



Helping you find your way

FOREST compass

See
reverse
for the
DIGITAL compass



Edition 3 • Free

Where shall I go today?

A directory of clubs and support groups
in the Forest of Dean



FOREST VOLUNTARY ACTION FORUM

SUPPORTING VOLUNTEERING & COMMUNITY ACTION IN THE FOREST OF DEAN



Community Networks



Digi Hubs



Volunteering



Community Hubs



Group Support



Walking with Wheels



Community Food



Youth Association



For further details please contact us:

✉ contact@fvaf.org.uk ☎ 01594 822073

📍 www.fvaf.org.uk 📘 Forest Voluntary Action Forum

📍 Ow Bist – Forest Community Space, Dockham Road, Cinderford. GL14 2AN



*With thanks to Forest of Dean District Council
for their continued support*

Welcome to Forest Compass!

Hello, I'm Max Ward, a Mental Health Care Navigator with the NHS. I am delighted to introduce this edition of *Forest Compass* which features a wide selection of free or low-cost groups, clubs and support across the Forest of Dean.

My role is to support people's mental health and wellbeing by linking in with all the local community groups taking place from Sedbury to Staunton Corse and Newent, and all the bits in between!

Working alongside the Local Community Partnership (LCP) in the Forest of Dean, I love discovering all the fantastic activities and groups that are out there to help improve local people's mental health and wellbeing. This helps me to make sure that I find the right group for the people I support and to link groups together.

If you, or someone you know would benefit from getting out into the community to build connections, discover new passions to help improve mental health and wellbeing, get in touch with me.

Max Ward

Mental Health Care Navigator

Gloucestershire Health and Care NHS Foundation Trust

Work mobile: 07811 006770 **Email:** max.ward@ghc.nhs.uk

FOREST compass is produced by Forest Voluntary Action Forum. See updates, add new online entries or ask a question at www.fvaf.org.uk/forestcompass

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How to use this booklet

You can use this booklet in a variety of ways. It is organised into themes to enable people to browse the types of activity that they are interested in.

Page 6	Medical and Support Groups
Page 24	Older People
Page 30	Families, Children and Young People
Page 60	Friendship and Social Groups
Page 78	Sports and Physical Activity
Page 90	Arts and Crafts
Page 103	Hobbies
Page 111	Lunch Clubs
Page 115	Community Services
Page 136	Debt and Poverty
Page 138	Transport



Geographical areas

The Forest of Dean has also been divided into five geographical areas, colour coded with a compass to allow the user to scan through for things happening in their area of the district.



North Forest



West Forest



East/Central Forest



South Forest



Severn Corridor



Forest Wide

You will also find a location index in the back of the booklet, to allow you to search for groups happening in particular towns or villages.





West Forest

- Berry Hill
- Bream
- Broadwell
- Coalway
- Coleford
- English Bicknor
- Parkend
- Sling
- Staunton (Coleford)
- Whitecroft
- Yorkley



East/Central Forest

- Cinderford
- Drybrook
- Flaxley
- Joys Green
- Littledean
- Longhope
- Lydbrook
- Mitcheldean
- Pludds
- Ruardean
- Ruardean Woodside



Forest Wide



North Forest



North Forest

- Churcham
- Dymock
- Gorsley
- Hartpury
- Huntley
- Kempley
- Kilcot
- Maisemore
- May Hill
- Newent
- Oxenhall
- Redmarley
- Rudford & Highleadon
- Staunton & Corse
- Taynton & Tibberton
- Upleadon

East/Central Forest

Severn Corridor

West Forest

South Forest



Severn Corridor

- Blakeney
- Lydney
- Minsterworth
- Newnham-on-Severn



South Forest

- Aylburton
- Brockweir
- Sedbury
- St Briavels
- Tutshill
- Woodcroft
- Tiddenham
- Woolaston



Gloucestershire Deaf Association (GDA)

GDA provided a wellbeing service, for all deaf and hard of hearing people living in Gloucestershire. Regular trips, activities, workshops, events and lunch clubs are available. Open to over 18 year olds. All groups are accessible with deaf, hearing staff and volunteers who all use BSL.



Forest wide



Mon - Fri (various times)



Cost dependent on activity or event



Jennie Evans 01452 372999



kate.ather@gda.org.uk



www.gda.org.uk



Breathe In Sing Out

Join this weekly singing group to help your breathlessness or long-term lung condition. Open to anyone living with breathlessness and long-term lung conditions – no need to be a singer. Accessible venues and online. Term time dates only, 12 weeks free for some conditions.



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT



Bridges Centre, Drybridge House, Monmouth. NP25 5AS



Thur, 2:00pm -3:00pm



Thur, 11:30am - 12:30pm



£4 or what you can afford



£4 or what you can afford



Kirsty Abraham 07905 789683



Kirsty Abraham 07905 789683



peopleandsinging@gmail.com



peopleandsinging@gmail.com



blf.org.uk/support-for-you/
breathe-easy



blf.org.uk/support-for-you/
breathe-easy

Forest Talk

Forest Talk is a weekly 'talking newspaper' for blind and sight impaired people in or around the Forest of Dean. Delivered in the form of a memory stick by post every week (free) and also available on the website and Smart Speaker (Alexa).



Forest wide



Recorded on Sat, 9:30am - 1:30pm



Chris Mora - listeners 07903240296



David Chaloner - volunteers 07563792553



Secretary@foresttalk.co.uk



www.foresttalk.co.uk



Parkinson's Social Activities

Open to anyone affected by Parkinson's - those living with Parkinson's, a partner, carer, family member or friend. This group meets regularly to enjoy social activities, have a chat and to hear from representatives from local organisations.



Forest wide



Various



FREE



Jane Henderson 0344 225 3694



jhenderson@parkinsons.org.uk



www.parkinsons.org.uk



Coleford Music Memory Café

Opportunity to listen to the music and to join in with some songs. Each session led by a musician or group of musicians. Anyone with a diagnosis of dementia and or memory loss, family or carers are welcome. Tea and biscuits provided. Accessible venue with disabled toilet.



The Main Place, Old Station Way, Coleford. GL16 8RH



1st Wed, 10:30am - 12:30pm



FREE



Jane 07933 935534



colefordmemorycafe@gmail.com

Maggie's Cancer Support

Free Cancer support for anyone affected by cancer. Go along for professional support, benefits advice, signposting to other services and the opportunity to meet other people affected by cancer in a safe environment. Accessible venue.



MAGGIE'S

Everyone's home of cancer care



3rd Fri, 10:00am -2:00pm



FREE



Nicola Peregrine 01242 250611



cheltenham@maggies.org



www.maggies.org



The Main Place,
Old Station Way,
Coleford. GL16 8RH

Bream Memory Café

An informal, friendly group for carers, people living with dementia, family and friends. This group enjoys a variety of socialising, games, quizzes, crafts, music, seasonal activities, and the collection of photos (past and present). The group is open to anyone who is feeling isolated. Accessible venue with disabled toilet and parking.



St James Church Centre, Bream. GL15 6ES



2nd Wed, 10:30am - 12:00pm



FREE



Dorothy or Bridget
01594 560648 / 07907 024004



admin@breamchurch.org.uk



www.breamchurch.org.uk

"At Rainbows we have done sports, races, painted sea creatures and swimming. Next I would like to have a water fight!"

Isabella (Age 7), Rainbows

Drug and Alcohol Recovery Service

This charity helps people across Gloucestershire with challenges including drugs and alcohol, housing, justice, health and wellbeing. This service is for 18 years +.



Forest wide



Mon - Fri, 9:30am-5:00pm



FREE



01452 223 014



gloucestershire@viaorg.uk



www.viaorg.uk/services/
gloucestershire-2

v-i-a



Charlie's Cancer Support & Therapy

Charlie's provides free holistic therapies, friendship and support to all those whose lives are affected by Cancer. Enjoy tea, coffee and cake in a relaxing atmosphere. Open to everyone across the district. Accessible venue.



The Wesley, 7 Belle Vue Rd, Cinderford. GL14 2AA



Glebe Chapel, Newent Community Centre, Ross Road, Newent. GL18 1BD



2nd & 4th Fri, 10:00am – 2:00pm



3rd Tue, 1:00pm – 4:00pm



Charlie's



FREE



Rosemary Boocock 07974 201590



rosemary_escape@hotmail.co.uk



www.charlies.org.uk

"A very friendly group of ladies! It feels incredibly welcoming and sociable when I walk through the door, and there are some interesting speakers too!"

May Hill WI

Forest Carers (Mental Health) Support Group

A peer support group for those caring for family members with a serious, long term mental health condition. We support and listen to each other, sharing experiences and knowledge. Activities include coffee mornings, visits, therapeutic activities, guest speakers and access to some one-to-one counselling. You can call before attending for a confidential conversation.



Various venues, often Coleford



FREE



Linda 01989 730951



Thur, Fortnightly

MYCELIUM Mental Health Recovery Group

Join our weekly conversations on topics relevant to mental health, with a diverse range of people who have professional or lived experience, and people who are interested in current concerns around mental health, recovery, and wellbeing. We are building a supportive space where we can learn together and support each other.



Café Sixteen, 16 Bank St, Coleford. GL16 8BA



Wed, 6:00pm – 8:00pm (term time)



07394 945046



simon@fvaf.org.uk



Coleford Memory Café

The memory cafe provides activities to stimulate and remember such as word searches, picture quizzes, craft activities in a safe non-judgmental environment. Anyone with dementia or any memory loss plus family and a carer are welcome. Tea and cake are provided. Accessible venue with disabled toilet.



Baptist Church, Newland Street, Coleford. GL16 8AJ



2nd Tue, 2:30pm - 4:00pm



FREE



07933 935534



colefordmemorycafe@gmail.com



TasteLife

Tastelife believes in breaking free from eating disorders and rediscovering life in all its fullness. This national charity offers hope for sufferers and help for their supporters through the Tastelife 8 week community course. Accessible venue with disabled toilet.

-  Wed, 7:00pm - 9:00pm
-  FREE - donations welcome
-  Niki Kent 01594 824076
-  fod@tastelife.co.uk
-  www.tastelifeuk.org



Forest and Wye Community Church, 2 Parragate Road, Cinderford. GL14 2LY



"I was made to feel welcome. I don't normally like events like this but the leader was great, made it easier and gave everyone time to talk."

Group member - Dad Matters

2wish

Providing support for individuals or families affected by the sudden bereavement of a baby, child, or young person under 25 years (no matter how long ago this occurred). 2wish offer a memory box and ongoing support. A respite cottage in North Wales is also available for those who need it. People can be referred to this service via the contacts below.



Forest wide



-  FREE
-  01443 853125
-  info@2wish.org.uk
-  www.2wish.org.uk/england
- 

Gloucestershire Carers Hub

Gloucestershire Carers Hub is a free of charge service which offers advice, information, guidance and opportunities to unpaid adult carers across the County. A Carer is anyone who provides unpaid support to a relative, partner, friend or child who is ill, frail, disabled or has mental ill-health or substance misuse problems. Support to unpaid Carers who are 18+.



Forest wide, online

Gloucestershire
Carers



Various



FREE



0300 111 9000



carers@peopleplus.co.uk



www.gloucestershire
carershub.co.uk

Orchard Trust

The Orchard Trust supports disability in the Forest with accessible activities at their Stowfield site. All are welcome to join in with walks, an activity park, a hydro pool, a rebound trampoline and meeting the friendly animals. Fully wheelchair accessible with a changing room and indoor and outdoor spaces.



Orchard Trust Smallholding, Stowfield, Lower Lydbrook. GL17 9PD



Mon - Fri, 9:00am - 5:00pm



Site visits - FREE

Full day service activities are chargeable through care plans or privately.



Sabrina Downie 01594 861359



dayservice@orchard-trust.org.uk



www.orchard-trust.org.uk



Toucan for Children

Therapeutic service for children between the ages of 4 -13 years old who are struggling with anxiety and difficult emotions that are affecting their lives.



Toucan for Children, Unit 6, The Mews, Mitcheldean. GL17 0SL



Tues - Fri, 9:30pm - 5:00pm



£50 per session - funding available if in financial hardship



Janice Watkins 07526245880



admin@toucanforchildren.co.uk



www.toucanforchildren.org

Woolaston Memory Group

A varied group where you can discuss common issues, give mutual support, advice and share information with each other. There is tea and cake and activities such as board games, crafts, quizzes, guest speakers, poetry, music, painting, and reminiscence, plus occasional outings. Forest Leisure attend monthly to lead exercises. Accessible venue with disabled toilet.



The Memorial Hall, Woolaston. GL15 6SU



Thur, 2:00pm - 4:00pm



£2 per week



Miriam Corringham 07375 395036



miriam@corringham.org

Autistic Adult Drop-In

A safe space for autistic individuals 18+ or adults who are considering a diagnosis of Autism. A member of Community Autism Support and Advice team will be there to offer support and signposting. Activities such as an icebreaker, games, craft sessions or peer led activities. Accessible venue.



CANDI Community Space, 31 Market Street, Cinderford. GL14 2RT



Alternate Wed, 5:00pm – 7:00pm



FREE



01452 317460



infocasa@grcc.org.uk



www.independencetrust.co.uk/CASA

The Golden Triangle Club

A social club for adults (18+) with learning disabilities in the Forest of Dean and surrounding areas. Disco nights held most Tuesdays, along with a movie screening and craft activity nights throughout the year. In addition this group enjoys trips to the theatre, bowling, cinema and special events. Accessible venue.



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT



Tues, 7:00pm - 9:00pm



£2 per week



07500244721



thegoldentriangleclub@gmail.com



www.thegoldentriangleclub.org.uk



Forest Sensory Services

Forest Sensory Services exists to provide support for those with visual and/or hearing impairment. They provide advice, training, classes, social events, and a warm environment; the kettle is always on! Cater for adults ages 18+ with at least one form of sensory impairment. Disabled parking, ramp to premises. Subsidised transport available for many of the groups.



Forest Sensory Services, The Forge Centre, Valley Road, Cinderford. GL14 2LJ



Balance class

Gentle exercise class to help with natural balance, strength and to prevent falls. Open to 18 years +.



Mon, 2:15pm - 3:15pm



£4 per session

Christian Fellowship Group

Christian group for singing and socialising, for those with sight or hearing impairment. Open to 18 years +.



3rd Sat, 10:30am - 11:30am



By donation

Computer Class

Inclusive computing class, for help with day-to-day technology activities. Assistive aids available for those who are visually or hearing impaired. Open to 18 years +.



Tues, 9:45am - 11:15am




£4 per session




Forest Sensory Services continued

Craft and Hobbies Group


Inclusive, social group - come and try a new craft or bring your own hobby. For those with sight or hearing loss. Open to 18 years +.


 Thur, 10:00am - 2:00pm

 £5 per session

Handbell Ringing Group


Inclusive handbell ringing class for adults with sight or hearing loss. Open to 18 years +.

 Wed, 1:30pm - 3:30pm

 £4 per session

Lunch Club


Hot meal including pudding and drinks, provided once a month at the centre. A well-attended group providing a chance to socialise with others with sight or hearing loss. Open to 18 years +.

 3rd Tues, 12:30pm - 2:30pm

 £5 suggested donation

Words Group


An inclusive group who meet once a month to discuss literature and poetry. Open to 18 years +.

 2nd Tues, 1:30pm - 3:30pm

 £4 per session



Contact details for all groups:

 01594 827711

 support@forestsensoryservices.org

 www.forestsensoryservices.org



Wye Valley Music: Music Memory Café

This Music Memory Cafe provides live music and sing-alongs in a relaxed setting, chiefly for people who are living with a Dementia diagnosis, or other brain disorder, along with their family members. Wheelchair accessible venue.



St Briavels Assembly Rooms, East Street,
St Briavels. GL15 6TG



3rd Wed, 10:30am - 12:00pm



FREE



Alice Hogge 01594 531374



wvmim@wvm.org.uk



www.wyevalleymusic.org.uk

Memory Café

A monthly activity suitable for those with dementia and their carers, and anyone who wants to keep their brain active. Activities are designed to promote reminiscence and stimulate conversation.



Sedbury Village Hall,
King Alfred's Road,
Sedbury. NP16 7AG



1st Wed, 2:00pm - 3:30pm



FREE



07522 178639



managersedburyspace@gmail.com



www.sedburyspace.org.uk



Forest of Dean Diabetic Group

Support group for people living or supporting people with diabetes.



A mixture of diabetic information related speakers, entertaining speakers and social meetings. Fully accessible building, toilet facilities are small and not wheelchair accessible. Everyone welcome.



Forest Sensory Services, Forge Centre, Valley Road, Cinderford. GL14 2LJ



Jackie Frost 01594 542066



1st Tues, 7:00pm - 8:30pm



forestdeandiabetic@gmail.com



FREE



www.diabetes.org.uk



"The leader is patient and the course is so much fun! Monday is a good day for me"

Andy - Artlift in the FOD

Peer Support Group

This group supports those trying to cope with the issues of being a Carer for a care home residents. You will be able to learn the issues and problems that others have faced, and the solutions they found.



Forest wide, online



1st Mon, 12:00pm - 1:00pm



FREE



0300 111 9000



bookings@peopleplus.co.uk



www.gloucestershirecarershub.co.uk

Gloucestershire
Carers



Great Oaks



Great Oaks

H O S P I C E



Great Oaks Hospice, The Gorse, Coleford. GL16 8QE



Befriending Service

Befriending Service coordinators and volunteers help improve the lives of people with life-limiting illnesses, and their support network, through a range of outreach activities.



Various

Cancer Support Group

This group supports people who have had a cancer diagnosis and are at any stage of living with cancer. Offering friendship and peer support to all members, it also provides clinical support and advice.



1st and 3rd Fri, 10:00am - 12:00pm

Carers Support Service

This carers' service provides support to carers and helps them to keep caring for people with life-limiting illnesses.



Various

Community Support

The Community Support Service provides clinical support to those with life-limiting illness and helps patients to adapt and manage their diagnosis in a holistic way.



Various




Great Oaks continued

Complementary Therapy Service


The Service offers a range of therapies to patients and the people who support them, whether family, carers, or friends. Therapies are provided on a one to one, or group basis and delivered in a range of ways.



 Various

Counselling & Bereavement Support Service

The Service provides Counselling for adults who are living with a life-limiting illness, for those who are carers, as well as family or friends of someone with a life-limiting illness. In addition, they can offer support to those who have been bereaved through any cause.

 Various

Craft Group

The Craft Group supports people who are living with a life-limiting illness and their support network. The group offers a chance to try a range of crafts whilst accessing peer and/or clinical support.

