referred by GP, mental health  
team.

03000 200 102  
<http://artlift.org/>



**First Stop**  
301-305 High Street  
Cheltenham



**Trinity Church**  
100-102 Winchcombe St,  
Cheltenham GL52 2NW  
01242 808780  
Free meals Monday and  
Friday (term time closed  
during holidays)



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