

# What's on this week?



## Monday 5th February 2024 - Hub open (9am - 4pm)

- **Wotton Area Parents' Support Group** - a group run by parents for parents. A safe space, free of judgement - parenthood isn't easy and can be overwhelming. Providing support through shared experiences. (9:15am - 10:45am)
- **Age UK Glos** - a social group for anyone 50+ to meet new people and share in activities and support. Just come along - no need to book. (11am - 12:30pm)
- **Citizens Advice** - provides a range of services around debt, employment and benefits. Please call 0808800510 or 0808800511 to make an appointment or just pop in. (10am - 2pm)
- **Chair Yoga** - join in with some gentle, supportive yoga. Open to all. No booking needed. Pay As You Feel. Optional refreshments afterwards. (1:30pm - 2:30pm)
- **IT Laptop Course** - a 5 week course to cover the basics of using a laptop. There are still spaces available on this course so if you're interested please contact The Keepers. The next IT course after this will be for Tablet users. (1:30 - 3:30pm)
- **After School Drop in** - reading, games, craft, drinks and toast are available and volunteers to help you. Children to come with an accompanying adult. (3pm - 4pm)
- **Menopause Support Group** - a peer support group for those affected by menopause. (7pm - 8:30pm)

## Tuesday 6th February 2024 - Hub open (9am - 4pm)

- **The Keepers' Garden** - the garden is open. Come along to plant, dig, weed, sit or just chat with our gardener. Refreshments provided. (10am - 12pm)
- **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. 1st and 3rd Tuesday of each month. (10am - 12pm)
- **Sing 2 Remember with Mindsong** - sing together, share memories and make friends in this supported, dementia-friendly, singing session. 1st and 3rd Tuesday of each month. (10:45am - 11:45am)
- **Tuesday Lunches** - come and join us for a hot 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 - 2:00pm)
- **Ukulele Group** - open to beginners and those who already play. (2:30pm - 3:30pm)

## Wednesday 7th February 2024 - Hub open (9am - 1pm)

- **Drop in Café** - all welcome and Pay as You Feel. (10am - 12pm)
- **Job Club** - help with CVs, employment support, interview advice and techniques. No appointment is needed. (10am - 12pm)
- **P3 Drop In** - community-based support service and can help with filling in forms. No appointment is needed. (10am - 12pm)
- **Health Visitor Team Drop In** - drop in to weigh your baby or ask any questions. No appointment needed. (10am-12pm)
- **Talk Club** - a talking and listening club for men to help keep mentally fit. Just drop in - no need to book. (7pm - 8:30pm)

## Thursday 8th February 2024 - Hub open (9am - 4pm)

- **Lloyds Bank** - drop in for basic transactions (9:30am - 3pm)
- **Art Shape** - a creative arts course. Fully booked but if you would like to be put on a waiting list for future courses, please contact us on 07585 466418 or pop in to see us. (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. Meeting on the second Thursday (a.m) and last Wednesday (p.m) of each month. (9:30am - 11:00am)
- **Baking for the New Year** - 4 week cookery course (9.30am - 11.30am)
- **NHS and Independence Trust social prescribers** - help to make connections, increase confidence and manage existing health conditions. Just drop in. (11am - 1pm)
- **Creative writing** - writing workshops led by local author and playwright Mark Seaman. Open to anyone - no eligibility criteria. Thursdays. (11.30pm - 1.00pm)
- **Qigong** - a one hour session combining meditation, controlled breathing and gentle movement. No booking is needed. Pay As You Feel. (12pm - 1pm)
- **Welcome Space** - a space to talk, be listened to and make new friends. Pre-book your space by calling (or texting) 07870 808629 or emailing sue.tomlinson@independencetrust.co.uk (1:30pm - 3:30pm)
- **French For Beginners** - an informal French conversation group. Come along and join in. (7:30pm - 8:30pm)

## Friday 9th February 2024 - Hub open (9am - 1pm)

- **The Keepers' Garden** - the garden is open. Come along to plant, dig, weed, sit or just chat with Amy, our gardener. Refreshments provided. (10am - 12pm)
- **Drop in Café** - all ages welcome and Pay as You Feel, quieter than our café on Wednesdays. (11:30am - 12:30pm)

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