 Monthly on a Wed, 10:00am – 12:00pm

Hospice Wellbeing Centre

The Wellbeing Centre focuses on wellbeing and adaption for those with life-limiting illness. On a day or half day basis, healthcare professionals and trained volunteers provide a range of services.

 Mon & Thur

Contact details for all groups:

 FREE

 01594 811910

 clerical@great-oaks.org.uk


 www.great-oaks.org.uk



Alzheimer's Society – Gloucestershire


Activities for people with a confirmed dementia diagnosis and their carers, including an online Memory Café with a mix of information, conversation and activity, Roots & Rhythm, an online Singing for the Brain group celebrating songs and music from around the world and a face to face Singing for the Brain group.


Memory Café

 Alternate Mon,
11.30am - 12.30pm

 FREE

Roots & Rhythm

 Mon, 4:00 - 5:00pm,
Fri, 11:00am - 12:00noon

 Online – via Zoom

Singing for the Brain

A friendly, fun and social singing group supported by experienced singing leaders, staff and volunteers. Singing can improve brain activity, wellbeing and mood.



The Main Place, Old Station Way, Coleford. GL16 8RH




 1st and 3rd Mon, 2:00pm - 3:30pm

 FREE

 07784298689


 gloucestershire@alzheimers.org.uk

 www.alzheimers.org.uk



Managing Memory - Information and Education Service

This countywide service offers information, education and support to anyone worried about their memory, or have a diagnosis of dementia.

 Mon - Fri, 9:00am - 4:30pm

 FREE



 Sarah Davies 08006 948800

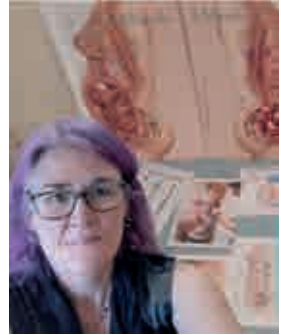
 managingmemory@ghc.nhs.uk



Forest wide

Bump & Me Antenatal Group

Home-Start's Bump & Me online antenatal class is a series of six sessions that are informative and provide a welcoming space to share worries, feel reassured and support one another. This group talk about everything from looking after your pregnant body and baby's development, to preparing for labour and birth and life as a new family. Birth partners welcome.



Forest wide, online



Tues, 6:00pm -7:30pm



FREE



07584 472025



enquiries@homestartnwglos.org.uk



www.homestartnwglos.org.uk

Singing for the Brain

Held online via Zoom this group uses music and song to bring together people with a confirmed Dementia diagnosis and their loved ones.



Forest wide via Zoom



Tues, 3:00pm - 4:00pm



FREE



07784298689



gloucestershire@alzheimers.org.uk



www.alzheimers.org.uk



Sheppard House

Day care with support and companionship for older people (55+). Go along to take part in activities and groups including crafts and music.

A two course, freshly prepared lunch is provided to all attending. Transport is available if needed. Accessible venue with disabled toilet and parking.



Sheppard House

NEWENT ASSOCIATION FOR THE DISABLED



Sheppard House,
Onslow Road,
Newent. GL18 1TL



Mon - Thur, 10:00am – 3:30pm



Various



Lyndon Biddle 01531 821227



lyndon.biddle@newentbb.co.uk



www.sheppardhouse.co.uk



Goode Court

Goode Court is a retirement living complex within walking distance of Lydney town centre. They run various groups that are open to the wider community including bingo, indoor bowling, quizzes and a Coffee morning. Accessible venue.



Goode Court, Bream Road, Lydney. GL15 5JP



Bingo

Mon, 2:30pm



Various



Indoor Bowls

Tues, 2:30pm



Carole Cousins 03701924572



carole.cousins@housing21.org.uk



Coffee Morning

Thur, 11:00am



www.housing21.org.uk

Lydney Young at Heart

A friendly social group for over 50's who enjoy participating in exercise and well-being activities. Take part in badminton, table tennis, indoor bowls, dance for exercise. All abilities welcome, accessible venue.



Freedom Leisure
Centre, Church
Road, Lydney.
GL15 5DZ



Mon, 4:00pm – 5:30pm



£5 joining fee , £2 annual renewal,
Weekly subs 50p, £4 for Dance Exercise



Daphne Rhodes 07831 713185



daphrhodes@sky.com

"I was new to the area and was welcomed into a friendly and creative group, of likeminded people who shared the same interests!"

Sue, Newent Quilters

Azalea Day Club

An activity-based day club for primarily older people and those who have care needs or who are socially isolated. Accessible venue.



Lydney Community Centre, Naas Lane, Lydney. GL15 5A



Fri, 10:00am - 3:00pm



Charge includes lunch



Claire Smeeth 01452 302542



claire@crossroadscareglos.org.uk



www.crossroadscareglos.org.uk



Evergreens

A super friendly group who come together for tea, biscuits and chat. They enjoy afternoons of bingo, speakers on various interesting topics and outings including lunches out and visits to historic gardens and landmarks. Anyone who feels young at heart is welcome. Accessible venue.



Latchen Rooms,
Longhope.
GL17 0QE



Tues, 2:00pm - 4:00pm



£5 annual membership,
£1 a week for refreshments



Peter Histed 01452 830924



jamesandsonnia@gmail.com

Berry Hill Over 60's

A weekly community group at Berry Hill Hut. Anyone over the age of 60 or who is socially isolated is welcomed.



Berry Hill Memorial
Institute, Park Rd,
Berry Hill, Coleford.
GL16 7QU



Wed, 2:30pm - 4:00pm



£1 week - £2 yearly Subs



Barbara Jenkins 01594 810316

The Tuesday Club

A group for over 50's with tea, coffee, cake and biscuits and lots of chances to socialise. Regular speakers are invited and occasional meals together are arranged. Accessible venue.



Taynton and Tibberton Village Hall, Taynton Road. GL19 3AN



1st Tues, 2:30pm



Phil Perks 01452 790239



£2 plus - annual membership fee



cath_phil@hotmail.com

Mitcheldean Coffee Club

A warm and friendly coffee club for the over 60s, mobility impaired or those living alone, or anyone who would like some extra company or a chat. Accessible venue with disabled toilet. Transport available if required.



Forest Gate Church/
Youth and Community
Building, Mitcheldean.
GL17 0BX



3rd Fri, 10:00am - 11.30am



Donations - pay what you can afford



Pam Britton 01594 542670



pamandmalcombritton@gmail.com

Crossroads Gloucestershire Active Living Day Centre

This group is a day care group for older men and women with care and support needs such as Dementia, Parkinson's and social isolation. It also provides respite for unpaid carers. Fully accessible venue.



The Wesley- Forest of Dean Community Arts Centre,
Belle Vue Road, Cinderford. GL14 2AA



Tues, Wed, Thur, 9:30am – 2:30pm



Contact for up-to-date prices



Melanie Beckett 01594 823414



admin@crossroadsglos.org.uk



www.crossroadsglos.org.uk



St. Briavel's Senior Citizens Club

This monthly social group club offers a nice atmosphere to meet with friends and locals from St.Briavel's, Hewelsfield and Brockweir area with a lunch at the pub. They also enjoy several coach trips throughout the year. Open to anyone over 60 years old or retired. Accessible venue.



The Orepool Inn, Sling. GL16 8LH



3rd Tues (except Jan), 12.30pm



Sheila Brown 01594 530676



Cost of Senior Citizens lunch at the pub, plus extra for trips



sheila-brown@hotmail.co.uk

Golden Circle

This friendly and fun group is aimed at older people. Play games of bingo, enjoy a raffle with prizes and hear from an interesting speaker each time. Accessible venue with disabled toilet and parking available.



Coalway Methodist
Pisgah Chapel,
Coalway. GL16 7JZ



Alternate Tues, 2:30pm - 4:00pm



FREE



Kay 01594 833884

Drybrook Club 55

A group for people over 50 to socialise and help each other where needed. Each session features a Bric-a-brac and book stall and games of Bingo. Plus, regular day trips out and a Christmas party. Accessible venue.



Drybrook Memorial Hall, Drybrook Road. GL17 9JA



1st & 3rd Thur, 10:30am



Pam 01594 543204



£1 Drinks, £1 Bingo



pammydrybrook@outlook.com

Upleadon Over 60s

This lovely group have been meeting for over fifty years! They used to meet at Upleadon Village Hall, now meet at each other's homes. Open to anyone over 60 years old.



People's Homes



1st Tues, 12:00pm



FREE



Hazel Berry 01531 821088



www.upleadon-village.co.uk/village-hall

Skittles

Social skittles group and lunch. Enabling people to participate in a game of skittles with support staff on hand.



Tues afternoons



Julie Kingston 01594 823414



admin@crossroadsglos.org.uk



The White Hart,
Cinderford. GL14 3ER

Victoria Centre Lunch Club

A welcoming lunch club for the over 60s serving delicious food along with great company by a friendly team of volunteers. Diners need to be over 60 years old to join.



Victoria Centre Lunch Club, Victoria Road, Lydney. GL15 5DG



Tues - Thur, 10:00am - 2:00pm



£7 per lunch.



Carol Haycock 01594 843418



chaycock6@gmail.com



Little Sprouts

This Parent and Pre-School Child Group is open to anyone caring for a pre-school child. Relaxed and informal. Lots of toys, small world play, baby corner, song time and messy play. Outside play and activities, weather permitting. Coffee and snack bar. Parking at the local primary school nearby. Accessible venue with disabled toilet.



Forest Gate Church, New Road, Mitcheldean. GL17 0BX



Tues (term-time), 10:00am - 12:00pm



FREE



Louise Jones 01594 544844



www.forestgatechurch.org

Lydney Baby & Toddler Group



A friendly group for babies, toddlers and their grown-ups. Chance to meet up, make new friends, play, toys, craft, and singing. Chat and a hot drink for adults. Ramp access.



Tues, 9:30am - 11.00am



Donations welcome



Jane Penny 07856679387



cfmlydney@gmail.com



Lydney United Reformed Church (URC), Tutnalls Street, Lydney. GL15 5PG

Dad Matters Gloucestershire

Dad Matters Gloucestershire exists to help dads to have the best possible relationship with their families. Working with professionals to support dads in the first 1001 days parenthood. Supporting Dads to be and Dads of children 0-5 years.



Hilltop Children's Centre, Cinderford. GL14 2QA



Cinderford Library, Cinderford. GL14 2BZ

Stay and Play



4th Sun, 10:00am - 12:00noon



FREE



Ryan Jones 07548758098



dadmatters@homestartsd.org



www.dadmatters.org.uk/goucestershire

Dad Chat



3rd Mon, 7:00pm - 8:00pm



FREE



Ryan Jones 07548758098



dadmatters@homestartsd.org



www.dadmatters.org.uk/goucestershire



"It's such a friendly, caring and helpful group of ladies. Everyone is welcoming, and ideas are always shared. It is always a lovely relaxing experience, with no problem too big to solve with so many wonderful crafters that will help."

Forest Gals Craft Club



C.A.N.D.I Youth Space & C.A.N.D.I Dance

Cinderford Area Neighbourhood Development Initiative (C.A.N.D.I) provides a safe space for young people aged 11 to 18 to meet, have fun, learn new skills and seek help with issues they are experiencing - plus weekly street dance sessions. Ground floor accessible space and toilet.



CANDI Youth Space,
31 Market Street,
Cinderford. GL14 2RT



Drybrook Methodist
Hall, Drybrook. GL17 9BX



Mon, Tue, Wed, Thur,
5:30pm - 8:30pm



Wed, 4:00pm – 6:00pm



FREE



FREE/£2 donation if able



Shannon Revill 07749011788



cpc@candi.email



Brockweir Youth Club

A youth group for ages 7-18 with weekly term time sessions including sports, craft cookery, drumming, orienteering, trips out and carol singing. Facilities include a tuck shop, table tennis, pool table, air hockey table and outdoor area. Accessible venue.



Wed (term-time),
6:30pm - 7:45pm



£1.50



Rachel Davies 07786831401



Rachellou9@aol.com



www.brockweiryouthclub.co.uk









Mackenzie Hall, Brockweir. NP16 7NW



Forest of Dean Sea Cadets

Sea Cadets offer a wide range of activity, some on the water, some off. They provide an environment which encourages learning many life skills that help to develop a young person whilst having fun! Open to all young people in the Forest of Dean aged 10-18 years.



-  Tue & Thur, 7:00pm
-  £20 per month 
-  PO Toni Salmon 07938 192592
-  forestofdeanscc@btinternet.com
-  www.sea-cadets.org/forestofdean



Behind Community Centre, Naas Lane, Lydney. GL15 5AT



"The group has allowed me to find a quiet space in a noisy brain"

Dawn - Artlift in the FOD


Breakout After School Club

A term-time, afterschool club for primary school aged children. Includes songs, games, crafts and bible stories. Accessible venue.



Parkend Baptist Church, Folly Road, Parkend. GL15 4JF



-  Fri, (term-time) 3:30pm - 5:15pm
-  FREE 
-  Jonathan Kear 01594 564369
-  jonathan.fnlc@gmail.com
-  www.forestnewlife.org.uk



Wyedance

Join this affordable community dance group to enjoy classes in tap, ballet, modern street dance, theatre arts and contemporary dance throughout the Forest of Dean.



Forest wide



Various



Various



Prices vary



Kim Owston 01594 825143 /
07789087093



wyedancekim@hotmail.co.uk



Glebe Chapel Koffee and Kids

A Toddler Group for birth to preschool age. Mums, Dads Grandparents, carers welcome too! Accessible venue.



Newent Community Centre, Ross Road, Newent. GL18 1BD



Fri (term time), 9:00am - 11:00am



FREE



Jodie Gourlay



nccadmin@glebechapel.org



www.glebechapel.org



Forest Humbugs and Hoglets

Forest Humbugs and Hoglets provides a safe and friendly environment for expectant parents, Mums and Dads of young babies, up to 3 years old. Come together to socialise, rest, relax and build relationships. Run by church volunteers. Accessible venue.



Forest Community Church, 2 Parragate Rd, Cinderford. GL14 2LY



Thur (term-time), 10:00am - 12:00pm



Suggested donation of £1 per child



Paige Ingledow 01594 824076



paige@fcchurch.co.uk



www.fcchurch.co.uk



YOUTH

YOUTH is a Church based group for young people, aged 11-18 years, to meet together, play games, have fun and find a safe space to explore wider issues such as faith, relationships and wellbeing.

Wheelchair accessible venue.



Sun, 4:30pm - 6:00pm



FREE



Emma Durbin 07369 226546



emmad.cyfm@gmail.com



St. Luke's Church,
Coleford Road,
Tutshill. NP16 7PT



Aylburton Acorns

Play, toys, craft, messy play and singing - chat and a hot drink for adults. Fun for babies, toddlers and their grown-ups. Wheelchair accessible.



Aylburton Memorial Hall, High Street, Aylburton. GL15 6DL



Fri (term time), 9:30am – 11:00am



£1.50 suggested donation



Jane Penny 07856679387



cfmlydney@gmail.com

STEM Club

STEM club is a chance for your 8 - 14 year old explore technology and engineering in a fantastic educational environment with access to age appropriate gadgets. Accessible venue, disabled toilet.



Coleford Library,
The Main Place,
Old Station Way,
Coleford. GL16 8RH



Sat, 12:30pm - 1:15pm



FREE



01594 833351



colefordlibrary@gloucestershire.gov.uk



www.gloucestershire.gov.uk/libraries






Bream Early Learners

Providing childcare and family support to the local families in the heart of Bream. Clubs include: Early Years/Pre School childcare for ages 2-4 years, Breakfast Club, After School Club, Holiday Club for primary school aged children.



Beverly Casey Building, High Street, Bream, Lydney. GL15 6JW



-  Mon- Fri (term time), 8:00am - 5.15pm
-  Contact for details
-  Bonnie Ellis 01594 564 535
-  breamearlylearners@gmail.com
-  www.breamearlylearners.com

The Bridge Youth Group

For children aged 7-13 years old. The Bridge Youth Group meets on Sunday Morning Gathering and on Fridays in term-time. Accessible venue with disabled toilet.



Forest Community Church, 2 Parragate Rd, Cinderford. GL14 2LY



-  Fri, 7:00pm - 8:30pm
& Sun, 10:30am - 12:00pm
-  FREE - donations welcome
-  Robin Vale 01594 824076
-  youthteam@fcchurch.co.uk
-  www.fcchurch.co.uk



HARE CIC

HARE CIC nurtures the well-being of families through holistic experiential learning and regenerating community by creative engagement with nature, crafts and mindfulness. Intergenerational sessions using Forest School principals are offered including Forest School Parent & Toddler Group 0-5 years, Forest School sessions for home educating families 6-11 years.



Beaver Lodge, Whitecroft Rd, Parkend, Lydney. GL15 4HG



Mon, 9:30 - 11:30am (0-5 yrs)
Mon, 12:30 - 3:30pm (6-11 yrs)



£9.95 per session Term time only



Charlie Berrow 07840235085



info@harecic.co.uk



www.nurturewellbeing.co.uk/harecic



Friday Hub Club

Friday Hub Club at Glebe Chapel is a youth group open to primary age children. Accessible venue.



Newent Community Centre, Ross Road, Newent. GL18 1BD



Fri, 4:45pm - 6:00pm



FREE



Jodie Gourlay



nccadmin@glebechapel.org



www.glebechapel.org



Branch Youth Worship Event

A youth service for Christian young people or those interested in the Christian Faith. Accessible venue with disabled toilet.



Forest Community Church, 2 Parragate Rd, Cinderford. GL14 2LY



1st Sat (not Aug), 7:00pm - 9:00pm



Jonathan Kear 01594 564369



FREE



jonathan.fnlc@gmail.com



www.forestnewlife.org.uk



"It's great because its calming, you meet new people, and it is something to do when there is not much else in the village for us."

Ruardean Youth Club

Coleford Youth Hub

A FREE, safe, warm space for children in year 5 up to year 8 to hang out weekly. Join youth workers from Forest of Dean Youth Association for fun filled activities, arts and crafts, movie nights, board games, tuck shop and snacks. Free inclusive sessions. Trained youth team with experience working with children with special educational needs.



Coleford Baptist Church, 27 Newland Street, Coleford. GL16 8AJ (moving soon!)



