



Opening Times
Monday – Friday
9:30am – 4pm
Thursday Closes at
2pm

www.gdropin.com

Stroud Drop In What's On and Where November 2018

Stroud Library
Lansdown,
Stroud,
Gloucestershire
GL5 1BB

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>Zumba Stratford Park Leisure Centre 10.30 – 11.30 £3.75 Concession</p> <p>Aqua Aerobics 11:00 – 11:45 £3:20</p> <p>Tea and Coffee Morning 11:00 Free</p> <p>Art at Treasure Seekers Shop Meet Gloucester Drop In 12:45pm £4:00</p> <p>Bowling Club Meet at Drop In 1.30pm £3.00</p>	<p>Healthy Walk Stonehouse Start: Community Centre Time: 10.15am Free</p> <p>Bowling Club Meet Drop In 1.30pm £2.50</p> <p>Swimming Stroud Leisure Centre 2:30 – 3:30 Meet Stroud Drop In 1.45pm £2:05 with concessions</p> <p>Healthy Walk Nailsworth. Nailsworth Library 2pm Meet at Stroud Drop Free</p> <p>Social & Drink At the Cavern Meet at Gloucester Drop in 1pm £2:00</p>	<p>Aqua Aerobics Stratford Park Leisure Centre £3.50</p> <p>Stroud coffee morning Drop In 10-12 Free</p> <p>Keep Safe Talk at the Drop-in 12 noon Free</p> <p>Sport Activity at GL1 Gloucester Walking football 11am-12pm £3.00</p> <p>Kingfisher Church Gloucester Karaoke Disco 7pm-8.30pm £2.50</p>
Thursday Drop In open 9.30am - 2pm	Friday Drop In open 9.30am - 4pm	Saturday Drop In Closed	Sunday Drop In closed
<p>Visit to the Cavern in Gloucester Meet at the Drop in at 10:00am</p> <p>Bowling Meet Stroud Drop In 1.30pm</p> <p>Cirencester skittles Jubilee Club 1-3pm Ashcroft Road</p> <p>Swimming Stroud Leisure Centre 2:30 – 3:30 Meet Stroud Drop In 1.45pm</p> <p>Curry Club Meet at Drop-in:1:00</p> <p>Stroud Drop-in Closes 2:00pm</p>	<p>Zumba Stroud Leisure centre 10.30am £3.75 Concession</p> <p>Forwards Employment Fresh Ground Cafe 10.30 – 12.00 Free</p>  <p>Bowling Meet at Drop-in 12.30 £2:50</p> <p>Pub games at the Queen Vic Meet at Drop In 12:00pm Drop In ££ for drink</p> <p>Prize Quiz At the Drop IN 2pm Free</p>		 <p>Remembrance</p> <p>Sunday</p> <p>11 November</p>



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



If you are a victim of a Hate Crime, staff at the Drop In can report this on your behalf

Other events in the community



IF you want to find information on:

- Home & Housing
- Travel & Transport
- Work, learning & Volunteering
- Things to Do
- Money Matters & benefits
- Health
- Care & Support
- Caring for others
- Keep Safe
- Information & Advice

Please visit: www.yourcircle.org.uk

Treasure Seekers Disco

Treasure Seekers Disco's are held on Monday, Wednesday and Thursday evenings (7:00 to 8:30pm) at Kingfisher church, every week. It offers a friendly, relaxed atmosphere with fun, dancing, non-strobe lighting, tuck shop and refreshments. People with physical or learning difficulties are welcome.

Kingfisher Church, Moor Street, Tredworth, Gloucester, GL1 4NJ

Telephone: 01452 228489

Email: craig@kftseekers.org.uk

Website:

<http://www.kftseekers.org.uk>

Inclusion Hub

Gloucester Hub (Grey friars) is

open from **11am-3pm**
Monday, Wednesday & Friday
Gloucester Drop In Friends
Meeting House
Greyfriars Gloucester
GL1 1TS

Stroud Inclusion Hub opens
every Friday from 11am-3pm at
the Open House, Gloucester
Street, Stroud GL5 1QG.

Cheltenham Inclusion Hub
opens from 11am-3pm every
Thursday at The Phoenix Centre,
90 Winchcombe St, GL52 2NN

Forest of Dean Inclusion opens
from 11am-3pm every Monday
at Sixteen Community Café, 16
Bank Street, Coleford GL16 8BA

If you are interested in the following activities, please talk to us.

- Guitar tuition & music production software lessons
- Cookery class
- Art & Crafts
- Women's group
- Groups (from sport & art to confidence building)
- Learn, explore & develop different skills

For specific activity and information please look into the Independence Trust Mental Health & Wellbeing prospectus.

• **Pohwer Advocacy Service** for Adults in Gloucestershire



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