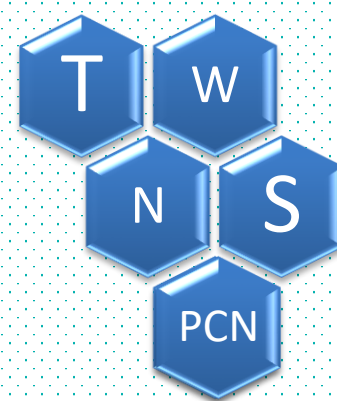


Health & Wellbeing



Making the Most of our local community Staying Active Staunton

Age is a Matter
of Mind
And if You Don't
Mind It Doesn't
Matter

Choir

Leaddon Vale Community Choir
@ Corse
Every Monday evening
7.30pm

Singing Popular Music
No experience required
For More Information
Contact Brian Greenwood
07970 085067

Falls Exercise Clinic

Staunton Village Hall
Every Monday
1.00 2.00 & 2.30 - 3.30

Please call to book
Contact 01594 812 447

Gardening Club

2nd Monday of Month
Staunton Village Hall
7.15pm Coat £2.50
Garden Visits + More
for more information
Cal Sue 01594 839070

Hartpury Drama Society

Tuesday & Thursday
Evenings

New members Welcome,
Includes a varied social life,
skittles, suppers, BBQ's &
much more
more information
Contact Sue Knox
07817 232276

Email:

susanknox@btinternet.com

Community Library Club Staunton Village Hall

1st Tuesday of Month
10am - 1.00pm

Tea & Biscuits & a chat
while you read & exchange
books

Call 01452 426973

libraryhelpline@gloucestershire.gov.uk

Strength & Balance Classes - £3.00 per Class

Holy Trinity Church Hall - With Terry
Every Tuesday 9.45am - 10.30am & 10.45 - 11.30am (2 classes)
Includes Coffee & Chat Afterwards

Marina Court - With Helen
Every Wednesday 10.30am - 11.15am

Northway Community Hub with Lesley
Every Thursday 10.30am - 11.15am - Includes Coffee & Chat Afterwards

Wheatpieces Community Centre - With Gordon
Every Thursday 1.00pm - 2.00pm

For More Information, please contact us
glccg.twncpcnhealthandwellbeing@nhs.net

Inclusive Cycling for All FREE ACTIVITY

Our dedicated team provide support and a great opportunity to cycle in a safe environment.

The bikes and trikes are fully accessible including two seaters and provide a fun opportunity to enjoy being outdoors.

Bell's Field

Coleford GL16 8BE

To book contact
Goals Beyond Grass:
t. 01452 245771 m.
07907113145

info@goalsbeyondgrass.co.uk

Balance Classes

Wednesday 10.00am
Hartpury Village Hall
Cost TBC

For more Information
Please call to book
Contact 01594 812 447

Short Mat Bowls

Every Tuesday
2-4pm & 7-9pm
Staunton Village Hall
For more Information
Contact Jim Barclay 01452
840313

Coffee Morning

Redmarley Village Hall
First Tuesday of Month
£2.00 Open to All
Contact for more Information
01531 650371

Memory Cafe FREE ACTIVITY

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories

Sodbury Village Hall
NPO16 7AQ

To book contact
Goals Beyond Grass:
t. 01452 245771 m.
07907113145

info@goalsbeyondgrass.co.uk

Forest Yoga

Hartpury Village Hall
Tuesdays 2.00 - 4.00pm

Contact for more
information
01452 700782

Alpine Garden Society

Redmarley Village Hall
1st Wednesday of Month
7.15pm

For more information
cotswoldandmalvern@agsgroup.org

Newent & District Mens Shed

Come & See The Shed

Mens Sheds are a place to pursue practical interests, making & mending, sharing skills & knowledge, lots of laughter with tea coffee & biscuits

Unit 2, The Compound,
Behind Sheppard House
Carpark, Onslow Road,
Newent
Mon, Weds & Fri 10 - 4

Short Mat Bowls

Every Tuesday
2-4pm
Hartpury Village Hall
For more Information
Contact 01452 700782