Thur, 4:30pm - 6:30pm



FREE



Katy 01594 822073



katy@fvaf.org.uk



www.fvaf.org.uk




Baby Bounce & Rhyme


Songs, rhymes, stories, and noisy wiggly bouncy fun for little ones.


 www.gloucestershire.gov.uk/libraries



 Cinderford Library,
Belle Vue Road
Cinderford. GL14 2BZ

 Coleford Library, The
Main Place, Old Station
Way, Coleford. GL16 8RH

 Mon, 10:30am – 11:00am

 Thur, 11:00am – 11:30am


 FREE


 FREE





 Vicky Giles 01594 822581


 01594 833351

 cinderfordlibrary@gloucestershire.gov.uk

 colefordlibrary@gloucestershire.gov.uk

 Newent Library,
High Street, Newent,
GL18 1AS

 Lydney Library,
Hill Street, Lydney
GL15 5HW

 Tues, 11:00am – 11:30am


 Fri, 11:00am -11:30am


 FREE

 FREE

 01531 820447

 01594 842769

 newentlibrary@gloucestershire.gov.uk

 lydneylibrary@gloucestershire.gov.uk

"It's a wonderful opportunity to meet up and enjoy a very sociable atmosphere in amicable surroundings. The lunches are of a very high standard, excellent variety and each month I look forward to the choice of menu. We all enjoy a good rapport and things like birthdays are never forgotten, which means a lot!"

Phil – A diner at Lunch at the Hall, Tibberton

Lydney Nature Tots

Outdoor play and exploration and the chance to have fun within nature. Meet new friends and others who love the great outdoors. Suitable for babies, toddlers and pre-school children with a grown up.



Bathurst Park, Bathurst Park Road,
Lydney. GL15 5HG



Fri, 1:30pm - 2:15pm



FREE - donations welcome



Jane Penny 07856679387



cfmlydney@gmail.com



"It's difficult to express how important this group is for me and my daughter. It has structured my week, made me feel part of a community and made such a difference for us."

Cathryn - Lydney Baby and Toddler Group

Tutshill Baby & Toddler group

This group offers a chilled out, relaxed space to meet other Mums, Dads and Carers, and also provides a fun space for babies and toddlers 0 - 4 years old to play and interact with others their age. No booking required. Accessible venue.



St. Luke's Church,
Coleford Rd, Tutshill,
Chepstow. NP16 7PT



Tues (term time), 9:15am - 10:45am



Suggested donation £2



Emma Durbin 07369 226546



emmad.cyfm@gmail.com



Bream - Messy Church

A different arty theme each month, where you can learn a little about God each time through stories, crafts and lots of fun. At the end of each session the group sit down and eat dinner together. Open to all primary school children. Parents need to stay with children. Accessible venue with a disabled toilet and parking.



St James Church
Centre, Bream.
GL15 6ES



3rd Mon, 4:00pm - 6:00pm



FREE – donations welcomed



Claire Phillips 01594 562985



admin@breamchurch.org.uk



www.breamchurch.org.uk



“Using the pool provides our residents with many benefits, it helps both physically and mentally. It gives a relaxing and calming experience which helps improve mood and gives a sense of wellbeing.”

Hazelhurst Nursing Home using facilities at Orchard Trust, Lydbrook

Glebe Youth Group (GYG)

A youth group for school years 6 -11 years old. Accessible venue.



Newent Community Centre, Ross Road, Newent. GL18 1BD



Fri, 7:30pm - 9:00pm



FREE



Jodie Gourlay



nccadmin@glebechapel.org



www.glebechapel.org



Muddy Angels

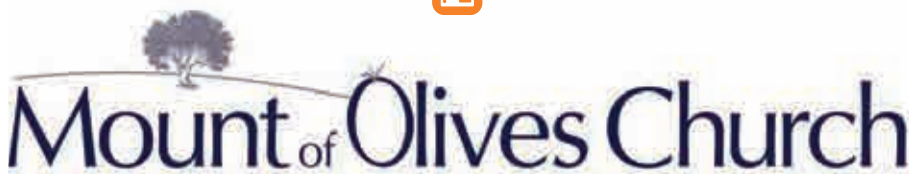


Crafts, messy play, toys, music time, story time and snack time for pre-school age. Accessible venue.



Mount of Olives Church,
Eastbourne Crescent,
Coleford. GL16 8BS

- Alternate Mon, 10:00am - 11.45am
- FREE - donations welcome
- Terry Mainwaring 01594 837047
- admin@mountofolives.church
- www.mountofolives.church



"It gives me purpose, I'm not quite sure what I would otherwise be doing!"

Forest of Dean Community Shed

Of Course We Can Programme

A fun and exciting programme of inclusive activities for disabled and non-disabled children and young people to do together. Activities are run by various partner providers throughout the year and take place in a number of locations. Open to disabled and non-disabled young people aged 0 - 25 living in Gloucestershire. Accessible venues.



Forest wide



- School holidays & some weekends
- Costs vary per event
- Caroline Weston 01452 341266
- info@activeimpact.org.uk
- [www.activeimpact.org.uk/
of-course-we-can](http://www.activeimpact.org.uk/of-course-we-can)



Forest New Life Church (FNLC) Baby & Toddler group

A traditional baby and toddler group for 0 months to pre-school age children. Open play, snack time, songs and stories to finish. Little ones can enjoy a year around garden with outdoor toys to play with. Accessible venue.



Parkend Baptist Church,
Folly Road, Parkend.
GL15 4JF



Wed, 9:00am - 12:00pm



Donations welcome



Jonathan Kear 01594 564369



jonathan.fnlc@gmail.com



www.forestnewlife.org.uk

Lydney Youth Hub

Lydney Youth Hub provides young people with a space to socialize, talk to friendly youth workers, enjoy a variety of games and positive activities - including arts and crafts. Open to Juniors (School years 6 & 7) / Seniors (School years 8 -13). Accessible venue.



Lydney Hub, 71 Newerne
Street, Lydney. GL15 5RA



Mon & Wed,
Juniors (School Years 6 & 7)
5:00pm - 6:30pm

Seniors (School Years 8 -13)
6:30pm – 8:00pm



FREE



Emily Timmins 07561294849



lydneyhub@gmail.com



www.lydneyhub.org



LEGO Club

Have some fun with LEGO at local libraries with a different theme every week, Children and adults welcome to come along and use their creative imagination. Fully accessible venues.



Sat, 11.00am – 12.00pm



FREE



www.gloucestershire.gov.uk/libraries



Cinderford Library, Bell Vue Rd, Cinderford. GL14 2BZ



01594 822581



cinderford.library@gloucestershire.gov.uk



Coleford Library, The Main Place, Old Station Way, Coleford. GL16 8RH



01594 833351



coleford.library@gloucestershire.gov.uk



Lydney Library, Hill Street, Lydney. GL15 5HW



01594 842769



lydneylibrary@gloucestershire.gov.uk

"I love coming along because it is such a lovely way to bond with others, enjoy ourselves with fun activities, and build our village and community. It's a place everyone can be themselves and go home with a smile."

Ruardean Youth Club

"I had no idea what someone with dementia might be facing. It really isn't just about memory loss is it? What a brilliant informative session, I feel much more informed."

Attendee at Dementia Awareness Session -
DAA and Information and Education Service



Newent Youth Service

Based at the Chill-out Zone, activities include Pool, bingo, cooking, art, listening and dancing to music, just chilling, film nights. debates on their choice of subjects such as boundaries at home, CSE, mental health, self-harming, healthy eating, money management, internet safety, age of consent, single parenting, drug, and alcohol awareness etc. Open to 11 -18 years of age. Accessible venue.



Chill Out, 36 Broad Street, Newent. GL18 1AJ



Mon & Thur, 6:00pm - 9:00pm



FREE



Jane Stevens 07967683853



newentchillout@gmail.com



www.newentinitiativetrust.co.uk

Forest Explorers

Forest Explorers is a family wildlife activity group which meets once a month



Gloucestershire
Wildlife Trust

at the weekends and has fun exploring different wildlife and outdoor topics all around the Forest. The sessions are aimed at school aged children and their parents or carers. Mostly outdoor sessions often on uneven ground and usually without facilities such as toilets.

Everyone is welcome.



Forest wide



Sat or Sun, times vary



£1 per child



Rosie Kelsall 07901 711852



forestexplorersfod@gmail.com

Story Time

Hear from a wonderful storyteller for a classic story time in your local library. Suitable for 2–5 year olds and their families. Accessible venues.



Cinderford Library,
Belle Vue Road
Cinderford. GL14 2BZ



Newent Library,
High Street, Newent.
GL18 1AS



Fri, 11:00am - 11:30am



Wed, 10:30am-11:00am



FREE



FREE



01594 822581



01531 820447



cinderfordlibrary@gloucester
shire.gov.uk



newentlibrary@gloucester
shire.gov.uk



www.gloucestershire.gov.uk/libraries

Friday Night Youth Club

A traditional youth club in Parkend for secondary school aged young people, table tennis, table football, games, tuck shop and a moral/- biblical short talk. Accessible venue.



Parkend Baptist Church,
Folly Road, Parkend.
GL15 4JF



Fri, (term-time) 7:00pm - 9:00pm



£1, includes 50p of sweets



Jonathan Kear 01594 564369



jonathan.fnlc@gmail.com



www.forestnewlife.org.uk



Slam

Games, songs, bible story and mayhem for kids! Accessible venue.



Mount of Olives Church,
Eastbourne Crescent,
Coleford. GL16 8BS



Thur, 6:00pm- 7:00pm



FREE - donations welcome



Terry Mainwaring 01594 837047



admin@mountofolives.church



www.mountofolives.church



"I really wasn't expecting so much support. I was not only helped with managing my debts, but it also restored my confidence in myself and my faith in humanity. It's so much more than debt help."

Wye Valley and Forest of Dean CAP Debt Centre

Kids Church

Open to children ages 5-11 years old, fun games and bible story are provided along with a delicious meal. Accessible venue.



Salvation Army Broadwell,
43 North Road, Broadwell,
Coleford. GL16 7BX



Thur, 3:15pm - 5:15pm



£1.50



Vivienne Prescott 01594 839106



vivienne.prescott@salvationarmy.org.uk



www.salvationarmy.org.uk/forest-dean



Hartpury Youth Club

A fortnightly youth club featuring a variety of activities. Opportunity to take part in games and crafts, as well as music and a tuck shop. Open to 10 - 15 year olds



Hartpury Village Hall,
Over Old Road,
Hartpury. GL19 3BJ



- Fortnightly on a Fri, 6:30pm - 8:00pm
- £2.50 per session
- Ken Jollands
- info@hartpuryvillagehall.co.uk
- www.hartpuryvillagehall.co.uk

Glebe Chapel Community Cinema

Screenings of family films - children must be accompanied by an adult. Accessible venue.



Newent Community Centre, Ross Road,
Newent. GL18 1BD

- 2nd Sat, 6:30pm - 8:00pm
- FREE
- Jodie Gourlay
- nccadmin@glebechapel.org
- www.glebechapel.org

"Who doesn't enjoy a catch up with friends? Couple this with a friendly and welcoming group, always keen to explore new walks at a sensible pace, in the great outdoors. Visit places you didn't know existed and revisit old favourites, then enjoy a light lunch out afterwards. Put simply, it's a great monthly tonic."

Nikki - Longhope WI Walking Group



Forest Pulse

Family support

Supporting children and young people with disabilities and their families, living in the Forest of Dean. Membership is free from birth but only children from the age of 4 can access activities.



4th Floor, Carlson Suite, Vantage Point Business Village, Mitcheldean. GL17 0DD

ASD Youth Club

A Youth Club for those who are autistic, or are awaiting an autism diagnosis, providing the opportunity to get together have a chat, enjoy activities and form friendships.



West Dean Centre, High Street, Bream. GL15 6JW



Thur (term time), 7:15pm - 9:15pm



£3.47 per session

Forest Friends

A group for members (18 years old and above) to have a wonderful time catching up with friends, playing pool, creating art etc. but also learning a variety of skills - including writing CVs, basic cooking, money handling and lots more.



The Main Place, Old Station Way, Coleford. GL16 8RH



Mon (term time), 6:30pm - 8:30pm



£3.47 per session



Forest Pulse continued

Half-terms

A range of fun activities provided during the school holidays.



Heart of the Forest Community Special School, Speech House, Coleford. GL16 7EJ



School holidays, usually 10:00am - 3:00pm **£** £17.34 per session

Music

Sessions for young people who are supported by wonderful teachers to use specialist equipment and techniques to allow them to create their own music.



Heart of the Forest Community Special School, Speech House, Coleford. GL16 7EJ



Fri (term time), 3:00pm - 5:00pm **£** £11 per session

Weekend Activity Club

This club offers a variety of activities such as art and craft, soft play, music, dance and much more.



Heart of the Forest Community Special School, Speech House, Coleford. GL16 7EJ



Alternate Sat (term time), 10:00am - 3:00pm **£** £17.34 per session




Forest Pulse continued

Whirlikidz

Weekly trips to the Soft Play Centre in Chepstow where children are able to explore and play on the equipment. Travel provided together with a hot meal and squash.



Whirlikidz, 2 School Hill, Chepstow. NP16 5PH


Wed (term time), 3:00pm - 6:00pm  £11.54 per session

Youth Club

The club is open to any young person aged between 13 - 17 years who lives in the Forest of Dean. A chance to meet up with friends. Young people attending help to plan an interesting and varied programme of activities.



West Dean Centre, High Street, Bream. GL15 6JW

Thurs (term time), 7:15pm - 9:15pm  £3.47 per session



Contact details for all groups:



Amy Millin 01594 826357



activities@forestpulse.co.uk



www.forestpulse.co.uk

**Forest
PULSE**

Forest of Dean Baby Bank & Children's Clothing Cupboard

This group provides essential supplies, clothing and equipment for families in need. They can also supply good quality clothing, some footwear and school uniform for children up to the age of 14 years old.



Forest wide



Usually delivery only



FREE



07789 465127



yourbabyfod@outlook.com



www.forestbabybank.org



Found in the Forest Youth Theatre

A vibrant theatre group with a mission to provide young people with the opportunity to explore their creativity and develop their skills in the Performing Arts. We welcome all abilities. Classes are designed to help develop their confidence and communication in a safe and supportive environment.



The Wesley,
7 Belle Vue Rd,
Cinderford.
GL14 2AA



Sat, 10:00am-12:00pm (Juniors 8-12yrs)
1:00pm-3:00pm (Seniors 13-18)



£3 per week



07539179265



youththeatre@airing.co.uk



www.airing.co.uk/
projects-youth-theatre



Home-Start Mothers in Mind

Practical and emotional support for families with a child aged 5 years old or under is provided through home-visiting volunteers and group support. The Mothers in Mind groups support mothers from pregnancy, who are struggling with their mental health. These are peer support groups that are inclusive, easy to access, providing an opportunity to connect with others and get additional support



River Children and Families' Centre, Naas Ln, Lydney. GL15 5AU



Mon & Wed (term time), 10:00am - 12:00pm



Hilltop Children's Centre, Latimer Road, Cinderford. GL14 2QA



Mon (term time), 10:00am - 12:00pm



Newent Memorial Hall, 209 Bury Bar Lane, Newent. GL18 1PT



Thur (term time), 10:00am - 12:00pm



FREE



Lisa Smith 07907337274



enquiries@homestartnwglos.org.uk



www.homestartnwglos.org.uk



"An amazing community and team of dedicated volunteers who operate the May Hill Hub week in week out is wonderful to see. There is literally something for everyone – local produce click and collect, knitting, Community Cafe, and creative workshops. I just cannot imagine life without the May Hill Hub now!"

Sally - May Hill

Forest of Dean Nature Tots

Monthly outdoor wildlife themed play sessions for pre-school aged toddlers and their parents or carers. Aimed at children from 1 to 4 years, babies are also welcome.



3rd Tues, 10:00am -11:30am



£3.50 per child, babies and non-moving tots free



Rosie Kelsall 01452 383333



rosie.kelsall@gloucestershirewildlifetrust.co.uk



www.gloucestershirewildlifetrust.co.uk



Angus Buchanan Fields, Victoria Road, Coleford. GL16 8DS



Gloucestershire
Wildlife Trust

"I didn't know anyone when I first moved here. Joining the WI, I quickly got to know lots of the villagers and made new friends."

Claire – Longhope WI Member

Sedbury Stay & Play

This group offers a relaxed space for Mums, Dads, Carers, babies, toddlers and pre-schoolers to come and chat and play. No booking required. Accessible venue with disabled toilet.



Sedbury & Beachley
Village Hall, King
Alfred's Road,
Sedbury, Chepstow.
NP16 7AQ



Wed (term time), 9:15am - 10.30am



Donation £2 inc drink & snack



Emma Durbin 07369 226546



emmad.cyfm@gmail.com



Bream Church Under 5's

A parent and toddler group creating a safe space where children can play together while their parent or carers can have a drink and a chat with others. Activities include small soft play, mark making, building, small world, sit and ride toys and role play. Open to children under 5 and their Mums, Dads, Grandparents and childminders. Accessible venue with a disabled toilet and parking.



St James Church
Centre, Bream.
GL15 6ES



Mon (term time), 9:30am - 11:30am



£1.50 per session, per family



Claire Phillips 01594 562985



admin@breamchurch.org.uk



www.breamchurch.org.uk



LGBTQ+ Youth Sessions

Meet other local LGBTQ+ young people and explore a range of art and environmental activities at this friendly and inclusive group. For ages 11-25.



CANDI, 31 Market Street,
Cinderford.
GL14 2RT



Coleford Baptist Church,
27 Newland St, Coleford.
GL16 8AJ



Alternate Thur,
3:30pm – 5:30pm (term time)



Alternate Tue,
5:30 – 7:30pm (term time)



Free



07745149733



aimee@wvrf@gmail.com



www.wyevalleyriverfest.com/local-projects/queering-the-wye

Ruardean Youth Club

Voluntary run youth group for young people aged 11-18 years old. A safe and fun environment with activities including cooking, sports and crafts. Tuck shop. Accessible venue.



Ruardean Village Hall,
High Street. GL17 9US



Thur, 7:00pm - 9:00pm



£2 one-off membership fee,
80p per session



ruardeanyouthclub@yahoo.com

Glebe Youth Group (GYG)

Youth activity (term time only) for school years 6 - 12. A safe space to hang out, play games with a God Spot during the evening. Venue is accessible.



Newent Community
Centre, Ross Rd,
Newent. GL18 1BD



Fri, 7:30pm - 9:00pm



50p per session



Stephen Cracknell 01989 720577



glebe@glebechapel.org



www.glebechapel.org



Pebbles Play and Stay Group

Babies and toddlers up to age 5, along with parents and or carers are welcomed to attend this play and stay group.



