

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 call 0808 800510/511 or just drop in. 4th and 18th September. 10am - 2pm

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

**Age UK Gloucestershire Help Team** - drop in and ask questions about any aspect of later life. No booking needed. 4th September. 11am - 12:30pm

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

**Chair Yoga** - join in with some gentle, supportive yoga. Open to all. No booking is needed. Pay As You Feel (PAYF). 1:30pm - 2:30pm

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

**Menopause Support Group** - a peer support group for those affected by menopause. 4th September. 7pm - 8:30pm

## Thursday

**Lloyds Bank** - drop in for basic transactions such as account balance, direct debit, standing order and bill payment enquiries for both personal and business account customers. No cash services are available. 9:30am - 3pm

**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. 14th September. 9:30am - 11:00am

**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 21st September. 10am - 11am

**Qigong** - meditation, breathing and gentle movement. No booking is needed. Pay As You Feel. Starts again on 7th September but no Qigong on 14th and 21st. 12pm - 1pm

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

**Menopause Support Group** - a peer support group for those affected by menopause. 21st September. 7pm - 8:30pm

## 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. 5th and 19th September. 10:30am - 12:30pm

**Dementia Connections** - for anyone who would like to make connections, including those living with dementia, long term health conditions, and unpaid carers. Activities and conversation. 12th and 26th September. 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. 5th and 19th September. 10:45am - 11:45am

**Tuesday Lunches** - come and join us for a warm meal, open to all and Pay As You Feel (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' Car Club 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.

**Ukulele group** - open to beginners and those who already play. Come along and join in. 5th and 19th September. 2:15pm - 3:15pm

## 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

**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. 11:30am - 12:30pm

### OPENING TIMES

Monday, Tuesday and Thursday:  
9.00am - 4.00pm

Wednesday and Friday:  
9.00am - 1.00pm

## 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 13th and 27th September. Making an Autumn wreath. 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 6th September. 10am - 12pm

**PCSO (Police Community Support Officer) Drop in** - a chance to ask your questions or share concerns. 27th September. 10am - 12pm

Other visitors to the cafe - **Men's Shed** - 13th September.

**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 27th September. 7pm - 9pm

**Talk Club** - a new talking and listening club for men to help keep mentally fit. 6th and 20th September. 7pm - 8:30pm

## NEW ART COURSE AT THE KEEPERS

To book a space, pop in to see us or call 07585 466418.

Thursdays - 9.30 - 11.30am  
Starting 5th October.

Free to participants who are 19+, living in Gloucestershire and are looking to build confidence.