


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

www.gdropin.com

Stroud Drop In

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>Talks at Stroud Drop In (See staff for details) 12pm 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 Free £1.50 for drink Money for Drink</p> <p>Bowling Meet Stroud Drop In 1.30pm £2.50</p> <p>Cirencester skittles Jubilee Club 1-3pm Ashcroft Road Free Money for drinks</p> <p>Swimming Stroud Leisure Centre 2:30 – 3:30 Meet Stroud Drop In 1.45pm £2.05 concession</p> <p>Curry Club Meet at Drop-in 1:00 £6.49</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></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 Bingo At the drop in after quiz Free</p>		

Sign Posting



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



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



Stroud Foodbank
Parliament Street
Stroud
Open Monday and Friday-1:pm-
2pm
s
<https://www.trusselltrust.org/get-help/find-a->



Daniels Industrial Estate,
104 Bath Rd, Stroud GL5
3TJ
01453 750480
Opens Monday-Friday
9:00-5:00pm



3 London Rd, Stroud
GL5 2BP
Open Monday, Tuesday,
Thursday and Friday 10:45-

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, Bardays 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




STROUD DISTRICT COUNCIL
Ebley Mill, Westward Rd,
Ebley, Stroud GL5 4UB
Opens-Monday-Friday
8:45-5:00pm



The Cross, Parliament St,
Stroud GL5 2HL
Open Monday-Friday-9-4:30
01453 767999



INCLUSION
GLOUCESTERSHIRE
Stroud Hub
Stonehouse Community
Centre, Laburnum Walk,
Stonehouse,
GL10 2NS
open 11:00-15:00



Stroud Park Museum
Finding focus photography
Tuesdays 13:00-15:00

Nailsworth Visual Art
Prices Mill Surgery
11:30-13:30

Must Be referred by GP or mental
health team.
03000 200 102
<http://artlift.org/>

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Free Hot meal!

The Scout Hut, Chapel Street, Stroud
Monday-Wednesday 1pm-3pm (last
meal at 2:30pm)

Stroud Baptist Church Hall, union
street, Stroud, (Saturdays 1pm-3pm)
(last meal at 2:30)



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