Holy Trinity Church,
Primrose Hill,
Lydney. GL15 5SP



Thur (term time), 9:30am - 11:30am



£1.50 per week.



Rev Pat Cox 01594 843852



patsycox@talktalk.net



Girl Guiding

Groups provide a variety of activities for girls and space where they can be themselves, have fun, build friendships, and gain skills. Groups across the area. Rainbows (4-7 years), Brownies (7-10years), Guides (10-14years), Rangers (14-18 years).



Forest wide



Varies per group



Prices vary between £3-5 per week



Forest North - forestn@girlguidingglos.org.uk



Forest South - forests@girlguidingglos.org.uk



www.girlguidingglos.org.uk



RAF Air Cadets

Offering young people exciting opportunities for personal and professional development. Being a cadet means trying new things in a safe environment, making friends and gaining skills. An inclusive organisation.



Lydney Air Cadets



Newent Air Cadets



01594 844955



01531 820322



adj.614@rafac.mod.gov.uk



186@rafac.mod.gov.uk



www.raf.mod.uk/aircadets/

Scouts

Groups provide fun, friendship, skills and adventure. Open to all genders and abilities, from 4 - 25 years. Find your local group online. Squirrels (4 - 6 years), Beavers (6 - 8 years), Cubs (8 - 10.5 years), Scouts (10.5 - 14 years), Explorers (14 - 18 years), Network (18 - 25 years).



Forest wide



Varies per group



Various prices



0345 300 1818



info@forestofdeanscouts.org



fodscouts.org.uk



Army Cadets

One thing is for sure, that cadets gain new skills, qualifications, experiences and friends for life. Open to 12-17 year olds. Groups in Lydney, Coleford, and Cinderford. Find more information on the website.



ROYAL AIR FORCE AIR CADETS
the next generation



Forest wide



Various



Low cost



armycadets.com/county/gloucestershire-acf



ARMY CADETS 
ARMYCADETS.COM



Forest of Dean Buddy Club

You'll find fun, friendship and food along with a different activity each week. From 14 years, everyone welcome. Accessible venue.



The Hub, Causeway Road, Cinderford. GL14 2AF



Tues, 7:00pm - 9:00pm



Julie Woodland 07869118016



£3 per week



fodbuddyclub@gmail.com



Newent Carers Group

A supportive, social group for carers and former carers.



Sheppard House,
Onslow Road,
Newent. GL18 1TL



Sheppard House

NEWENT ASSOCIATION FOR THE DISABLED



1st Fri, 10:30am



Lyndon Biddle 01531 821227



FREE



lyndon.biddle@newentbb.co.uk



www.sheppardhouse.co.uk



Forest Gate Church Coffee Morning

A social meet up with coffee and chat. All are welcome. Transport can be provided if needed. Accessible venue with disabled toilet.



Forest Gate Church/
Youth and Community
Building, Mitcheldean.
GL17 0BX



1st Fri, 10:00am - 11.30am



Various



Louise Jones 01594 544844



info@forestgatechurch.org



www.forestgatechurch.org

"I visit regularly for all sorts of repairs which have included clothes, electricals and knife sharpening. The volunteers are friendly, talented and tenacious. They give 110% to every repair task. We are so lucky to have this service! I highly recommend going along!"

The Mend and Repair Café in Newent

Crossroads Gloucestershire Friendship Group

Social group for unpaid carers and the person they care for. Providing advice and support through friendship.



Forest wide



Mon – afternoons



FREE – donation welcomed



Julie Kingston 01594 823414



admin@crossroadsgloucestershire.co.uk

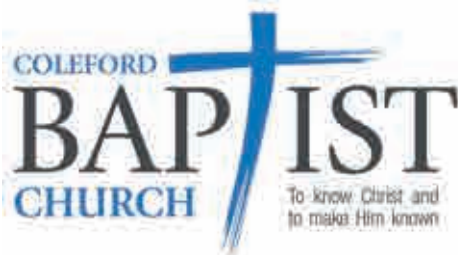


www.crossroadsglos.org.uk



Coleford Baptist Church

A multi use building available for use by community groups. In addition to religious activities this church has a warm hub and provides support for people of all backgrounds. Accessible building and ground floor facilities. Everyone welcome.



Newland Street,
Coleford. GL16 8AJ



Open most days



FREE



07391 099169



pastor@colefordbaptist.org



www.colefordbaptistchurch.org



Gloucestershire
Your life. Your needs. Your circle



Directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire


www.yourcircle.org.uk




Crossroads Care Gloucestershire Support Group


Supporting people in the community to come together in a safe and comfortable place. Caregivers and their loved ones can socialise and enjoy a variety of activities. Fully trained staff on hand. Fully inclusive and accessible.




 2nd Wed, 1.30pm - 3.30pm

 FREE

 Claire Smeeth 01452 302542

 claire@crossroadscareglos.org.uk

 www.crossroadscareglos.org.uk



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT




"I felt listened to and helped to break down the issues that I'm struggling with as a Dad. I can't wait to go again!"

Group member - Dad Matters


Shared Reading Group

A friendly and supportive group who read together and enjoy each others' company.



 Last Wed, 2:00pm - 3:30pm

 FREE

 07522 178639

 managersedburyspace@gmail.com

 www.sedburyspace.org.uk



Sedbury Village Hall, King Alfred's Road, Sedbury. NP16 7AG



Coleford Twinning Association

The Coleford Twinning Association (CTA) supports individuals and groups within the Coleford area to link with similar groups in St. Hilaire de Riez in the Vendee, France. The CTA supports schools, sports clubs and family groups with planning exchanges and general communication. Regular French Conversation sessions and other events are held throughout the year.



Coleford Town Council,
Coleford. GL16 8BD



Mon, 7:00pm - 8:00pm (term time)



Annual membership: £10 individuals,
£20 families, £25 organisations



Iain Baird 01594 832103



secretary@colefordtwinning.org



www.colefordtwinning.org



I'm very glad I found this group! Its great value for money, there is a great selection of toys, a special baby corner, food for the kids, and we always feel very well looked after.

Wednesday Baby and Toddler Group, Parkend

Danby Friendship Club

A social group for the over 60s.
Enjoy weekly bingo and monthly days out. Accessible venue.



Two Rivers Housing,
Danby Centre,
Danby Close,
Yorkley. GL15 4SQ



Wed, 1:45pm - 3:45pm



£2 per week - includes refreshments



Patricia Turner 01594 564722



patty.turner@btinternet.com

Tuesday Group

A friendly get together for ladies, offering the chance to socialise with refreshments provided. The groups also hears from regular speakers and enjoy quizzes and a raffle. Accessible venue.



Huntley Village Hall, North Road, Huntley. GL19 3DU



2nd Tues (except Jan and Aug), 3:00pm



Sue 07831 213770



£30 - annual fee or guest for 2 meetings - £3 per meeting

Coffee, Cake, and Chat

A warm space with free refreshments. Wheelchair accessible, including toilets, open to all.



Wed, 10:00am - 12:30pm



FREE



The Revd Pat Cox 01594 843852



patsycox@talktalk.net



www.achurchnearyou.com/church/14134



Holy Trinity Church,
115 Primrose Hill,
Lydney. GL15 5SW

Bream Tuesday Group

This friendly ladies group regularly have guest speakers on a range of topics and enjoy meals out twice a year.



4th Tues, 2:00pm - 4:00pm



£20 per annum



Ann Sargent 01594 562822



sargentsaway@hotmail.com



Witherby Room,
West Dean Centre,
Bream. GL15 6JW



Scrumbs Coffee Morning

All age groups welcomed to meet old and make new friends. Light refreshments available for a small charge. Accessible venue.



Christchurch Church,
Ross Road, Coleford.
GL16 7NE



Fri, 10:00am - 12:00pm



£2



07825 078108



martha_cole@hotmail.co.uk

Coalway Ladies Group

Coalway Ladies Group meet once a month to enjoy varied talks from interesting speakers, quizzes and social time together. Open to anyone over the age of 16 years old. Accessible venue with disabled toilet.



Pisgah Hall , Old Road Coalway, Coleford. GL16 7JJ



2nd Wed, 7:00pm - 9:00pm



Anne Childs 01594 730713



£20 yearly, visitors £3 weekly



a.bronchilds@gmail.com

St Luke's Coffee Morning

Come along for a warm welcome and a hot drink at St Luke's regular community coffee morning. Everyone welcome. Accessible venue.



Coleford Road,
Tutshill, Chepstow.
NP16 7PT



Last Mon, 10:00am - 12:00pm



FREE



Polly Morgan 01291 760034



paulinemorgan23@gmail.com



www.tidenhamparishchurch.co.uk

Glebe Chapel Coffee +

Coffee + is a friendly social group for the over 50's, with activities and regular speakers. Accessible venue.



Newent Community Centre, Ross Road, Newent. GL18 1BD



4th Thur, 10:30am - 12:00pm



FREE



wellbeingcafe@glebechapel.org



www.glebechapel.org



Drybrook Social Club

Something for everyone to enjoy at this welcoming community venue. Activities on offer include women's and men's skittles, Country and Western evenings and three pool teams. Accessible venue.



Wed afternoon - Pool



Thur afternoon - Women's Skittles



Fri afternoon - Men's Skittles



3rd Sat - Country & Western evening



Drybrook Social Club,
Drybrook Rd,
Drybrook. GL17 9JA



£5 annual membership
all activities free



01594 543794



drybrook.club@gmail.com



Coleford Carer Cafe at Bickys Café

The carer cafe gives adult carers a chance to get together and share experiences. Open to anyone over 18 years old. Ground floor access with parking nearby.



Bickys Cafe,
15 Pyart Court,
Coleford.
GL16 8RG



2nd Wed, 10:00am - 11:00am



FREE



Stephen Moore 0300 111 9000



carers@peopleplus.co.uk



www.gloucestershirecarershub.co.uk

Together We Can

Award winning, all-inclusive, weekly activity club for anyone with a disability aged 8-100 years old living in the Forest of Dean and surrounding areas. Members need to be enrolled, weekly booking system available.



The Causeway Club, (Cinderford Football Club), Edge Hills Road,
Cinderford. GL14 2QH



Together We Can
Est. 2019



Wed, 7:15pm – 9:00pm



£3 per week (first week free).



Saz Davies 07944447700



togetherwecan2019@outlook.com





www.togetherwecan2019.com

Coffee Morning

Come and enjoy a relaxed coffee morning, spend time chatting while enjoying a cuppa and biscuit, and make new friends. On Mondays games like dominoes and cards are played. On Thursdays it is a relaxed sing-a-long to songs from musicals and the crooners. Everyone welcome. Accessible venue with disabled toilet.



 Lydney Community Centre, Naas Lane, Lydney. GL15 5AT


 Mon & Thur, 11:00am - 12:30pm

 FREE



 Linda Windridge 07519 712164

 lindalatty@aol.com


 www.lydneycommunitycentre.co.uk

Shalom Group


The Shalom group meet monthly to get together, eat together (bring your own picnic) and learn more about the Christian faith. Everyone is welcome. It is a safe space to be yourself and meet with friends, new and old. Accessible venue.




 The Good Shepherd Church, North Road, Broadwell, Coleford. GL16 7BN

 1st Thur, 5:30pm - 7:30pm (except Aug)

 £3.50 per session

 Miriam Goldby 07375 395036

 miriamgoldby@theshalomnetwork.org.uk

 www.theshalomnetwork.org.uk



CANDI UNLIMITED / Diverse Leap

We provide a welcoming safe space with opportunity to seek support for a range of needs. Alongside our youth clubs, we run various groups including a Women's Space, Men's Group, and lunch club.

We also host the Diverse Leap weekly mental health support hub with trained volunteers to listen, provide informed advice, support, and signposting.



31 Market Street,
Cinderford. GL14 2RT



Various



Shannon Revill 07749011788



cpc@candi.email



"Gets you out and about, meeting old friends and making new ones in welcoming groups, having a good laugh, with the bonus of tea and coffee."

Regular User - Berry Hill Memorial Hall

Bible Study and Prayer Groups

Two friendly weekly groups to pray and share the bible together.



Sedbury Village Hall,
King Alfred's Road,
Sedbury, NP16 7AG



£ FREE



Bible Study Group
Mon, 2:00pm - 3.30pm



07522 178639



Evening Prayer Group
Tues, 5:00pm - 5.30pm



managersedburyspace@gmail.com



www.sedburyspace.org.uk

www.whatsonfod.co.uk
things to see and do. opportunities to meet new people
...and have fun!

List your event for FREE!



Berry Hill Memorial Institute - The Hut

A variety of groups are held at The Hut for the whole community to enjoy including knitting and crochet, short mat bowls, art and a social group for the over 60's. Accessible venue with disabled toilet.



Berry Hill Memorial Institute, Park Road, Berry Hill, Coleford. GL16 7QU



Knitting and Crochet

Mon, 10:00am - 12:00pm



Short mat bowls

Tues, 2:00pm - 3:30pm



Art

Wed, 2:00pm - 4:00pm



Over 60's group

Wed, 2:00pm - 4:00pm



All activities are low cost



07748 456452



berryhillhut@gmail.com



Mother's Union

Part of the international Christian membership movement supporting families and communities in the UK and worldwide since 1876. Members serve their communities whilst offering Christian care for families, regardless of faith or background. Everyone welcome. Accessible venue.



Huntley Village Hall,
North Rd, Huntley.
GL19 3DU



1st Thur, 2.30pm - 4:00pm



FREE



Shirley 01452 830931



"We had a couple of new people joining us working on the stop planks change over at Oxenhall. I've been involved with the Canal Trust for a long time, but this really felt like the best day ever volunteering on the canal".

Martin - Canal Trust Group Member

Coleford Welcomes Walkers

This community group aims to aid the economic growth of the town by welcoming walkers, improving walking routes and facilities in and around Coleford. Everyone welcome, children must be accompanied by an adult.

A level of fitness is required due to the nature of the work.



In and around Coleford



Various



hello@colefordwelcomeswalkers.co.uk



FREE



www.colefordwelcomeswalkers.co.uk

Pauntley Coffee Morning

Weekly coffee mornings take place every Friday and all are welcome to drop in at any time. Pauntley Village Hall is run for the whole community and visitors, a variety of other events are held throughout the year and the space is available for anyone to book for parties, meetings. Accessible venue.



Pauntley Village
Hall, Brand Green.
GL19 3JD



Fri, 10:00am - 12:00pm



£3 per head for coffee/tea and biscuits



Lesley Harding 01531 822315



pauntleyvillagehall@gmail.com



www.pauntley.org.uk



"I looked for somewhere that combined an activity with a friendly social environment. It offered both, with an opportunity to play badminton, table tennis, indoor bowls or participate in a dance exercise class, and social events such as a Christmas lunch and summer coach trip".

David - Lydney Young at Heart

St Mary's Lydney Coffee Mornings

Monthly coffee morning for all. Optional Raffle to support the costs of the events and the ministry of the church, with prizes donated by members. Accessible venue with disabled toilet.



St Mary's Church,
Church Road,
Lydney. GL15 5TL



Last Fri, 10:00am - 12:00pm



FREE



The Revd David Gardiner 01594 840648



revd.david@lydneyparish.org.uk



www.lydneyparish.org.uk



Crossroads Gloucestershire Befriending

Companionship for people isolated in the Forest of Dean. Open to everyone, either face to face or by telephone.



Forest wide



FREE



Sarah Bruton 01594 823414



admin@crossroadsglos.org.uk



www.crossroadsglos.org.uk

Mount of Olives Church Coleford

A vibrant Elim church with regular Sunday services. They also have a Joy meeting and meal for the over sixties; Ignite which involves games quizzes, discussion groups and bible talks; as well as mid-week prayer and bible study meetings; and ad hoc men's and women's events. Accessible venue.



Mount of Olives Church, Eastbourne Crescent, Coleford. GL16 8BS



Sun, 10:30am - Service



FREE - donations welcome



Alternate Thur - Joy



Terry Mainwaring 01594 837047



Fri 7:00pm - 8:30pm - Ignite



admin@mountofolives.church



www.mountofolives.church



Fairtrade Friday: Coffee Afternoon

A welcoming coffee afternoon with snacks, Fairtrade drinks, chance to chat and a well-stocked Fairtrade shop to browse. Accessible venue.



St Stephen's Church,
Belle Vue Road,
Cinderford.
GL14 2AA



Fri, 12:00pm - 4:00pm



Donations for refreshments



Rachel Witham 07540775179



rachel@cinderford-churches.org.uk



www.cinderford-churches.org.uk

"They have been amazing in coaching me and Fennel to take part. I think Fennel is finally getting the hang of Canicross. I really enjoyed it and appreciated the encouraging and supportiveness of the group."

Member – Dean Canicross

GGLC (Gloucestershire Gay & Lesbian Community)

Gay Social Group which meets on the first Thursday of the month online and at a venue in Gloucester.



Central Gloucester venue (email for details) / Online



In person
1st Thur



Online
3rd Thur, 7:30pm - 9:30pm



£8 (unwaged) £15 (waged) per year



info@gglc.co.uk



Peter C 07942383275



www.gglc.co.uk



Bream Fellowship

This fellowship group sing hymns, reads the Bible and prays. Open to everyone and accessible venue – ramp available.



Witherby Room at
West Dean Centre,
Bream. GL15 6JW



3rd Sun, 10:45am-11:45am



FREE



Rebecca Morgan 01594 562002



rexhanghill@gmail.com

Wednesday Club

This social club gets you out of the house to meet with friends over a cuppa and a game of Bingo. They also enjoy coach trips. Everyone welcome.



Alternate Wed, 2:00pm to 4:00pm



£3 per year, £1.50 per session



Gary Poole 01594 823178



poolegary2@gmail.com



Hanover Court, Cinderford. GL14 2LQ

Huntley Tea and Chat

Social meeting group with refreshments. All ages welcome. Accessible venue with ramp, disabled toilet and car park.



Huntley Village
Hall, North Road,
Huntley. GL19 3DU



Alternate Wed, 2:30pm - 4:00pm




£3



Jenny Eastwood 01452 830757

Gloucestershire Federation of Women's Institutes

Each WI has its own character; some more traditional (a focus on crafts, books or campaigning), some more anarchic and unusual (fancy trying your hand at belly dancing? Gin tasting? Ballet or even a rock choir?) and some are a blend of types. One thing that draws all WIs together is the opportunity for friendship. Whether trying something new, practising the familiar, or just having a chat over a cuppa, the laughter is practically guaranteed! If you are female and over 18, check out the email address below to find contact details for your nearest WIs and pop along. 



