




Forest Drop In

November 2018 What's On and Where

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

www.gdropin.com

The Main Place
Old Station Way
Coleford
GL16 8RH
01594 834436

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"> Housing bidding Employment Advice with emotional, practical & financial support Developing a social network Talks/ Workshops Keep Safe Hate Crime 	<p>Knit and Natter Salvation Army Money needed for a drink 10am- 2.00pm</p> <p>SWIM Freedom Leisure Centre Lydney 11am-12noon Meet at The Drop In 10am</p> <p>LUNCHEON CLUB Sixteen Cafe 12noon-2pm</p> <p>Inclusion Gloucestershire In room next to Café Sixteen on Bank St Free activities, money needed for a drink 10am-2pm</p> <p>AQUA AEROBICS Lydney Leisure Centre 12noon-12:45pm</p>	<p>FREE</p> <p>£1.80</p> <p>£5.00</p> <p>FREE</p> <p>£2.10</p>	<p>BINGO at the Forest Drop In Last Tuesday of every month 10.30am-12pm £1 per person</p> <p>Maggie's The Main Place, Coleford 1st & 3rd Tuesday of every month 9.30-4.30-</p> <p>CAP LIFE SKILLS Community Centre, Naas Lane, Lydney 12.30-2.30 See over for more info</p> <p>CHESS CLUB in the Coleford Library 5pm-7pm</p>	<p>30p per drink</p> <p>FREE</p> <p>FREE</p> <p>FREE</p>	<p>GOLF Forest Hills Coleford 11am-12.30pm</p> <p>SWIM Coleford Leisure 12:30pm-1:30pm</p> <p>Social drink & discussion at the Drop In</p> 	<p>£1.80</p> <p>£1.80</p> <p>30p per drink</p>
Thursday Drop In open 9.30am - 4pm	Friday Drop In open 9.30am - 4pm		Saturday Drop In Closed		Sunday Drop In closed	
<p>COFFEE MORNING AND BINGO Forest community café Sixteen Bank St 10am to 12noon</p> <p>Rambling Rog and the Amblers Walking Group Last Thursday of the month. Meet at the Drop in at 1pm All levels and experience welcome</p>	<p>£2-£3</p> <p>FREE</p>	<p>Community Litter Pick 10.30am Meet at the Forest Drop In</p> <p>POTTERY Salvation Army 11.30am 01594 839106 to book a place</p> <p>Handicraft Art Group 16 Café 10am -2pm</p>	<p>FREE</p> <p>£4</p> <p>50P</p>		<p>Future Trips Organised by the client committee, see notice board in Drop In to book a place and check prices.</p> <p>Cadbury World Bath Xmas Market Christmas Meal at Forest Hills</p>	



SPECIAL EVENTS

CHECK IF YOU SAVE MONEY ON YOUR ENERGY BILLS WITH CITIZENS ADVICE AT THE FOREST DROP IN THURSDAY 15TH NOVEMBER
TEL FOREST DROP IN ON 01594 834436 TO BOOK A TIME SLOT

Thirty One Community Café, **31, Market St, Cinderford**

GL14 2RT

Open 10-4 M-F except Weds 10-2

Activities/groups available to access everyday including

Memory café,

Mend and repair café,

Gardening club,

Cinderford heritage society & Craft Club.

CAP LIFE SKILLS- **Every Wednesday 12.30-2.30**

Community Centre, Naas Lane,
Lydney

Thrive and strive on a small income.

Healthy meals on a low budget
Food provided.

BARNWOOD TRUST GRANTS DROP INS

For details about grants, plus handy tips & advice about eligibility and how to apply.

Tuesdays

10-11.30am Sedbury Space

12-1.30pm 16 Café, Coleford

2-3.30pm Lydney Brew

Wednesdays

10-11.30am Community Centre,
Mitcheldean

12-1.30pm Café 31, Cinderford

2.30-4pm Chill Out Zone, Newent

Carers' Rights Day Event
Friday 23rd November
Churchdown community Centre
10am to 2.30pm (includes lunch)

For more information and to
reserve a place

phone 01452 872240 or email

mmills@carersgloucestershire.org.

uk

Come and meet Therapy Dog

Matilda

Visiting the

Forest Drop In

on

Thursday 29th of November

at 1pm



To find out more about the Keep Safe Scheme visit www.keepsafeglos.org