

# What's on in JANUARY?

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. 8th and 22nd January. 10am - 2pm

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

**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

## 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. 11th January. 9:30am - 11:00am

**Holiday art activity** - children to come with an adult. For those on free school meals. Be creative - followed by lunch. Booking is essential. 4th January. 9:30am - 12:30pm

**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 18th January. 10am - 11am

**Qigong** - meditation, breathing and gentle movement. No booking is needed. Pay As You Feel. Not 4th January. 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. 18th January. 7pm - 8:30pm

**French For Beginners/The Terrified** - an informal French conversation group. Come along and join in. 7:30pm - 8:30pm

### OPENING TIMES

Monday, Tuesday and Thursday:  
9.00am - 4.00pm

Wednesday and Friday:  
9.00am - 1.00pm

CLOSED on BANK HOLIDAYS

## 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 Healthcare Assistants 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. 2nd and 16th January. 10:00am - 12:00pm

**CONNECT (previously called 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. 9th and 23rd January. 10:00am - 12:00pm

**Sing 2 Remember** - sing together, share memories and make friends. Come and join this supported, dementia-friendly singing session. Just turn up. 2nd and 16th January. 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.

**Rainbow Cuppa (NEW)** - all LGBTQ+ folk and allies welcome to join us for a relaxed chat, coffee or bring a craft along. 9th January. 2:00pm - 3:30pm

**Ukulele group** - open to beginners and those who already play. Come along and join in. 2nd and 16th January. 2:30pm - 3:30pm

**Death Cafe - NEW** - drink tea, eat cake and discuss death. It is not a bereavement support group. 16th January. 7pm - 9pm

## Friday

**Holiday cooking activity** - children to come with an adult. For those on free school meals. Cook up something to eat. Booking is essential. 5th January. 9am - 12pm

**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

## 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 3rd, 17th and 31st January. 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. Not on 3rd January. 10am - 12pm

**Stroud District Council Housing Officer Drop In** - pop in and talk to Rachel. Not on 3rd January. 10:30am - 11:30am

**Health Visitor Drop In** - available to weigh babies and answer any questions. Next drop in is on 3rd January. 10am - 12pm

**Men's Shed** - talk about the projects they're working on and discuss yours. 10th January. 10am - 12pm

**Gloucestershire Carers' Hub** - if you support someone, come and get some advice and find out what is available. 24th January. 10am - 12pm

**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 31st January. 7pm - 9pm

**Talk Club** - a new talking and listening club for men to help keep mentally fit. 3rd and 17th January. 7pm - 8:30pm

### COURSES

**IT Course (Adult Education)** - Next steps for laptop users. This 6-week course has spaces. Mondays. 1:30pm - 3:30pm

**Art Shape** - a 6-week creative arts course. This course is full, if interested in another art course, please contact us. Thursdays. 9:30am - 11:30am

**Creative writing (NEW)** - 4 writing workshops led by local author and playwright Mark Seaman. If you have an idea for a novel, a play, or are just interested in learning more about the craft of writing. Open to anyone - no eligibility criteria. Thursdays. 11:30am - 1:00pm.

**Cookery Course (Adult Education)** - Baking for beginners. This 4-week course has spaces. Thursdays. 9:30am - 11:30am

To find out about the eligibility criteria for these courses, book a space or ask a question - contact us on 07585 466418, email [thekeeperscommunityhub@gmail.com](mailto:thekeeperscommunityhub@gmail.com) or pop in