Kilcot & Gorsley; Dymock; Newent Lakeside; Hartpur; Staunton & District; Tibberton & Taynton; Castle Tump; Rudford, Highleadon & Churcham; May Hill; Ashleworth & Hasfield.



Longhope; Mitcheldean; Vale of Castiard (Flaxley).



English Bicknor.



Newnham-on-Severn, Lydney.



St. Briavels; Aylburton; Woolaston; Tutshill; The Chase.



Various Prices



01452 523966



gloucestershire.
thewi.org.uk



Cinderford Medical Centre Community Gardening Project

A lovely opportunity to socialise outdoors, get some exercise, enjoy a hot drink and a natter. Take home seasonal fresh organic fruit and veg. Tools provided, please bring your own gardening gloves. Suitable for novices and experienced gardeners.

Accessible space.



Cinderford Medical Centre, Valley Road, Cinderford. GL14 2NX



Wed, 10:00am - 1:00pm



FREE



Jaqui Fabian 07919 851669



cinderfordcgp@downtoearthstroud.co.uk



www.downtoearthstroud.co.uk

Parkrun

Parkrun is a FREE 5k run, walk, jog or volunteer. It happens every Saturday morning at 9am. Locations are Lydney Boating Lake, Five Acres, Mallards Pike, Newent School.



Various locations in the forest



Sat, 9:00am



FREE



www.parkrun.com



Forest Fighting Fit

A community boxing, martial arts and fitness gym that offers mentoring and support when needed. A family training environment and lots of opportunities.



Forest Fighting Fit,
New Road, Parkend.
GL15 4JA



Various



From £5 per session



Michelle Gardiner 07790 025743



whitelotusuk@aol.com



www.forestfightingfit.co.uk



Badminton at Hartpury Village Hall

Weekly badminton sessions for players with a range of ages, ability and experience. Beginners welcome.



Hartpury Village Hall,
Over Old Road,
Hartpury.
GL19 3BJ



Mon, 7:30pm – 9:30pm



£30 per 3 months (first session free)



Ken Jollans 01452 700054



info@hartpuryvillagehall.co.uk



www.hartpuryvillagehall.co.uk



Dean Canicoach

Canicross is running with your dog attached via a harness, line, belt. This training helps people begin to run with their dog using the NHS 0-5k programme with added canicross skills. All ages welcome. Dogs should be a year old. This is a starter group so all abilities welcome.



near Parkend



near Steam Mills,
Cinderford



Sat mornings



Thur evenings



No fees - donations suggested
for Forest of Dean Dog Rescue



No fees - donations suggested
for Forest of Dean Dog Rescue



barb@deancanicoach.co.uk



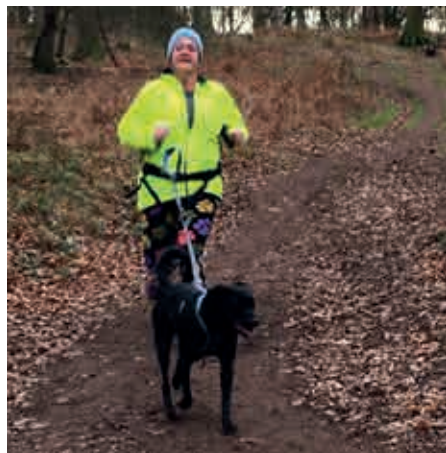
barb@deancanicoach.co.uk



www.deancanicoach.co.uk



www.deancanicoach.co.uk



"I joined to make new friends when I moved to the area. I was made so welcome right from the start and quickly felt part of the group. We have lots of interesting talks on a wide range of topics, an annual garden party, and activities to suit everyone - from lino printing to theatre visits. But no jam and Jerusalem!"

Karen - Vale of Castiard WI



Judo / Jujitsu

Low cost classes to learn and practice Judo / Jujitsu in a friendly and supportive environment. All abilities welcomed. Accessible venue.



Drybrook Social Club, Drybrook Rd, Drybrook. GL17 9JA



Mon, 6:00pm - 7:00pm Kids Judo



Low cost



Mon, 7:00pm - 8:00pm Adults Judo



01594 543794



Wed, 7:00pm Adults Jujitsu



drybrook.club@gmail.com

Goals Beyond Grass Bikes

Enjoy the scenery whilst getting some exercise on an inclusive bike, available at the Forest of Dean Cycle Centre. Open to anyone, with a range of inclusive bikes including wheelchair transporters, hand bikes, side-by-side bikes and trikes. Changing Places toilet on site, please bring your own hoist.



Forest of Dean Cycle Centre, Cannop Valley, Coleford. GL16 7EH



Alternate Tues, 10:30am - 12:30pm



£5 per session - carer rides free



Mary-Clare Faulkner 07393867572



maryclare@goalsbeyondgrass.co.uk



goalsbeyondgrass.co.uk/gbg-bikes



Walking With Wheels

Walking with Wheels provides subsidised hire of all terrain mobility scooters called Trampers to allow those with limited mobility to enjoy forest walks with friends and family. It makes walks accessible that may be too tricky to navigate on a regular mobility scooter. Hire from Speech House Hotel and Forest Holidays at Christchurch.



Forest Holidays,
Christchurch,
Coleford. GL16 7NN



Speech House Hotel,
Coleford. GL16 7EL



Daylight hours, 7 days a week



Daylight hours, 7 days a week



From £2.50 per hour
plus membership (from £2.50)



From £2.50 per hour
plus membership (from £2.50)



Forest Holidays 01594 837165



Speech House 01594 822607



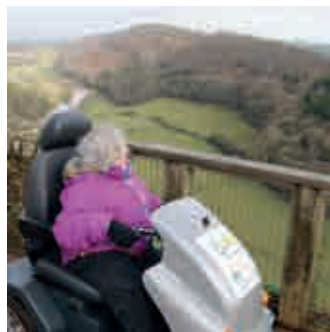
www.forestholidays.co.uk/forest-of-dean



info@thespeechhouse.co.uk



www.thespeechhouse.co.uk



Images by Steven Gregory Photography



Angus Buchanan Walking Football

The friendly team is open to everyone aged over 50 who enjoys football and would like to play. Everyone welcome regardless of ability or gender. The aim is to have fun and improve fitness. New players are welcome to turn up.



Angus Buchanan
Recreation Ground,
Victoria Road,
Coleford. GL16 8DS



Sun, 11:00am



£5 per month



Message via Facebook



"Thanks to all the help, I am now officially debt free. So much was done to get me to this point and staff were so patient with me."

Wye Valley and Forest of Dean CAP Debt Centre




**COURSES, WORKSHOPS, GROUPS, INDIVIDUAL
TUITION & SERVICES IN THE FOREST OF DEAN**






www.theforestbee.co.uk

01594 842570

info@theforestbee.co.uk







Coleford Bowls Club

Competitive and social bowling club that has been running for 100 years. This club plays in leagues, friendly matches and arranges social get togethers through the winter. No prior experience needed. Spare bowls and kit available. The season runs April to September. All ages, genders and abilities welcome. Accessible venue with disabled toilet and parking available.



Angus Buchanan
Recreation Ground,
Coleford. GL16 8DS



Wed, 6 / 7:00pm - 9:00pm
(summer/winter times)



Free taster sessions. £40 per year



Andrew Griffin 07975 554298



sec.colefordbowlsclub@gmail.com

Wilde Earth Journeys CIC

Forest Bathing and Wellbeing Walks - both virtual, at your chosen venue, and out in nature. This organisation runs walks for carers, bereavement and loss walks, and offer mindfulness programmes in schools and for private groups.



Forest wide



Times to suit



FREE (charges apply for bespoke sessions)



Kelly Bluett



hello@wildeearthjourneys.org



www.wildeearthjourneys.org



Wild Oats Morris

A group for adults with a sense of fun and rhythm, who want to enjoy learning Morris Dancing. Children under 16 must be accompanied by an adult, and you should be reasonably fit.



Ruspidge Memorial
Hall (lower hall),
45 Ruspidge Rd.
GL14 3AE



Mon, 7:30pm - 9:00pm



£1 per attendance
Plus £15.50 RFC annual membership



Melanie Getgood 01594 835005



melanie.getgood@gmail.com

"I have appreciated what this Shed offers for the last 3 years. On suffering a recent bereavement, which really brought it home now that I am on my own, the company, the camaraderie, and friendship this group gives me can't be exaggerated."

Forest of Dean Community Shed Member

Forest Riding for the Disabled (Forest RDA)

Forest RDA offers horse riding to children and adults with physical and/or mental disabilities. There is no disabled toilet. Clients need to be able to walk up a mounting block and up steps.



Severnvale Equestrian Centre. NP16 7LL



Thur (term time), 1:00pm - 4:00pm



£12 per 30 minute ride



Carole Reader 01594 516328



carole.reader@hotmail.co.uk



FYCC Football

This focus of this club is on fun, fitness and fellowship, with a little bit of healthy competition. Open to anyone over 18 and all abilities welcome.



Freedom Leisure Centre, Causeway Road, Cinderford. GL14 2AF



Wed, 8:00pm - 9:00pm



FREE – donation welcome



Niki Kent 01594 824076



niki.kent@fcchurch.co.uk



www.fcchurch.co.uk



"I now find it much easier to say what I am thinking. When I dictate to my laptop, I can see what I have said, edit and print it. I could not have done this without my coach's help."

A Forest Read Easy Deal Learner

Short Mat Bowls

Join this weekly short mat bowls session at Hartpury Village Hall. Beginners welcome, no experience required. Spare woods (bowls) available but please bring your own woods if you have them. Everyone welcome. Accessible venue.



Fri, 2:00pm - 4:00pm



£2.00 per week



Ken Jollans 01452 700054



info@hartpuryvillagehall.co.uk



www.hartpuryvillagehall.co.uk



Hartpury Village Hall, Over Old Road, Hartpury. GL19 3BJ

Wimberry Clog

This group keeps tradition alive by learning and performing traditional clog dances. A reasonable fitness level required and a good sense of timing. Accessible to adults and accompanied children.



The Pludds Village
Hall, Ashdene Road,
Ruardean. GL16 9UQ



Thur, 7:00pm - 8:30pm



£25 yearly fee



Melanie Getgood 01594 835005



melanie.getgood@gmail.com

Goals Beyond Grass - Forest Boars PAN Football

PAN football is a format of football which involves small side games for a mixture of abilities, including participants who have learning difficulties. PAN football is for both recreational and competitive users with there



being a league and a tournament played on a regular basis. All abilities welcomed as long as you can walk. Previous football experience not needed. Accessible venue with disabled toilet.



Dene Magna School, Abenhall Road, Mitcheldean. GL17 0DU



Tues, 5:00pm - 6:00pm



£5 a week



Kane Hyett 07805089395



kane@goalsbeyondgrss.co.uk



goalsbeyondgrass.co.uk/forest-boars-pan-football



FOD Community Walks

Walks based all around the Forest of Dean taking in its natural beauty and stunning views. There is generally a choice of walks of between 10 - 60 minutes duration and they are graded for difficulty. Most walks finish at a café where people can get refreshments and have a chat. All welcome. Carers will need to accompany walkers who need support. Only assistance dogs are permitted. See website for meeting places, levels of difficulty and leader contact details for each walk.



Bream - Fri, 10:00am
 Coleford - Fri, 10:30am
 Parkend - Mon, 10:30am
 Staunton - Tues, 10:30am
 Yorkley - Wed, 10:30am



Cinderford - Mon, 10:30am
 Lydbrook - Fri, 10:30am
 Mitcheldean - Tues, 10:30am



St. Briavels - Tues, 10:30am
 Sedbury - Thur, 10:00am



Hartpury - Wed, 10:00am
 Newent - Thur, 10:00am



Lydney - Thur, 10:15am

£ Free

☎ 07881338476

@ fodcommunitywalks@outlook.com

🌐 www.fodcommunitywalks.wixsite.com



Dean Trail Volunteers

An independent group of riders, working in partnership with Forestry England to develop and maintain the official mountain bike trails in the Forest of Dean for locals and visitors. Open to anyone aged 18+. 14-17 years olds welcome with a supervising adult who must be in attendance at all times. Volunteers need to be able to access the sites independently and use hand tools.



Pedelabikeaway, Cannop. GL16 7EH



Every other Wed & Sat,
9:30am - 1:00pm



FREE



admin@deantrailvolunteers.org.uk



www.deantrailvolunteers.org.uk



Forest Boxing Club

This sports club offers amateur boxing and fitness sessions for males and females from the age of 10 years old. Accessible venue.



Yorkley Community Centre, 2 Bailey Hill, Yorkley. GL15 4RS



£5 per session, £3.00 under 18's



Mon, 8:00pm - 9:00pm,



Sue Cope 07802 793282



Wed, 7:45pm - 8:45pm



forestboxing@outlook.com



Coleford Crafters Group

This group is very relaxed and has a main emphasis on having fun whilst creating creative pieces of arts and craft. They meet monthly but also run extra courses delivered by local qualified tutors three times a year. Overseen by CCP Community Involvement team. Open to anyone over the age of 18 years old.



Coleford Baptist Church, Newland Street. GL16 8AJ



Fri, 10:00am - 1:00pm



FREE



James Aldridge 07593446891



james.aldridge@ccp.org.uk



www.ccp.org.uk

Wellbeing Café

The welcoming cafe is for everyone to come along, meet others and join the craft table where some people bring along a particular craft they're working on. Wheelchair access.



Glebe Chapel, Newent Community Centre, Ross Road, Newent. GL18 1BD



Wed, 10am -12:30pm



FREE



Victoria 01531 822667



nccadmin@glebechapel.org








www.glebechapel.org



Newent Quilters

Join fellow quilters to share, encourage and develop the art of patchwork and quilting within the local community. Monthly meetings are held along with an exhibition of work every three years, and regular all-day workshops. Everyone is welcome. Accessible venue.

-  2nd Thur, 7:30pm - 9:00pm
-  £25 annual membership fee.
-  Nicky Lowe 07890 522592
-  newentquilters20@gmail.com
-  newentquilters.wordpress.com



Newent Memorial Hall, Newent. GL18 1PT

"This group means a lot to me. It's my main social interaction for the week. It lets me be myself!"

Ruardean Youth Club





Canopy

This volunteer-led events organiser provides opportunities for creative people to link up with others and local communities through festivals, Creative Walks in Nature and artist talks. Open to everyone regardless of age or ability.



Forest wide



-  Varied – check website 
-  FREE – donations welcomed
-  Rob Olins 01594 369451
-  fodcreativecanopy@gmail.com
-  www.canopynetwork.co.uk



St. Luke's Folk Club

Everyone is welcome to come along and listen to local live acoustic music and if you or your band would like to take part then please get in touch. Coffee and tea are provided. Accessible venue with a disabled toilet. Parking nearby.



St. Luke's Church, Tutshill. NP16 7PT



Regular evening events



FREE – donations welcomed



Bill & Tanya White 01291 623169



tanya.rockymead@gmail.com

May Hill Hub's Music Makers

Have fun, and play along with others - any age, any instrument, any standard. Tea and cake also provided. Accessible venue with disabled toilet.



May Hill Village Hall, All Saints
Road, May Hill. GL17 0NL



1st Mon, 4:00pm - 5:00pm



FREE (£2 for tea & cake)



Bscott636@btinternet.com



Brigid Scott 01452 831730



www.mayhillhub.com

The Music Works



After School Club and The Drop session for 10–18-year-olds, cater for any skill level or musical taste, and are spaces for you to develop your musical skills, get advice, or work with others. A new Forest Hub will open soon in Cinderford centre, including a production / broadcasting room, live studio, sensory room, music equipment store, social and office spaces.



SoundSpace, Causeway Rd, Cinderford. GL14 2AF



The Drop (term-time):
Mon, 3:00pm - 5:00pm



£3 per session (bursary available)



After School Club (term-time):
Wed, 4:30pm - 6:00pm



soundspace@themusicworks.org.uk



www.themusicworks.org.uk

Online Creative Wellbeing

These online group sessions can offer you a safe space to focus on self-care through creative journaling, creative wellbeing, mindfulness meditation and peer support. For people in Gloucestershire who feel isolated, due to anxiety, long term health issues, disability, loss, financial hardship or from caring responsibilities



Forest wide, online



Creative Wellbeing
Mon, 7:00pm - 9:00pm



FREE



Mindfulness Meditation
Tues, 10:30am - 11:30am



Helen 07742 653819



steph@reconnectglos.org



Creative Journaling
Wed, 12:30pm - 2:30pm



reconnectglos.org/online-creative-wellbeing



Leadon Vale Community Choir

Based in Staunton, this friendly choir sing a mixed programme with the aim of performing two concerts a year to raise money for local charities.



Staunton & Corse Village Hall,
Gloucester Road, Staunton. GL19 3RQ



Mon, 7.30pm



Contact via Facebook



Forest Gals Craft Club

Come along and craft with other likeminded crafters. Use the equipment provided or your own. All abilities welcome from beginners to more experienced crafters - always someone that can help you with ideas. Refreshments included. Accessible venue.



Littledean Village Hall, Littledean. GL14 2BJ



2nd Sat, 10:00am - 5:00pm



Karen Jenkins 07379239516



£3 per hour or £15 all day



karenjnks@aol.com

Forest Spinners and Yarn Crafts

Join this group of likeminded people who enjoy a chat and coffee as you spin, weave, knit, crochet. You can learn a new craft or get help with an existing project from your fellow crafters.

Accessible venue.



1st Floor, The Main
Place, Coleford.
GL16 8RH



Alternate Tue, 2:00pm - 4:00pm



£5 annual membership, £3 per session



Maggie Saunders 07860 159120



maggie.saunders@live.co.uk

Springfield Singers

A female voice choir established in 1976, a non-audition choir with no requirement to sight read, all you need is a love of singing. Eclectic range of music performed. Open to women of any age. Accessible venue.



St Josephs Catholic Church, Nass Lane, Lydney. GL15 5PA



Tues, 7:20pm - 9:00pm



Judith James 07730 896844



£15 per month



j4ude@hotmail.com




www.thespringfieldsingers.co.uk




Sewing Club

A friendly bunch people who meet to make their own projects or make repairs, either bring your own or there are materials and sewing machines available. Accessible venue.




 Tues, 9:30am - 12:30pm & 6:30pm - 9:00pm

 Thur, 6:30pm - 9:00pm

 £3

 Vivienne Prescott 01594 839106

 vivienne.prescott@salvationarmy.org.uk

 www.salvationarmy.org.uk/forest-dean



Salvation Army Broadwell,
43 North Road, Broadwell,
Coleford. GL16 7BX



"Going to garden club makes me feel good, it's soul food! I always leave happy and with a smile on my face."

