

What's on in JULY?

The Keepers is a community hub supporting the residents of Wotton and surrounding areas. It is here for everyone. Either come along to one of the organised groups below, or just pop in for a chat and a cuppa - whenever we are open. Come as you are, bring what you can and take what you need.

Monday

Parent Support Group - a support group by parents for parents. 9:15am - 10:45am

Citizens Advice - to book an appointment for 10th or 24th July call 0808 800510/511 or just drop in. 10am - 2pm

Age UK Gloucestershire - a social group for those who are 50+. 11am - 12:30pm

PCSO Drop in - a chance to ask your questions or share concerns. 10th July. 11am - 12pm

Chair Yoga - join in with some gentle, supportive yoga. Open to all. No booking is needed. Pay As You Feel. Every Monday in July, apart from 3rd. 1:30pm - 2:30pm

IT Course - Tablets for beginners (Adult Education). This course is full. Please call us about future courses. 1:30pm - 3:30pm

After School Drop in - reading, games and toast available. Children to come with an accompanying adult. Also runs through the holidays. 3pm - 4pm

Tuesday

The Keepers' Garden - the garden is open - come along to plant, dig, weed, sit or just chat with our gardener. Refreshments provided. 10am - 12pm

The Carers' Café - run by Frailty nurses from Culverhay and Chipping surgeries. Coffee, chat and advice if needed. Just drop in. Carers can come by themselves or bring the person they care for. 4th and 18th July. 10:30am - 12:30pm

Sing 2 Remember - sing together, share memories and make friends. Come and join this supported, dementia-friendly singing session. Just turn up. 4th and 18th July. 11am - 12pm

Tuesday Lunches - come and join us for a warm meal, open to all and PAYF. Spaces are limited, so to book a space please call 07585 466418 or pop in to find out what's on the menu! 12:30pm - 1:30pm

The Keepers' minibus service is also running on Tuesdays to provide transport from your home to the hot lunches. Places are limited so to book please call 07585 466418 or pop in to The Keepers.

Health Checks (NHS) - come along for a blood pressure, pulse check or signposting to local services. 4th and 25th July. 1:30pm - 3:30pm

Ukulele group - open to beginners and those who already play. Come along and join in. 4th, 18th July. 2:15pm - 3:15pm

Wednesday

Drop In Café - all welcome on a Pay As You Feel basis. 10am - 12pm

Craft and Chat with tea and cake - held fortnightly on 5th and 19th July. 10am - 12pm

P3 Drop In - help with a range of issues e.g. housing, debt and benefit support. No booking needed. 10am - 12pm

Job Club - help with CVs and employment support. Drop in, no booking required. 10am - 12pm

Health Visitor Drop In - available to weigh babies and answer any questions. Next drop in is on 5th July. 10am - 12pm

Other visitors to the cafe - **Real Nappy Project** 5th, **Men's Shed** 12th and **PCSO** 19th July.

Stroud District Council Housing Officer Drop in - pop in and talk to Rachel. 10:30am - 11:30am

Wotton Area Neurodivergent Support group (WANDS) - a group run by, and for, ND adults and parents/carers of ND children including Autism, ADHD, PDA, Dyslexia etc. The next meeting is on 26th July. 7pm - 9pm

Talk Club - a new talking and listening club for men to help keep mentally fit. 5th and 19th July. 7pm - 8:30pm

Thursday

Wotton Area Breast Support Group - anyone touched by breast cancer is invited to drop in and meet others who know just how it feels. The next meeting is on 20th July. 10am - 11am

Art Shape - a 6 week creative arts course based on maths. This course is full, if interested in another art course, call us on 07585 466418 or pop in. 9:30am - 11:30am

Wotton Area Neurodivergent Support group (WANDS) - a group run by, and for, ND adults and parents/carers of ND children including Autism, ADHD, PDA, Dyslexia etc. 13th July. 9:30am - 11:00am

Independence Trust and NHS social prescribers' Drop In - help to connect and grow in confidence. Just drop in, no appointment needed. 11am - 1pm

Qigong - meditation, breathing and gentle movement. No booking is needed. Pay As You Feel. 12pm - 1pm

Welcome Space - run by the Independence Trust and CALMHS - a space to talk and be listened to. Call 01453 767999 to book. 1:30pm - 3:30pm

Friday

The Keepers' Garden - the garden is open - Come along to plant, dig, weed, sit or just chat with our gardener. Refreshments provided. 10am - 12pm

Rhyme with Me - a free session of songs, rhythm, rhymes and fun for 0 - 5 year olds and their accompanying adult. 7th and 21st July. 10:15am - 10:50am

Drop In Café - all welcome on a Pay As You Feel basis. This cafe is quieter than a Wednesday, the tables are spaced apart, board games available if wanted. 11:15am - 12:30pm

We have meals in our community freezer - available to anyone, for any reason, on a 'Pay As You Feel' basis.

Pop in or check on <https://www.thekeepers.org.uk/> to find out what is available.

WE ARE TWO YEARS OLD!

14th July - Open Garden

Come and look round the garden and have a piece of birthday cake. Drop in between 10:30am and 12:30pm.

15th July - Birthday Bash!

Fundraising quiz and silent disco at Kingswood Village Hall. Starts at 7:00pm. £20

Buy your tickets at The Keepers or call us on 07585 466418.



OPENING TIMES

Monday, Tuesday and Thursday:
9.00am - 4.00pm

Wednesday and Friday:
9.00am - 1.00pm