


# Forest Drop In

## October 2018 What's On and Where

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

[www.gdropin.com](http://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"> <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>	<p><b>Knit and Natter</b> Salvation Army Money needed for a drink 10am- 2.00pm</p> <p><b>SWIM</b> <b>Freedom Leisure Centre</b> Lydney 11am-12noon Meet at The Drop In 10am</p> <p><b>LUNCHEON CLUB</b> Sixteen Cafe 12noon-2pm</p> <p><b>Inclusion Gloucestershire</b> In room next to Café Sixteen on Bank St Free activities, money needed for a drink 10am-2pm</p> <p><b>AQUA AEROBICS</b> 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><b>BINGO at the Forest Drop In</b> Last Tuesday of every month 10.30am-12pm £1 per person</p> <p><b>Maggie's</b> <b>The Main Place, Coleford</b> 1<sup>st</sup> &amp; 3rd Tuesday of every month 9.30-4.30- see over for more info.</p> <p><b>CAP LIFE SKILLS</b> <b>Community Centre, Naas Lane, Lydney</b> 12.30-2.30 See over for more info</p> <p><b>CHESS CLUB</b> in the Coleford Library 5pm-7pm</p>	<p>30p per drink</p> <p>FREE</p> <p>FREE</p> <p>FREE</p>	<p><b>GOLF</b> <b>Forest Hills Coleford</b> 11am-12.30pm</p> <p><b>SWIM</b> Coleford Leisure 12:30pm-1:30pm</p> <p><b>Social drink &amp; discussion at the Drop In</b></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><b>COFFEE MORNING AND BINGO</b> Forest community café Sixteen Bank St 10am to 12noon</p> <p><b>Rambling Rog and the Amblers</b> <b>Walking Group</b> 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><b>Community Litter Pick</b> 10.30am Meet at the Forest Drop In</p> <p><b>POTTERY</b> Salvation Army 11.30am 01594 839106 to book a place</p> <p><b>Handicraft Art Group</b> 16 Café 10am -2pm</p>	<p>FREE</p> <p>£4</p> <p>50P</p>		<p><b>Future Trips</b> Organised by the client committee, see notice board in Drop In to see what's happening.</p>		



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

## SPECIAL EVENTS

### **Maggie's**

**Main Place, Coleford.**

**1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month.**

**9.30-4.30**

**Practical and emotional support  
for those living with or  
supporting someone with  
cancer.**

**Tai Chi, Nordic Walking, Art  
Classes & much more all free of  
charge.**

### **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.**



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