Cinderford Medical Centre Community Gardening Project

Art for Well-being

A friendly group who come together to paint, draw and socialise. Everyone works on subjects that appeal to them and in the medium of their choice. Tea, coffee and biscuits or cake and a good chat. Everyone welcome. Accessible venue.




The Harvey Centre, Minsterworth. GL2 8JH

 Fri, 10:00am - 12:30pm



Jackie Cox 07781 00000

 £10 per week or £35 for 5 weeks



jcox953@btinternet.com

Crafting at Four Seasons Café

Enjoy a cuppa and crafting at this friendly creative café.



Four Seasons Cafe, Bathurst Park Road, Bathurst Park, Lydney. GL15 5DQ



Sewing Group

Wed, 10:00am - 12:00pm



FREE- small charge for materials



Knit and Natter

Thur, 10:00am - 12:00pm



07872147855



Felting

Fri, 1:30pm - 3:30pm



fourseasons.lydney@gmail.com

"It not only gives me an opportunity to catch up with friends and have a laugh with a hot drink and a biscuit, but also provides gentle exercise for my body and mind – that cannot be a bad thing!"

Dave - Balance Class at Forest Sensory Services

Forest Singers

A mixed community choir for all ages and abilities. A very warm welcome awaits - come along for a free taster session and sing a wide range of songs, something to suit everybody. No need to read music or to have sung before. Venue is wheelchair accessible.



Mitcheldean Community Centre, 1Townsend, Mitcheldean. GL17 0BQ



Forest Singers



Mon, 7:30pm - 9:15pm



£15.00 per month



Anita Chaloner 07565909492



anita.warren1@gmail.com



www.forestsingers.co.uk



Craft Connect

Drop-in crafts and arts club - bring your own project or be inspired by a collection of craft materials and ideas provided. Hot drinks and cake always provided. Everyone welcome. Access to the venue for those with walking aids and/or wheelchairs may be restricted - email for more details.



Ruardean Woodside



Wed, 9:30am - 12:00pm



FREE



Angie 01594 824076



angie@fcchurch.co.uk



www.fcchurch.co.uk



Last Thursday Club

This monthly live arts event brings performers from all cultures into the Forest. Run by local people, a varied programme of events covers theatre, folk music, dance, spoken word. Everyone welcome. Accessible venue.



Evergreen Hall, Church Walk, Broadwell. GL16 7BN



Last Thur (Sept to Jun), 7:30pm



£10 in advance



Jane Rothery 07903099779



Lasthurs@coalway.f9.co.uk

Craft Club

Join this friendly club for a cup of tea/coffee and a chat while you craft. Please bring your own projects and materials to work on. Open to adults. Fully accessible venues.



Coleford Library,
The Main Place,
Old Station Way,
Coleford. GL16 8RH



Tues, 2:00pm - 3:30pm



FREE



01594 833351



colefordlibrary@
gloucestershire.gov.uk



Cinderford Library,
Bell Vue Rd,
Cinderford.
GL14 2BZ



Fri, 2:00pm - 4:00pm



FREE



01594 822581



cinderford.library@
gloucestershire.gov.uk



"A great session! Very friendly and welcoming. We really enjoyed the singing, and it was lovely to meet other people."

Music Memory Café, Coleford

Woolaston Craft Group

Bring along any craft you are working on or if you would like to learn a craft, many others are there to teach you. A casual group for any age that enjoy crafting, having a natter, and a cup of tea/coffee and biscuits. Accessible venue with disabled toilet.



Woolaston Village
Hall, Woolaston,
Lydney. GL15 6NN



1st & 3rd Mon, 1:30pm - 3:30pm



£3.00 (£12.00 for 6 paid in advance)



Gaynor Cooke 01594 529521




gaynor.cooke58@icloud.com




Happy Crafters


A fun craft group for friendship and trying out a variety of crafts.



 Alternate Fri, 10.30am - 12:00pm

 FREE

 07522 178639

 managersedburyspace@gmail.com

 www.sedburyspace.org.uk




Sedbury Village Hall,
King Alfred's Road,
Sedbury. NP16 7AG




Forest Craft Club


Join this group to enjoy a diverse range of crafts and to learn new skills shared in a community setting. Projects are available or you can bring your own work. The club is held in a fully accessible setting and is open to anyone over the age of 18 years.



 Yorkley Community Centre, Bailey Hill,
Yorkley. GL15 4RS

 2nd and 4th Tues, 7:00pm - 9:00pm

 £3.50 (additional fees may apply for projects)

 Pippa English-Penfold 07901918512

 pippa.penfold@btinternet.com



Art Groups

Friendly groups in Longhope and Huntley, who come together to paint, draw and socialise. Everyone works on subjects that appeal to them and in the medium of their choice. Tea, coffee and biscuits or cake and a good chat. Everyone welcome. Accessible venue.



Latchen Rooms,
Longhope. GL17 0QE



Tue, 9:30am - 12:30pm



£8 per week



Jackie Cox 07781 000000



jcox953@btinternet.com



Huntley Village Hall.
GL19 3DU



Fri, 2:00pm - 4:00pm

Artlift

Creative 10-week courses and projects for adults living with mental health challenges, chronic pain and/or cancer. Inclusive to all - for anyone registered with a doctor in Gloucestershire. Courses run consecutively with breaks at Easter, Christmas and summer (not half terms).



Artspace, The New Mercury, 3 Woodside Street, Cinderford.
GL14 2NL



Artlift



Mon, 2:00pm - 4:00pm



Tues, 12.45pm - 2.45pm



FREE with referral (can be self-referred)



Cath Wilkins 03000 200 102



referrals@artlift.org



www.artlift.org



Knit and Natter

A friendly group of people that do more nattering than knitting, needles and wool are available. Accessible venue.



Salvation Army Broadwell,
43 North Road, Broadwell,
Coleford. GL16 7BX



Mon and Wed, 11:00am -1:00pm



FREE



Vivienne Prescott 01594 839106



vivienne.prescott@salvationarmy.org.uk



www.salvationarmy.org.uk/forest-dean



Drybrook and District Male Voice Choir

This fun and friendly community choir have been singing for 75 years. There is no audition, and no previous experience is needed. Relax afterwards with a drink in the rehearsal room bar. Open to men of any age. Accessible venue.



Rehearsal Room, 2 Hawthorns Rd, Drybrook. GL17 9BU



Wed, 7:30pm



£15 per month after trial period



Simon Andrewes 07710 344177



drybrookanddistrict.mvc@gmail.com



www.dandd.mvc.org.uk



Scrabble Club

Come and have a chat and spell your friends under the table. All ages welcome. Accessible venue.



Lydney Library,
Hill Street,
Lydney.
GL15 5HW



Monthly - contact library for details



FREE



01594 842769



lydneylibrary@gloucestershire.gov.uk



www.gloucestershire.gov.uk/libraries

May Hill & District Gardening Society

A friendly group of people interested in gardening, including flowers, fruit and vegetables. In winter monthly meetings with a speaker and in the summer months this society enjoys visits to local gardens. Everyone welcome. Accessible venue.



May Hill Village Hall, All Saints Road,
May Hill. GL17 0NL



2nd Tues, 7:00pm - 9:00pm
(garden visits vary)



£15 annual fee (garden visits vary)



Jane Elvidge 01452 830013



egdivle@gmail.com



Lydney Bridge Club

This friendly group plays duplicate bridge and can offer training. Open for anyone to join. Accessible venue.



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT



Wed, 6:40pm - 9:40pm



Grace Martyn 01594 842708



£15 annually, £3 per session



gmartyn@hotmail.co.uk

Friends of Forest Waterways

A Citizen Science group fighting for the waterways in and around the Forest of Dean. Most activities are accessible by people of general fitness, provisions are made for disabled members.



2nd Wed, 7:00pm - 9:30pm



FREE



Adrian Lane 07784 301145



Taurus Crafts, The Old Park, Lydney. GL15 6BU



admin@fofw.org.uk



Newent Bridge Club

All bridge players welcome to join Duplicate Bridge on Wednesday evenings and online on BBO (Bridge Base Online) on Friday evenings.



Wed, 7:00pm & Fri 7:15pm



£2.50 on Wed, £3 on BBO.



Janet Dowdle 01989 770949



janet@kilreague.com



www.bridgewebs.com/newent



6th Form Centre, Newent Community School, Watery Lane, Newent. GL18 1QF



Forest of Dean U3A

The U3A is a national organisation which is open to anyone who is not in full time work. A range of groups are on offer, catering for a variety of interests. Join to make new friends as well as developing new skills and interests. Full listing of activities on the website.



Lydney Town Hall,
Lydney. GL15 5BN



Talks 3rd Wed, 1:45pm - 4:00pm



£12 per year



Message via website



u3asites.org.uk/forest-of-dean/home

The Dean Theatre Company

A vibrant amateur theatre company based in the Forest of Dean. They perform shows, plays, and pantomimes in local venues and are passionate about developing local talent. Minimum joining age 14 years, no upper age limit.



The West Dean Centre, High Street, Bream. GL15 6JW



Sunday



£50 per year



Caroline



thedeantheatrecompany@gmail.com



www.thedeantheatrecompany.com



Blakeney Hill Growers

Community smallholding growing food harvested all year round, using sustainable and wildlife friendly methods. Open to all ages and abilities. Field is steep and uneven in places.



Blakeney Hill. GL15 4BN



Fri, 1:00pm to 3:00pm in winter,
3:00pm to 5:00pm in summer



£30 per year, take home a bag
of veg each time you come



Rebekah Hoyland 07815660013



blakeneyhillgrowers@gmail.com



www.blakeneyhillgrowers.org.uk

Gloucestershire Family History Society

This group promotes an interest in family and social history especially relating the Forest of Dean and Gloucestershire. Friendly team on hand to help others research their family history. Accessible venue.



Witherby Room,
West Dean Centre,
Bream. GL15 6JW



3rd Wed (except Aug), 7:30pm - 9.00pm



FREE



Eric Nicholls 01594 543422



nichols398@btinternet.com



Library Club

Choose books and meet others over a cup of tea and a chat. The Library Club is a social activity for people who would otherwise struggle to access library services. Open to everyone. Transport available with Lydney Dial-A-Ride on request.



Cinderford Library,
Belle Vue Road,
Cinderford.
GL14 2BZ



1st Wed, 10:30am – 12:00pm



FREE



Vicky Giles 01594 822581



cinderfordlibrary@gloucestershire.gov.uk



www.gloucestershire.gov.uk/libraries

Tabletop games and puzzles

Go along to the Broadwell Hub to enjoy board games and puzzles, plus FREE prize bingo on the first Monday of every month. Accessible venue.



Salvation Army Broadwell,
43 North Road, Broadwell,
Coleford. GL16 7BX



Mon, 11:00am - 12.30pm



FREE



Vivienne Prescott 01594 839106



vivienne.prescott@salvationarmy.org.uk



www.salvationarmy.org.uk/forest-dean



Alpine Garden Society

This group is for gardeners interested in growing and the conservation of alpine plants. There is usually a speaker on an interesting and relevant subject. An annual show is held at Easter. All ages welcome. Accessible venue.



Redmarley Village Hall, The Causeway. GL19 3HS



1st Wed, (Sept - Jun), 6:00pm



£15 per year membership fee



Pam Turner 01531 820666



martin@bramblegarth.co.uk



www.alpinegardensociety.net/local-groups/cotswold-malvern/

Newnham-on-Severn Film Club

A friendly film club which screens a mix of fairly recent films, classics, and sometimes foreign films. The bar is open for drinks and snacks. Accessible venue. Screenings take place on the first floor - stair-lift available.



The Club, High Street, Newnham-on Severn. GL14 1BS



Last Fri, 7:30pm



FREE, local charity donations welcome



Paul Manning 01594 516259



paulmanning54@gmail.com



newnhamonsevern.co.uk/film-club/



Littledean Bingo Club

A friendly place where you can come to have a game of Bingo and socialise. Cash Prizes. Everyone welcome. Accessible venue.

**Littledean
Community
Centre**



Littledean Community
Centre, Littledean.
GL14 2BJ



Tues, 7:00pm - 8:45pm



50p entry and pay per game



Janet 01594 824488



Forest Community Shed

This voluntary community group provides a safe, supportive, and friendly setting to socialise, learn new skills, and hone existing ones. You can work alongside others on your own projects, community projects, and projects that raise funds. Activities usually involve a variety of making / mending in wood.



Orchard Trust,
Lydbrook.
GL17 9PD



Wed & Thur,
10:00am – 3:00pm



£20 annual membership,
£3 per day



01594 780170



deanforestshed@gmail.com



www.forestcommunityshed.com



Welsh Language Meet Up Group

A friendly and supportive group of Welsh language learners/speakers of all levels of learning and confidence, who meet up to chat informally in Welsh. Chat as much or as little as you like. Any learner or speaker welcome. Accessible venue.



Whitemead Forest Park,
Parkend, Lydney. GL15 4LA



Adhoc



FREE



Fi Benson 07897651154



fibenson@gmail.com



The Newent and District Men's Shed

The Newent Men's Shed caters for men to share the camaraderie they miss after retirement, sharing skills and hobbies with tea, coffee, biscuits, and lots of laughs, whilst repairing items for the local community.



The Old Rifle Range,
Newent Community
Centre, Ross Road,
Newent. GL18 1DB



Mon, Wed & Fri,

10:00am – 2:00pm



£10 per month.



Tony Dowding 07808116898



thenewentshed@gmail.com



Sedbury Sunday Lunch Club

A friendly, welcoming group with good food and good company



Sedbury Village Hall,
King Alfred's Road,
Sedbury. NP16 7AG



1st Sun, 12:30pm - 2:00pm



Low cost



07522 178639



managersedburyspace@gmail.com



www.sedburyspace.org.uk



"The group has really helped me change who I am. I have confidence now where I had none before. Now I have more "ups" emotionally than before."

Milly - Artlift in the FOD

English Bicknor Lunch Club

A lunch and activity group for the elderly or disabled, run by a team of Lydcare volunteers. Those attending can enjoy lunch, a social gathering, usually followed by a talk. Venue is fully accessible with parking and disabled toilet. Transport, subsidised at £2.00, can be arranged.



English Bicknor Village Hall, English Bicknor. GL16 7PB



Every other Tues, 12:00pm



£4



Joan Maxfield 01594 836187



www.lydcare.org



Ruardean Woodside Lunch Club

A friendly over 60's lunch club meeting for fun, food and friendship. Two course meal, followed by tea and coffee. Low-cost bar available and a raffle held each time. Occasional trips and parties plus a Christmas party and meal out. Please phone to book. Accessible venue.



Ruardean Woodside
Memorial Hall,
Forest Road. GL17 9XR



1st Wed, 12:00pm - 2:00pm



£8 including meal and raffle



Claire 01594 543163



Lunch at the Hall

A social gathering for people from the local area to come along to meet friends old and new. A home cooked three course meal is served followed by coffee and mints. A popular group, all are welcome. Accessible venue.



Taynton and Tibberton Village Hall, Taynton Road. GL19 3AN



Last Thur, 12:00pm - 2:00pm



Hilary Lyon 01452 790733



£9 all inclusive



hal22@btinternet.com

Ladies Lunch and Gents Lunch

Social outing for people who find it difficult to access the community without support. Visiting local venues such as garden centres and local pubs/restaurant. Open to everyone.



Forest wide



Wed, Thur, Fri, afternoons



Contact for costs



Julie Kingston 01594 823414



admin@crossroadsglos.org.uk



www.crossroadsglos.org.uk



"Knowing I can come out each Friday and meet friendly people has given me great comfort. The conversation is always friendly and funny, and I know I'll be met with a smile."

Coleford Welcomes Walkers

Friday Lunch Club

A social event where people get together for a chat and a three-course meal. A fun raffle with small prizes is regularly held. Aimed at older people but everyone is welcome to come along. Accessible venue.



St. Margaret Mary's Church Hall, Highnash, Coleford. GL16 8HN



Last Fri, 11:30am



Brian and Dot Lord 01594 560054



£7 including food



bandlord@gmail.com



Brockweir Charity Soup Lunches

This welcoming lunch club offers a variety of soups, a dessert and tea and coffee to raise money for a different charity each month. Open to all. Accessible venue.



Brockweir Moravian
Church Hall.
NP16 7NG



1st Thur, 11:00am - 2:00pm



£5 suggested minimum donation



Susan Groves 01291 689804

Woodcroft Parish Lunch

A sociable lunch for anyone who wants company, a nice meal and social connection. Phone to book a place by the Monday of the week you want to come along. Accessible venue. On-site parking.



Woodcroft Christian
Centre, Woodcroft.
NP16 7PZ



1st Thur, 12:00pm - 1:30pm



£3 for two course meal & refreshments



Beryl & George Healey 01291 625551

Coalway Lunch Club

This is sociable monthly lunch club for older people or people on their own. Coffee and biscuits provided on arrival, a main cooked meal and desert plus coffee and tea afterwards. A raffle is held each week. Accessible venue with disabled toilet and parking available.



Coalway Methodist
Pisgah Chapel,
Coalway. GL16 7JZ



1st Wed, 11:30am



£5 per week - inc food & drinks



Sue 01594 833085

The George Community Hub

A welcoming social hub for all, where community, sustainability and inclusivity come together. A centre of wellbeing for Newnham and the whole Forest, where people can work, volunteer, learn, socialise be enriched and entertained. We have a vibrant café, a community bakery, regular talks, exhibitions, events, and workshops.



High Street, Newnham on Severn. GL14 1BS



Tue – Sat, 10:30am – 4:00pm



01594 510740



info@thegeorgeatnewnham.co.uk



www.thegeorgeatnewnham.co.uk

Forest Inclusion Hub

The Forest Inclusion Hub is a safe and welcoming space for people with any experience of disability and their carers. At the Hub, you can make new friends, try out activities and access information. The room is on the ground floor, wheelchair accessible. There is a disabled toilet. No hoist.



3rd Wed, 10:00am – 12:30pm



FREE



Sylvana Williams 01452 234003 /
07525849333



info@inclusion-glos.org



www.inclusiongloucestershire.co.uk



Salvation Army Building,
43 North Road,
Broadwell. GL16 7BX



Dean Forest Kitchen CIC

Meals on Wheels service – volunteer drivers deliver meals to those who can't cook any more due to injury, age, illness, but they are also happy to provide meals for anyone who want them. Meals are cooked at Harts Barn Craft Centre. Meals for Lunch Clubs can also be provided. Cookery lessons will be offered at various venues. Chilled meals can be supplied for weekends and holidays.



