



# 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 for 9th or 23rd January, call 0808 800510/511. 10am - 2pm

**AgeUK Gloucestershire** - a social group for those who are 50+. 11am - 1pm

**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.

**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. 9.30am - 11am

**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 Keeper's 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.

## 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 4th and 18th January. 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 4th January. 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 25th January. 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 19th January. 10am - 11am

**PCSO Drop In** - a chance to ask any questions or share any concerns - 12th January. 10am - 12pm

**Clean Slate Drop in** - enabling people to improve their financial wellbeing. Pop in to have a chat with Millie on 5th and 19th January. 10am - 12pm

**Cookery** - a 4 week 'Healthy eating on a budget' cooking course. To book a place call us on 07585 466418. Starting 19th January. 9.30am - 11.30am

**Art Shape** - a new 6 week creative arts course. Call us on 07585 466418 to book a space. Starting 26th January. 9.30am - 11.30am

**Independence Trust and NHS social prescribers' Drop In.** 11am - 1pm

**Qigong** - meditation, breathing and gentle movement. No booking is needed. 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. Starting back 13th January 10.15am - 10.50am Term time only.

**Cakes and Ladders** - play board games and have refreshments. All welcome. 11.00am - 12pm

## OPENING TIMES

**Monday, Tuesday and Thursday:**  
9.00am - 4.00pm

**Wednesday and Friday:**  
9.00am - 1.00pm

Call us or pop in:  
07585 466418

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