Line Dancing

Hartpury Village Hall
Tuesdays 9.00 - 12.00pm

Contact for more
information
01452 700782

Forest Community Health Walks

Hartpury Village hall
Wednesday's 10.00am
Short Walks & talk & Coffee
& Biscuits Afterwards

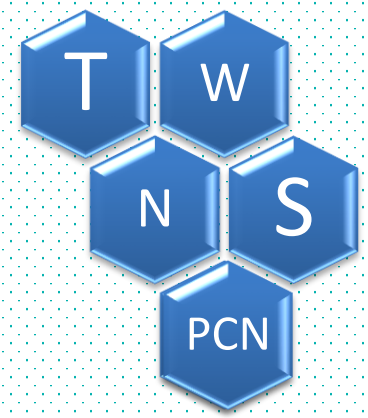
For more Information
Susan Gregory
Contact 01452 700707

Useful Information



Adult Social Care for people with care and support needs
Monday to Friday, 8am to 5pm - Call **01452 426000**

WE ARE A
COMMUNITY



Free Hearing Aid Re-Tubing & Batteries

4th Friday of the Month
(every 2 months)
Marina Court 2.00 - 4.00pm
In Association with the Deaf Society



CALL
Call us 0300 111 9000
Our phone line is open
Mon, Wed & Fri 9am - 5pm
Tues & Thurs 8am - 8pm



Need help? Call us
ANYTIME on:
0800 4 70 80 90
The Silver Line is the
only free confidential
helpline providing
information,
friendship and
support to older
people, open 24
hours a day, every
day of the year.



- Dementia Services
- Benefit Help with Attendance Allowance & Carers Allowance
- Living Well Service
- Think Well Live Well
- Age Concern Gloucester 01452 422660



Free Safe and Well Checks

We will complete a thorough safety check of your property, covering a number of topics, making you as safe as possible.



To receive your **FREE** Safe and Well Check at a convenient time to you

Freephone:
0800 1804140

or visit: www.glosfire.gov.uk

In event of fire, remember:
Get Out, Stay Out & Call The Fire Service

www.glosfire.gov.uk

SAMARITANS

Cheltenham Samaritans have offered emotional support to people for over 50 years.

It doesn't matter who you are, or what you are going through, if you are finding things tough please get in touch with us and we will always listen.

*** Currently, because of the coronavirus precautions, we cannot receive face to face callers.

Please use our free phone number 116 123 or email jo@samaritans.org for support. ***



Fall Proof can improve your strength & balance and help maintain your independence and keeps you out & about doing the things that you love to do

<https://wecanmove.net/campaign/fall-proof>
01452 303528



Forest Routes is a Lottery funded community transport partnership in the Forest of Dean.
01594812613 WWW.Forestroutes.org

Community Transport providers offer reasonably priced fares and a door-to-door service for anyone needing assistance with transport.

“Its Never Too Late To Get Where Your Going”



Dementia affects people differently, Find out how Alzheimer's can support you, Dementia Support Line - 0333 150 3456



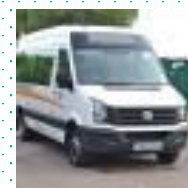
Our mission is to provide peace of mind to our users & their families, helping them to live their best lives every day. CALL 0800 180 85 40



Healthy lifestyles
Gloucestershire



Small changes to how we live can have a big impact on our health and wellbeing. Call **0800 122 3788** for more information



The Newent Community Link Service (run by Newent Dial-a-Ride) operates like an ordinary bus service. Just turn up at your usual bus stop at the scheduled time.

Cruse Bereavement Support

7 Days a Week
0808 808 1677

Our volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now



Are you stressed, anxious or depressed? Let's Talk can help - Call 0800 073 2200



Bereavement

Bereavement offices are open to the public between 10am and 4pm, Monday to Friday, excluding bank holidays

Gloucestershire Royal Hospital: 0300 422 6742 or 0300 422 6982

•Cheltenham General Hospital: 0300 422 4753 or 0300 4224235

Email: ghn-tr.bereavement.service@nhs.net