Building 9, Floor 2, Vantage Point, Mitcheldean. GL17 0DD



Mon – Fri 8:30am – 11:30am



Various



01594 545882



enquiries@deanforestkitchen.co.uk



www.deanforestkitchen.co.uk



“The walk each week has increased my level of fitness and given me the confidence to walk on my own during the week. Refreshments at Café 16 after the walk means we all get to sit together and further chat in a warm and welcoming environment.”

Coleford Welcomes Walkers

“It is good to be aware of others and that you can help and share. Everyone has something to offer and we can achieve more together. There is a real joy in working together in a stress-free, supportive environment.”

Forest of Dean Community Shed



Great Oaks Coffee Morning

A monthly coffee morning, held at the Hospice. Open to all, no booking required. Just drop in for tea, coffee, cake and a chat. Check the website for dates.



Great Oaks Hospice,
The Gorse, Coleford
GL16 8QE



Wed Monthly, 10:00am - 12:00pm



FREE



01594 811910



clerical@great-oaks.org.uk



www.great-oaks.org.uk



Lydney Community Centre

A packed programme of classes are held at the Centre for all age groups including line dancing, ballet, martial arts, indoor football for under 5s, yoga, tai chi, keep fit, adult education courses, WI, Community Church; mother and child groups, coffee mornings, memory clubs, and a cancer support group. Rooms are available to the community and groups for hire. Accessible venue with disabled toilet.



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT



Various



Various



Pat Stokes 07504565153



lydneycommunitycentre@outlook.com



www.lydneycommunitycentre.co.uk



Sling Club Community Café

This is an all-inclusive community cafe for any age, toddlers to seniors. Run by volunteers. Hot drinks and cake are available, along with the chance to meet new friends and old! Accessible venue with disabled toilet.



Sling & District Recreational Club, Milestone Walk, Sling. GL16 8JP

The
Club House
Sling



Wed, 9:30am - 12:00pm



£2 for hot drink and cake or roll, 50p refills



Alice Gordon 07580 135868



slingclubhouse@gmail.com



Common Ground Café

This registered warm space in the Community Church offers for free hot drinks, great company and the chance to stay cosy in the winter. Neighbourhood Chaplains Team are always on-hand to chat, support and pray if needed. Everyone welcome. Accessible venue with disabled toilet.



Forest Community Church, 2 Parragate Rd, Cinderford. GL14 2LY



Tues, 10:00am - 12:00pm



FREE - donations welcome



Aderyn Taylor-Roberts 01594 824076



connect@fcchurch.co.uk



www.fcchurch.co.uk



The Rising Sun

This community owned pub and hub acts as a base for reconnecting people. Locals can enjoy food and drinks, sports screening, special events and a weekly pub quiz. Accessible venue with disabled toilet.



The Rising Sun,
Woodcroft. NP16 7HY



Sat, 10:00am - 11:00pm,
Sun, 11:00am - 10:00pm,
Weekdays, 11:00am - 11:00pm



Various



01291 630888



www.therisingsunwoodcroft.co.uk



Warm Spaces

A networks of community venues across the Forest have opened their doors to offer a warm and welcoming space to go to for a warm space and free drink.



Various



Forest wide



FREE



www.warmwelcome.uk



Mobile Post Office

A travelling Post Office aboard a specifically designed vehicle that brings Post Office services and retail products to smaller communities. Stops at various villages across the Forest of Dean.



www.postofficenearme.co.uk



Ruardean Woodside,
adjacent to Woodside
Stores. GL17 9XL



Wed, 12:15pm - 1:15pm



Whitecroft, car park
opposite Miners Arms.
GL15 4PE



Call 01594 562483 for details



Joys Green, on the road
at Rocks Close. GL17 9RG



Wed, 11:00am - 12:00pm



Huntley, opposite Village
Hall. GL19 3DU



Fri, 11:00am -12:00pm

The Cafe at the Centre

A friendly, welcoming place to meet up with friends for a chat over coffee and homemade cake, or stay longer for a simple lunch. This friendly café has a book exchange, charity cards for sale, magazines and a jigsaw loan. All welcome. Accessible venue.



Yorkley Community Centre, Bailey Hill, Yorkley. GL15 4RS



Fri, 11:00am - 4:00pm



01594 560190



Various



www.communitycentreyorkley.co.uk



Goslings Community Café

Newly refurbished, the cafe is open for the public to call in and have a drink and light refreshments. Open to all. Accessible venue with disabled toilet.



West Dean Centre, Bream. GL15 6JW



Fri mornings



Reasonably priced drinks & snacks



01594 564484



deputyclerk@westdeanpc.org.uk

"Gardening and being active is such good physical exercise, and so good for our emotional and mental health. There is good company and we're out and working with nature which lifts our spirits!"

Cinderford Medical Centre Community Gardening Project

You're Welcome Gloucestershire

This free inclusive online directory features clubs, groups and other social activities across the Forest and the county. It is for all age groups, and people can search by their location within the county, their hobbies/interests, and any specific requirements they might have.



Forest wide



01452 341266



www.yourewelcomeglos.org



Brockweir and Hewelsfield Village Shop

This community shop and café is run 7 days a week by over 100 volunteers and a small team of staff. Bookable multi-use community space above the shop. Profits donated to community causes. Accessible venue.



Brockweir & Hewelsfield Village Shop, Mill Hill, Brockweir. NP16 7NW



Mon - Sat, 8:30am - 6:00pm & Sun, 10:00am - 4:00pm



Kristian Vaughan-Adkins 01291 689995



enquiries@bandhvillageshop.co.uk



www.bandhvillageshop.co.uk



Community Wellbeing Service

Social Prescribing and exercise referral scheme for the Forest of Dean. Commissioned service for people 16+ years looking for information, advice and connection to local services. Open to any resident aged 16+ in FOD or registered with a Glos GP. Office based at Forest of Dean District Council, High St, Coleford. GL16 8HG.



Forest Wide



Mon - Fri, 9:00am - 5:00pm



Free to access - cost for specific activities



Community Wellbeing Service Team
01594 812447



community.wellbeing@fdean.gov.uk



www.fdean.gov.uk



Forest of Dean
— DISTRICT COUNCIL —



Newent Mend and Repair Café

Monthly drop-in repair service for personal and household items - with a pop-up cafe offering tea, coffee, cakes and conversation. Everyone welcome. Accessible venue.



Memorial Hall, Market Square, Newent. GL18 1PS



3rd Sat, 10:00am - 1:00pm



Refreshments as priced
Donations welcomed for repairs



Viv Price 01531 890609



"A very friendly and sociable group who made me most welcome. Great monthly meetings with excellent speakers or teaching sessions. We try and do some charitable sewing along the way too."

Nicky, Newent Quilters

Adult Education Courses

Free courses are available at Lydney Community Centre and across the Forest of Dean, Courses include Arts & Crafts, Health and Wellbeing, IT, Photography and Cookery. Open to anyone aged 19+, UK resident and unemployed/retired or on a low income. Accessible venue.



Forest wide



Various



FREE – subject to eligibility



Karen Stiles 01452 583452
/ 07748 933849



karen.stiles@gloucestershire.gov.uk



www.gloucestershire.gov.uk/adult-education-in-gloucestershire



Staunton & Corse Community Hub

The Hub is a licenced cafe, pub, restaurant and community venue. It exists to support the local community and is run completely by volunteers. Regular clubs and activities are run. Accessible venue with on-site parking and disabled toilet.



Staunton & Corse
Community Hub,
The Swan, Staunton.
GL19 3QA



Wed - Sat,
11:00am - 3:00pm

Fri & Sat,
5:30pm - 10:30pm



Free entry, charge for food and drink



Julie King 01452 840323



theswancommunitygroup@gmail.com



www.theswancommunityhub.co.uk

Yorkley Mend and Repair Café

Run by volunteers, this group is dedicated to reducing waste and saving money by fixing broken belongings. Bring along all sorts of items and volunteers will do their best to fix them in a warm, friendly and welcoming environment. Accessible venue.



Yorkley Community Centre,
2 Bailey Hill, Yorkley. GL15 4RS



2nd Sat, 11:30am - 1:30pm



Donations



YMRCrepairs@gmail.com



Wye Dean Wellbeing

This holistic approach offers a proactive range of wellbeing services to enable you, your family, co-workers and colleagues to achieve wellbeing.



To suit individuals



Various



07496 593118



info@wyedeanwellbeing.co.uk



wyedeanwellbeing.co.uk



1st Floor, The Main
Place, Coleford.
GL16 8RH



Barnwood Trust

Barnwood Trust help change conditions for disabled people and people with mental health challenges in Gloucestershire. Their goals are for disabled people and people with mental health challenges to have choice of opportunity that meets their hopes and passions; live in homes that meet their needs; be involved in developing their communities; have influence to make positive changes on disability issues and inclusion. They also provide funding for individuals, for organisations and groups to help make change in people's lives and in local areas.



Forest wide



FREE



0800 422 0404



grants@barnwoodtrust.org



www.barnwoodtrust.org



Bream Community Fridge

The aim of this Community Fridge is to reduce supermarket waste. The food is available for anyone to take, please bring your own bag and take only what you will use. Accessible venue with disabled toilet and parking.



St James Church
Centre, Bream.
GL15 6ES



Mon - Fri, 10:00am - 12:00pm



FREE



Claire Phillips 01594 562985



admin@breamchurch.org.uk



www.breamchurch.org.uk



"I was singing to my family for the rest of the day! It brought back some lovely memories"

Music Memory Café, Coleford

Newent Community Café

The café provides a warm welcome to everyone in the Community. A place to meet new people or old friends. Free WiFi, pool table and regular activities. Outside Space available. Everyone welcome. Accessible venue with downstairs toilet.



Mon & Thur, 10:00am - 6:00pm
Wed, 12:00pm - 6:00pm



FREE - small charge for refreshments



Margaret Highton 07581 312585



newentcc@gmail.com



www.newentinitiativetrust.co.uk



Chill Out 36, Broad Street, Newent. GL18 1AJ



Forest of Dean Local Exchange Trading Scheme (LETS)

Similar to a barter system, this group trade goods and services for "Deans", a local currency. This is of real value especially in today's economic climate. More members would be most welcome to join.



The Dog & Muffler, Joyford Hill, Coleford. GL16 7AS



Tues, 7:30pm - 9:00pm



£5 per year



Wendy Daniels 01594 543284



wendyjdaniels@hotmail.com

"I learnt practical suggestions regarding everyday strategies and have made some important, supportive connections at these sessions."

Attendee at Dementia Awareness Session -
DAA and Information and Education Service

GL17 Community Hub

Community space for local people. Visit for book loans, use of computers and Wifi. Accessible venue.



Mitcheldean Library, High St, Mitcheldean. GL17 0HN



Mon, 1:00pm - 6:00pm



FREE



Wed, 10:00am - 1:00pm



Andrew Maliphant 01594 544456



Thur, 10:00am - 3:00pm



gl17library@hotmail.co.uk



Sat, 10:00am - 1:00pm



www.gl17hub.org



Broadwell Hub Café

Go along to this friendly community café for a warm drink and delicious cakes. Accessible venue.



Salvation Army Broadwell,
43 North Road, Broadwell,
Coleford. GL16 7BX



Mon to Fri, 10:00am - 2:00pm



Low cost



Vivienne Prescott 01594 839106



vivienne.prescott@salvationarmy.org.uk



www.salvationarmy.org.uk/forest-dean



Honour Thy Woman Group

Offer peer mentor support and a wellbeing programme for women who have experienced Domestic Abuse. One to one support in safe spaces. Open to all women, and those who identify as women, over 20 years old, including their families.



HONOUR THY WOMAN GROUP



Forest wide (any location convenient to clients)



Mon - Sun, 8:00am - 8:00pm



FREE



Keasha Kellam 07391038070



admin@honourthywomangroup.org



www.honourthywomangroup.org



Glebe Chapel

Sunday Morning Church Services at 10:30am weekly (including crèche and youth sessions). Accessible venue.



Newent Community Centre, Ross Road, Newent. GL18 1BD



1st Sun, 5:00pm – 6:00pm
Communion Services



FREE



Jodie Gourlay



nccadmin@glebechapel.org



www.glebechapel.org



"The group was a lifeline for me as a new mum with few mum friends. I was nervous about attending with my new-born because I felt so overwhelmed, but I received so much care and support. It feels like family!"

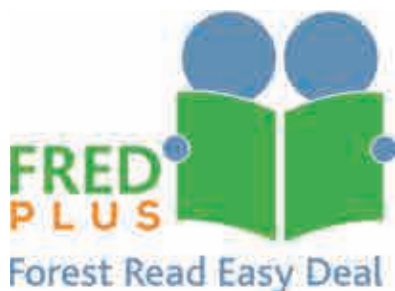
Rhianna - Lydney Baby and Toddler Group

Forest Read Easy Deal (FRED)

FRED provides support for adult local Forest residents to improve their reading and writing skills. Open to all residents.



Forest wide - Venues arranged to meet needs of learners



Various



FREE



Malcom Vine 07746 371353



info@forestreadeasydeal.org.uk



www.forestreadeasydeal.org.uk



One Stop Café

A friendly community café offering food and company.



Sedbury Village Hall, King Alfred's Road, Sedbury. NP16 7AG



Various



Reasonably priced refreshments



07522 178639



managersedburyspace@gmail.com



www.sedburyspace.org.uk



Computer Café

This group gives help with mobile phones, tablets, and laptops to get the most out of the equipment. If you get frustrated with your laptop or tablet, bring it along. Refreshments are free. Everyone welcome. Accessible venue with disabled toilet.



Lydney Community Centre, Naas Lane, Lydney. GL15 5AT



Fri, 10:30am - 12:00pm



FREE



Pat Stokes 07504 565153



lydneycommunitycentre@outlook.com



www.lydneycommunitycentre.co.uk



Market Bus

A mobile market in a converted ex library van, selling 95% local products sourced from small local businesses. Not for profit service run by volunteers. Order, delivery and collection service offered as well as markets on the big green bus (with disabled access).



Upleadon Village Hall



1st Fri



Sue 07814 163361 / 07834 493958



Oxenhall Village Hall



2nd Sat



markettoyourdoor@protonmail.com



www.markettoyourdoor.uk



Pauntley and Brand Green Village Hall



3rd Fri



Kempley (layby near Village Hall)



3rd Sat



Rudford and Highleadon Village Hall



4th / last Sat



"Since having my second child, I've found it increasingly difficult to get out and about. The baby and toddler group has become a safe space for both me and my children to enjoy. The volunteering adults go over and above to offer a range of activities and crafts, as well as delicious snacks! My son particularly enjoys the outdoor activities."

Wednesday Baby and Toddler Group, Parkend



The Barber Van Ltd.


A gentlemen's barber van that travels around parts of Gloucestershire, offering competitive prices for haircuts. Convenient for those who aren't able to go into town for a haircut.





 Various times  £7 - £15

 Ivan 07725240024

 info@thebarbervanltd.co.uk  www.thebarbervanltd.co.uk

 Hartpury, The Old Dairy, (formerly The Post Office). GL19 3BG


 Maisemore at The Coal Yard. GL2 8ES


 Staunton, The Swan Hub Car Park. GL19 3QA





Cafe Bonnies

Held monthly, this coffee morning and community cafe event fund-raises for the Village Hall. A great social group for members of the community to come together. Accessible venue.

 The Lachen
Rooms, Longhope.
GL17 0QE

 1st Sat, 10:00am -1:00pm

 Reasonably priced refreshments

 Margaret 01452 830023

 margaretjwillis@thefroghouse.me.uk



Saturday Café

Open weekly for everyone to enjoy refreshments and socialising in the local community. Each week is hosted by a different charity or the church to raise money. Accessible venue with disabled toilet.



St. Peter's Church,
Newnham.
GL14 1AD



Sat, 10:00am - 12:00pm



Reasonably priced cakes & drinks



Pat O'Hara 01594 516450



pmohara@btinternet.com

May Hill Hub Community Café

This community hub brings residents of May Hill and surrounding areas together socially. A range of activities offered including a programme of workshops led by local creatives, monthly Community Café including Knit (or not!) & Natter group and walking. A click and collect website supporting local suppliers is also run from the Hub. All ages welcome. Accessible venue with disabled toilet.



May Hill Village Hall, All Saints Road, May Hill. GL17 0NL



2nd Fri, 2:00pm - 4:00pm



£2 for tea & cake

FREE - 'Knit (or not!) & Natter' and walks



Jane Foot 01452 831730



mayhillvillageshop@gmail.com



www.mayhillhub.com



Ukraine Community Hub

This welcoming community hub is for all Ukrainian guests in the Forest of Dean and surrounding areas and their hosts. Meeting every Sunday for a meal and conversation, entertainment or to have a go at crafting. Everyone welcome from babies to grandparents. Accessible venue.



The Assembly Rooms, East Street, St Briavels. GL15 6TG



Sun, 12:00pm - 3:00pm



Karen Cockfield 07971 811115



FREE



kc@karencockfield.com



Sixteen Community Café

Sixteen is a friendly welcoming cafe offering fresh meals, made from local ingredients, supplied by local businesses. A not for profit social enterprise. Open to all, accessible venue.



16 Bank St, Coleford.
GL16 8BA



Mon - Sat, 9:00am - 3:00pm



Various



Sal Wozencroft 01594 835954



salwoz11@gmail.com



www.16cafe.co.uk



FVAF Community Hubs

Drop in to a FVAF hub for a variety of support, advice and guidance. No need to book – go along for help FREE with: Volunteering opportunities, employability support, local activity groups & clubs, IT & digital support, local event information, signposting to local services. For up to dates, times, and locations for the FVAF Community Hubs, get in touch or see the website.



Sixteen Community Café, 16 Bank Street. GL16 8BA



Mon 11:00am - 2:00pm



Sedbury & Beachley Village Hall, Sedbury. NP16 7AG



Alternate Tues, 12:00pm



Taurus Craft Centre, The Old Park, Lydney. GL15 6BU



Alternate Wed, 10:00am - 1:00pm



Chill Out Zone, 36 Broad St, Newent. GL18 1AJ



Alternate Thur, 10:00am - 12:00pm



The Swan Community Hub, Ledbury Road, Staunton. GL19 3QA



Alternate Thur, 12:00pm - 2:00pm



£ Free

01594 822073

@ community@fvaf.org.uk

www.fvaf.org.uk




Christians Against Poverty

Free debt counselling for people struggling with debt. Money management and Insolvency service provided in your own home or alternative venues. Open to all adults excluding self-employed.

