

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

www.gdropin.com

Cheltenham Drop In

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"> Housing bidding Employment Advice with emotional, practical & financial support Developing a social network Talks/ Workshops Keep Safe Hate Crime 	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
	LUNCH CLUB AT BANKHOUSE (First Monday of the month see staff for details)	£10.00	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	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 2nd page for new talks for the month)	Free
	Pool at Hollywood Bowling Meet at the Drop In 1pm	£1.00	Social Drink Museum café Meet at Drop in 1pm	£2.50 for drink	Inclusion Hub Cheltenham oasis ability hesters way 13:00-15:00	Free
Healthy Walk. Pittville Meet at Drop In 1pm	Free	Healthy Walk at Cox's Meadow Meet at Drop-in 1pm	Free			
The Zone Meet at Cornerstones for 1pm	£1.50					
Cinema at Cineworld	£10.80 will be more for a 3D film					
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			
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			
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

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



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

TALKS AT CHELTENHAM DROP IN

- Fire Safety
- Relationships
- Social Skills
- Feeling Good
- Being Safe At Halloween



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

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

If you would like to attend please complete referral from by visiting www.forwardsgloucestershire.co.uk



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



First Stop
301-305 High Street
Cheltenham
GL50 3HW



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/>



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



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



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