



DAA Dementia Action Alliance



Forest of Dean District

Weekly	FEBRUARY– Dates for your Diary	
Monday	10.30 Silver Steps Gentle Exercise Group	Woolaston Memorial Hall GL15 6SU
	10.30 Seated Exercise Class	Goode Court Lydney GL15 5JP
	10.30 Gentle Walk with FOD Walking for Health	Parkend. Meet Dean Forest Cycles GL15 4HG
	10.30 Gentle Walk with FOD Walking for Health	Cinderford. Meet Foxes Bridge Centre GL14 2LJ
	11.00 Coffee Morning with Board Games	Lydney Community Centre GL15 5AW
	11.00 – 1.00 Knit & Natter	Salvation Army Hub Broadwell GL16 7BX
Tuesday	1.30 Social Support Group Crossroads Care	Cinderford Foxes Bridge Centre GL14 2LJ
	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	10.30 Gentle Walk with FOD Walking for Health	Mitcheldean. Meet Well Wisher Café GL17 0SL
	2nd 3rd & 4th 10.30 – 11.30 Active Balance Class	Latchen Rooms Longhope Village Hall
	10.30 – 1.30 Positive Caring Sessions	Bel Vue Centre Cinderford
	2.00 Gentle Walk with FOD Walking for Health	St Briavels. Meet Assembly Rooms GL15 6TG
Wednesday	2.30 Bingo	Goode Court Lydney GL15 5JP
	10.00 Gentle Walk with FOD Walking for Health	Hartpur. Meet Village Hall GL19 3DT
	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	10.30 Gentle Walk with FOD Walking for Health	Coleford. Meet The Main Place GL16 8RH
	10.30 Gentle Walk with FOD Walking for Health	Yorkley. Meet Community Centre GL15 4RS
	10.30 Gentle Walk with FOD Walking for Health	Huntley. Meet Huntley Cricket Club GL19 3DT
Thursday	10.30 Indoor Bowling	Goode Court Lydney GL15 5JP
	10.00 Gentle Walk with FOD Walking for Health	Newent. Meet Chill Out Zone GL18 1AJ
	10.00 – 2.00 Community Get-together	Coleford. Sixteen Community Café GL16 8BA
	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	10.00 Gentle Walk with FOD Walking for Health	Sedbury. Meet Sheila's Shop NP16 7AA
	10.15 Gentle Walk with FOD Walking for Health	Lydney. Meet Bathurst Park Car Park GL15 5HG
Friday	2.00 – 4.00 WMG Woolaston Memory Group	Methodist Hall Woolaston GL15 6NT
	2.00 Gentle Walk with FOD Walking for Health	Blakeney. Meet Village Hall NR25 7PG
	10.00 Gentle Walk with FOD Walking for Health	Bream. Meet West Dean Centre GL15 6JW
1st & 3rd	10.00 Gentle Walk with FOD Walking for Health	Heywood. Meet Leisure Centre Car Park GL14 2AF

Mon 5 th	11.00 Singing for the Brain Alzheimer's Soc.	The Main Place Coleford GL16 8RH
Tue 6 th	7.00-8.00 FOD Health Forum	Blakeney. Meet Village Hall NR25 7PG
Wed 7 th	2.00 – 3.30 Sedbury Memory Café	Sedbury Village Hall NP16 7AQ
Mon 12 th	2.30-4.00 All Seasons Memory Club	The Community Space St Mary's Church Lydney
Fri 9 th	10.30 Newent Memory Café	Sheppard House Newent GL18 1TL
	2.00 Afternoon Tea & Music Alzheimer's Soc.	Drybrook Forest Church Hall GL17 9LE
Mon 19 th	11.00 Singing for the Brain Alzheimer's Soc.	The Main Place Coleford GL16 8RH
Thur 15 th	10.30 Gentle Walk	Orchard Trust Upper Stowfield GL17 9PD
Fri 23 rd	10.30 – 12.30 Lydney Memory Café	Lydney Community Centre GL15 5AT
Sat 24 th	2.00 Concert with The Forest Singers Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
Mon 26 th	2.00 – 4.00 Coleford Memory Café	The Church on the Street Coleford GL16 8AR
Tue 27 th	10.30 FOD Memory Café Alzheimer's Soc.	Old Town Hall Lydney GL15 5DY

Andrew Morgan-Watts Tel: 01594 52 93 81 Email: andrew.morgan-watts@live.co.uk