



What's on in February?

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 6th and 20th February, call 0808 800510/511. 10am - 2pm

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

Job Club - help with CVs and employment support. Drop in, no booking required. 12:30pm - 2:30pm

Laptop follow up course - a 6 week course to cover the basics of using a laptop. If you would like to be put on a waiting list for future courses, please call us on 07585 466418. 1:30pm - 3:30pm

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

Tuesday

Barnardo's Steps Ahead - come along to the baby group where you and your baby can socialise and meet other families. For families with babies and young children born between March 2020 and March 2022. 9:15am - 10:45am

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

Warm and Well - a drop in session to ask any questions you have about your energy tariff, how to make your house more energy efficient, energy saving tips and more! Next session on 14th February. 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 1st and 15th February. 10am - 12pm

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

Health Visitor Drop In - available to weigh babies and answer any questions. Next drop in on 1st February. 10am - 12pm

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 22nd February. 7pm - 9pm

Talk Club - a new talking and listening club for men to help keep mentally fit. Just drop in - no need to book. The first meeting will take place on 1st February. 7pm - 9pm

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 16th February. 10am - 11am

Clean Slate Drop in - enabling people to improve their financial wellbeing. Pop in to have a chat with Millie on 2nd and 16th February. 10am - 12pm

Cookery - a 4 week 'Healthy eating on a budget' cooking course. To book for future courses, please call us on 07585 466418. 9:30am - 11:30am

Art Shape - a 6 week creative arts course. Call us on 07585 466418 or pop in to book a space. 9:30am - 11:30am

Confidence with Literacy - a new 3 week course to improve your confidence with reading and writing. Call us on 07585 466418 or pop in to book a space. Starting 2nd February. 1pm - 2:30pm

Independence Trust and NHS social prescribers' Drop In. 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. 10:15am - 10:50am Term time only.

Cakes and Ladders - play board games and have refreshments. All welcome. 11:15am - 12:30pm

OPENING TIMES

Monday, Tuesday and Thursday:
9.00am - 4.00pm

Wednesday and Friday:
9.00am - 1.00pm

Call us or pop in:
07585 466418

NEW COURSES AT THE KEEPERS

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

- **CONFIDENCE WITH LITERACY** - a 3 week literacy course starting on Thursday 2nd February 2023. 1pm - 2:30pm
- **CONFIDENCE WITH NUMERACY** - a 3 week numeracy course starting on Thursday 2nd March 2023. 1pm - 2:30pm

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

It's important to us that everyone is included, the Hub is accessible to all and we work in collaboration with other local organisations.
www.thekeepers.org.uk Reg Charity No. 1192121