 Arranged by appointment

 FREE

 Elaine Loe 0800 3280006

 Elaineloe@capuk.org

 www.capuk.org



Forest wide



"The club has been a great way to meet people. It's fun friendly and very sociable, with great tea and cake! I feel a part of my community, and no one judges your work except yourself."


Forest Craft Club

Lydcare Wellbeing & Benefits Advice Service


This service provides checks, advice and support for allowances and benefits. It is confidential and completed in client's own homes at a time convenient to them and their family members.



Forest wide

 Times to suit the client

 FREE

 01594 860143

 www.lydcare.org



Warm and Well

This energy efficiency and fuel poverty charity (local authority funded), provide a free advice line, one-to-one energy support, and grant funding for home energy improvements. Advice line and one-to-one support open to anyone. Eligibility criteria for funding.



Forest wide



Various



FREE



Stacey Thompson 0800 500 3076



staceyt@severnwye.org.uk



www.severnwye.org.uk



**SUPPORT | GUIDANCE
EDUCATION | AWARENESS**
ALL THINGS DEMENTIA

Supporting everyone living with
dementia in the Forest of Dean

Find us on 
foddc.daa@fdean.gov.uk




Lydney Dial-a-Ride Community Transport

Providing community transport for the elderly and disabled, connecting customers between Lydney and the rest of the Forest of Dean.



 Mon - Fri, various times

 Membership £1 per year, 50p per mile

 01594 843809

 dar@lydneydialaride.co.uk



The Bus Station,
Hams Road, Lydney.
GL15 5PE

Digital home of volunteering in Gloucestershire



**GO
VOLUNTEER
GLOS**

1000s of volunteering opportunities from across Gloucestershire



www.govolunteerglos.org



Lydcare Community Transport

The service covers Lydbrook and surrounding areas and can travel as far as Bristol, Cheltenham, Birmingham and Oxford hospitals if needed. Door-to-door service offered to transport those in need to hospital, doctor and social appointments. Drivers are DBS checked. Passengers must be self-mobile with walking aids, unable to transport passengers dependent on wheelchairs.



Forest wide



Times to suit the client



Edna 01594 544414



Standard mileage charge



www.lydcare.org

Newent Dial-a-Ride

Door to door transport service for people who have no other mode of transport. The minibus service operates within a 15-mile radius of Newent. volunteer drivers are also available to take people to medical appointments. Minibuses wheelchair accessible.



Sheppard House, Onslow Road, Newent. GL18 1TL



NEWENT ASSOCIATION FOR THE DISABLED



Mon - Fri, 9:00am – 5:00pm



Various



Pam Peers 01531 821227



pam.peers@newentbb.co.uk



www.sheppardhouse.co.uk



Bream Voluntary Car Service

Transport services for the elderly and infirm, carers, those who are being cared for and young carers, single parents with children that need medical attention, those with a low income and rurally isolated to medical appointments only. BVCS serves rural and often isolated communities in the South of the district. Passengers pay a standard mileage charge, however long the appointment takes.



Bream. GL15 6ND



rsc.bvcs@gmail.com



Standard charge



Mon - Sun



01594 845777 / 07497 435808

The Robin

The Robin provides transport links from close to people's homes to locations for onward travel, connection with fixed bus routes, and to services at times when there is no other transport option. Anyone can travel on the service and the minibus is fully accessible.



Southern area of the Forest of Dean



Mon - Sat, 7:00am - 7:00pm



Under 7 miles: Adults £2.50, Under 15's £1.50
Over 7 miles: Adults £4, Under 15's £3
Free for Concessionary Pass Holders



Book on 03452 638139 - pay the driver (cash or contactless)



customerservices@gloucestershire.gov.uk



www.gloucestershire.gov.uk/transport/the-robin





Healthy Lifestyle Classes

Running across the Forest of Dean

**Make a positive change
to your health!**

Active Balance
Falls Prevention
Movement for Strength & Balance
Pilates & Back Care
Cardiac Rehab
Tai Chi
Cancer Rehab
Kickstart at Cinderford Rugby Club
Move & Connect
Tai Chi for Falls
Cardiac Rehab/Respiratory Rehab



To find out more contact Forest of Dean District Council's
Community Wellbeing Team on 01594 812447, 01594 812399
or community.wellbeing@fdean.gov.uk



Alphabetical index by location

Alyburton 36, 77

Berry Hill 26, 71

Blakeney 106

Bream 9, 37, 42, 50, 52, 56, 65, 76, 88, 105, 106, 121, 126, 140

Broadwell 48, 62, 69, 96, 98, 102, 107, 115, 128

Brockweir 32, 114, 122

Cinderford 10, 12, 15, 16, 17, 19, 27, 29, 31, 32, 35, 37, 39, 40, 45, 47, 53, 54, 56, 59, 60, 68, 70, 75, 76, 78, 80, 86, 88, 93, 99, 101, 107, 118

Churcham 77

Coalway 28, 114

Coleford 8, 10, 11, 20-21, 22, 36, 39, 40, 43, 45, 48, 50-51, 55, 56, 59, 62, 64, 66, 68, 72, 74, 81, 82, 83, 84, 88, 89, 90, 95, 99, 113, 117, 125, 127, 134, 135

Drybrook 28, 67, 81, 102

Dymock 77

English Bicknor 77, 111

Flaxley 77

Gorsley 77

Hartpury 49, 77, 79, 86, 88, 132

Huntley 65, 72, 76, 101, 120

Joys Green 120

Kempley 131

Kilcot 77

Littledean 94, 109

Longhope 26, 77, 101, 116, 132

Lydbrook 13, 88, 109

Lydney 6, 15, 24, 25, 29, 30, 33, 38, 40, 41, 44, 45, 54, 57, 58, 59, 63, 65, 69, 73, 77, 88, 95, 97, 103, 104, 105, 110, 117, 130, 135, 138

Maisemore 132



May Hill 77, 92, 103, 133

Minsterworth 96

Mitcheldean 14, 27, 30, 50, 61, 87, 88, 97, 116, 127

Monmouth 6

Newent 10, 24, 34, 38, 40, 42, 46, 47, 49, 53, 54, 56, 57, 58, 60, 67, 77, 88, 90, 91, 104, 110, 123, 126, 129, 135, 139

Newnham-on-Severn 77, 108, 115, 133

Oxenhall 77, 131

Parkend 33, 44, 47, 79, 80, 88

Pauntley 73, 131

Pludds 87

Redmarley 108

Ruardean 57

Ruardean Woodside 98, 112, 120

Ruspidge 85

Sedbury 18, 55, 63, 70, 88, 100, 111, 130, 135

Sling 28, 118

St. Briavels 18, 77, 88, 134

Staunton (Coleford) 88

Staunton and Corse 77, 94, 124, 132, 135

Taynton and Tibberton 26, 77, 112

Tiddenham 77, 85

Tutshill 35, 41, 66, 77, 92

Upleadon 29, 131

Whitecroft 120

Woodcroft 114, 119

Woolaston 14, 77, 99

Yorkley 64, 88, 89, 100, 120, 124



Helping you find your way
in the digital world

See
reverse
for the
FOREST compass


DIGITAL compass

Edition 1 • Free



Where shall I go to get online today?

A directory of Digital projects and
support offers in the Forest of Dean

Welcome to the Digital Compass!



Connecting you to digital inclusion support in your community...

In 2023 Forest Voluntary Action Forum received funding from the Barnwood Trust to set up the Forest of Dean Digital Inclusion Collaborative.

This district-wide partnership, the first of its kind, brought together passionate people and organisations with a shared goal to break down the barriers people face in digital world and unlock the many assets available in our communities.

Over the past 18 months the Collaborative have been working together to develop centralised, accessible information and deliver projects to improve digital access for disabled and older people, those on a low income and people with mental health challenges.

The *Digital Compass* highlights the organisations involved in the collaborative, the pilot projects developed and gives helpful information on other digital inclusion groups, organisations and projects available in the Forest of Dean.

The Digital Compass had been produced thanks to Barnwood Trust's 'Digital Inclusion Fund'.

To find out more about the Forest of Dean Digital Inclusion Collaborative contact community@fvaf.org.uk



Virtual Sight Loss Project

Forest Sensory Services (FSS) developed a project to address the challenge of visually impaired individuals struggling to communicate their level of vision to their support networks.



Previously, options like edited pictures or static-patterned goggles were expensive. Recognising a gap in understanding among families and friends, FSS explored ways to personalise experiences through advanced technologies such as VR/AR headsets.

The project started with Macular Degeneration and Glaucoma. By using Actual Field of Vision tests FFS have enabled users to experience a sliding scale of vision loss for each condition in virtual or real-world settings.

Accessible to those over 14 years old, the headsets are available in community groups, schools, and care homes. They can also connect to screens, allowing younger children to experience visual impairments alongside their teachers.

FFS can now offer tailored solutions to give a more personalised experience and there are plans to expand to other conditions.

The organisations involved in this project are:

- **Forest Sensory Services** - see page 8
- **The Innovation Lab** - see page 8



Forest Pathways Project

Forest Pathways is a close-knit family organisation based within the Forest of Dean. Rooted in personal experiences, they support individuals with sight-related disabilities through their mission to revolutionise the digital landscape of Gloucestershire and beyond.



For the past 12 months, they have dedicated themselves to this cause, engaging with communities within Gloucestershire, to pinpoint organisations in desperate need of enhancement of their digital services.

Navigating through misconceptions surrounding accessibility, Forest Pathways have devised strategies to help organisations with limited resources, manpower, and time constraints to make accessibility improvements to their digital services.

In the near future Forest Pathways will be sharing their projects and expertise through workshops with local businesses to help create a more inclusive digital ecosystem across the Forest of Dean.



forestpathways.co.uk



guy.woodland@forestpathways.co.uk



07496 593118





Outdoors Indoors Project

Access to nature is often assumed but may not always be possible. The “Outdoors, Indoors” pilot project aims to bridge the gap between the wonders of the natural world and those who are unable to venture outdoors independently.



At its core, this initiative has been driven by a commitment to harness nature’s therapeutic benefits for wellbeing. Inspired by research demonstrating the positive impact of nature recordings on mental and emotional health, the project seeks to replicate these effects by creating a digital library of immersive films, audio recordings, and a captivating virtual reality environment. The project promises a multisensory journey into the heart of nature, crafting a comprehensive resource that caters to diverse audiences.

This ambitious pilot is making nature accessible, through the power of digital resources.



www.wildeearthjourneys.org/outdoors-indoors



Hello@WildeEarthJourneys.org



Youtube: [@wildeearthjourneys](https://www.youtube.com/@wildeearthjourneys)



Hybrid Choir

This digitally linked hybrid choir began following a request from Forest Sensory Services (FSS) service users for singing classes. Around the same time Artspace began an in-house wellbeing choir, however service users at FSS were unable to access the Artspace building in central Cinderford due mostly to transport difficulties.



To solve this, FSS and Artspace Cinderford worked together to create the digitally linked Hybrid Choir. To enable both choirs to sing together online, a choir leader facilitates the singing at each venue in Artspace and at FFS community space.

The digital link between the choirs has also been used to record live stream rehearsals, allowing both groups and choir leaders to listen to and influence each other. FSS choir have moved towards singing with instrumentation thanks to the influence of the Artspace choir. Similarly, after listening to the FSS recordings, Lisa at the Artspace choir wrote a new song that both groups can sing together.



With 15-20 regular singers at Artspace and 9 regular singers at FSS, both groups have grown artistically and gained in confidence.

A joint performance is planned in July 2024 to a public audience of around 100 people. This will be the culmination of many hours of hard work and would not have been possible without the digital link.

The organisations involved in this project are:

- **Artspace Cinderford** - see page 10
- **Forest Sensory Services** - see page 8

Online Safety project

A 20-week digital workshop for people with additional needs, sensory needs and mental health conditions was created to help keep them confident and safe online. The workshops and content were designed with user feedback to accommodate the skills and the needs of the group.



Laptops, large screens, and accessible keyboards were purchased for the project. Two individuals with firsthand experience volunteered to help in the workshops and gained confidence in supporting others with their technological expertise.

The workshops covered:

- Familiarising participants with their equipment
- Teaching basic computer skills and internet safety in two groups: beginners and advanced learners
- Users created comic strips about internet safety
- Learning how to create a podcast

As a legacy, the Comic Strips and Easy Reads will be compiled into a book and distributed to organisations in the Forest of Dean and in the future the group plans to explore further work on internet safety and podcasting to reach more organisations and individuals.

The organisations involved in the project are:

- **The Shalom Network** – see page 11
- **Camphill Village Trust Gloucestershire** – see page 11



Forest Sensory Services



A Forest of Dean charity based in Cinderford, supporting those with sight and hearing impairments. They offer:

- Advice and advocacy for those with sight and/or hearing loss
- Social groups, activities and classes
- External trips
- Signposting
- Low Vision Assessments
- Hearing aid servicing and batteries
- Ear suction clinic
- Onsite independent living shop
- Equipment library
- Free community talks for all ages and abilities including schools, colleges, community groups, care homes and more.



Monday to Thursday 9am – 4pm



01594 827711



support@forestsensoryservices.org



Forge Centre,
Valley Road,
Cinderford,
GL14 2NS

Forest Pathways

Forest Pathways work and research digital accessibility in the Forest of Dean, Gloucestershire. A family organisation, rooted in personal experiences, they support individuals with sight-related disabilities through their mission to revolutionise the digital landscape of Gloucestershire and beyond.

Forest Pathways is a branch of Wye Dean Wellbeing CIC in collaboration with MindfulVision.



forestpathways.co.uk



guy.woodland@forestpathways.co.uk



07496 593118



The Innovation Lab



A friendly community space, based within the Main Place, Coleford, offering accessible digital skill development for all ages and abilities. Wherever you are on your journey, the friendly Lab Tech team is on hand to develop your digital skills, take your creativity to the next level and bring your project or vision to life.

Flexible introductory membership of just £15 a month offers you:

- Inspiration to take it further and learn new skills
- A collaborative community and social network
- Access to advanced technology and high-cost software
- Project and Digital Skill support from our Lab Tech team



Open by appointment, please book at our website.



www.gloucestershire.gov.uk/libraries/library-services/the-lab/



seth@innovationlabnetwork.com



Coleford Library, The Main Place, Old Station Way,
Coleford, GL16 8RH

Wilde Earth Journeys CIC

Forest Bathing and Wellbeing Walks - both virtual, at your chosen venue, and out in nature. This organisation runs walks for carers, bereavement and loss walks, and offer mindfulness programmes in schools and for private groups.



Kelly Bluett



Times to suit



FREE (*charges apply for bespoke sessions*)



hello@wildeearthjourneys.org



www.wildeearthjourneys.org




Artspace Cinderford




An arts and education based charity based in the Forest of Dean, they specialise in offering fully inclusive, accessible creative opportunities for people of any age or ability. Some of the courses on offer include:

- One off courses for adults and children
- Painting
- Drawing
- Animation
- Textiles
- Ceramics
- Drama
- Singing
- Circus Skills

They also provide outreach sessions at festivals, events, schools, care homes and other community groups.

 Everyday 9:30am-4:30pm with extra opening for courses

 01594 825111

 info@artspacecinderford.org



The New Mercury,
3 Woodside Street,
Cinderford, GL14 2NL

Camphill Village Trust - Gloucestershire

Camphill Village Trust brings 70 years of experience, knowledge and passion to supporting adults with learning disabilities, autism, mental health challenges and complex needs.




Support includes:

- Support with budgeting
- To be as independent as possible.
- Daily living skills

They also offer day opportunities to access crafts and the social farm and gardens to promote development and independence.

 www.camphillvillagetrust.org.uk/locations/grange-village

 01594 516246

 grange@cvt.org.uk



Littledean Road, Newnham-on-Severn, Gloucestershire, GL14 1HJ

Shalom Network



This group brings Christian fellowship, social inclusion, advocacy, skills and opportunities to people with additional needs, their families and communities within the Forest of Dean and beyond. With help of various funders they provide courses surrounding:

- Digital Communication
- Digital Skills
- Digital Independence
- Provide Digital Technology
- Advocacy and Advice
- Create Accessible Digital Content and Tutorials
- Social Gatherings



Everyday 9:30am-4:30pm with extra opening for courses



07375 395036



information@theshalomnetwork.org



Fairview Cottage, Main Road, Pillowell, Lydney, GL15 4QY

BRIDGING GLOUCESTERSHIRE'S DIGITAL DIVIDE



With thanks to the Barwood Trust for their continued support.



The Digital Hubs Project



The Digital Hubs Project is an innovative approach, first born in the Forest of Dean, developed by Forest Voluntary Action Forum and GCC Adult Transformation Team in 2021. Its aim is to tackle digital exclusion across Gloucestershire by offering free, accessible, tailored support to individuals in communities.

The project offers FREE 1:1 digital support across our 7 safe and trusted Community Drop-in Hubs in the forest of Dean.



- Coleford** – Sixteen Community Cafe
- Cinderford** – Ow Bist Community Space
- Lydney** – Taurus Crafts
- Sedbury** – Sedbury and Beachley Village Hall
- Mitcheldean** – Mitcheldean Community Library
- Staunton** – The Swan Community Hub
- Newent** – The Chill Out Zone

Digital Hubs beyond the Forest of Dean

The Digital Hubs Project is now made up of seven passionate Community partners. Each district’s dedicated community partner is well connected within its community, has a strong local knowledge and understanding of the barriers people face, and a drive and passion to demonstrate how life changing it can be in becoming digital included and confident.

To find out more, dates, times and locations for upcoming FVAF Community Digital Drop-in Hubs, contact Alex on community@fvaf.org.uk or **01594 822073**.



creative sustainability



THE
COMMUNITY
ACTION



CREATED WITH THE LOVE OF GRASSROOTS
AND COMMUNITY ACTION AT THE HEART

LISTEN NOW!

Showcasing inspiring stories, in an accessible format, from local people who have made their ideas come to life.

Featured guests so far:

- Camphill Village Trust
- The Shalom Network *and*
- Wilde Earth Journeys

The podcast kit is also available for hire to voluntary community groups.

For more information on The Community Action Pod and ways to get involved contact the Host Melanie Benn

@melanie@fvaf.org.uk  01594 822073



LISTEN
HERE



Produced by:
Forest Voluntary
Action Forum



Funded by:
The Barnwood Trust
Digital Inclusion Fun

