

Wellbeing and Support Groups

Gloucestershire GA Gamblers Anonymous	Peer to peer support – Drop in	Every Monday & Thursday 7.30pm-9.30pm
Walking Group	Meet new friends and stroll around the local area	Every Tuesday 10.00am – (meet outside)
Bat & Chat	Free social with exercise group in the sports hall – email info@goalsbeyondgrass.co.uk	Every Tuesday 12.00pm-1.00pm
Man Up – Men’s Mental Health group	Peer to peer support for those who are struggling – Drop In	Every Tuesday 7.00-9.00pm
Woman Up – Women’s mental health group	Peer to peer support for those who are struggling – Drop In	Every Wednesday 7.00pm-8.30pm
Wellbeing Wednesdays	A relaxed afternoon for all with board games, crosswords, etc and Socialising – Free drop in	Every Wednesday 1.30pm-2.30pm
Just Play	Ages 18+, a free friendly football session, helping those with mental health challenges. – email: info@goalsbeyondgrass.co.uk	Every Wednesday 3.30pm-5.30pm
Breast Feeding Support	Peer to peer support with an attendance of a counsellor Drop in	Every Wednesday 10.00am – Midday
Knit and Natter	Join us for a friendly social gathering where we enjoy knitting. Drop In	Every Wednesday 2.00pm-4.00pm
Food Bank – Hungry No More	Contact the team for an assessment of your needs. Le1 - 07824 043895	Every Thursday 11.00am-1.00pm
Bromford Housing	Neighbourhood Coach available – Drop In	Every Thursday 10.00am-Midday
CCP – Housing and finance support	By appoint or drop in	Every 2 nd & 4 th Thursday 1.00pm-2.00pm
Parent & Baby NHS group	Drop In for parents/guardians and babies to join and socialise with each other and share experiences	Every Thursday 10.00-Midday
First Thursday Club Coffee Afternoon	Senior Citizen get together. Make new friends. Drop in	1 st Thursday of every month 2.00pm-4.00pm
Gloucestershire Carers Coffee Afternoon	Peer to peer support, help and advice. Drop in	3 rd Thursday of every month 12.30-2.30pm
Veterans Coffee Afternoon With Forces Hub	Meet other veterans to share ideas and have a chat – Drop in	Last Thursday of every month 12.30-2.30pm
Arts and Crafts Crafternoon	A chance to socialise and be creative. No experience necessary! Drop In	First three Fridays of every Month 2.00pm-4.00pm
Youth Club Term Time Only	Weekly sessions with qualified youth workers, for ages 9-13yrs	Fridays 5.00pm-7.00pm
Youth Social Club Term Time Only	Social Activities for 14-19 with SEND For more information contact info@goalsbeyondgrass.co.uk	Bi-weekly – Fridays 7.00pm-8.30pm