

Weekly	JUNE– 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
	10.45 Coffee Morning with Board Games	Lydney Community Centre GL15 5AW
	11.00 – 1.00 Knit & Natter	Salvation Army Hub Broadwell GL16 7BX
Not 1st	1.30 Active Living Friendship Club Crossroads Care	Cinderford Foxes Bridge Centre GL14 2LJ
	1.00 Seated Exercise Class	Sedbury Village Hall Sedbury NP16 7AQ
Tuesday	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	10.30 – 12.30 Men's Club	Newent Sheppard House GL18 1TL
Not 1st	10.30 – 11.30 Active Balance Class	Latchen Rooms Longhope Village Hall GL17 0NL
	1.00 Seated Exercise	The Village Hall Sedbury NP16 7AQ
	2.00 – 4.00 Ruspidge Golden Oldies	Ruspidge Memorial Hall GL13 3AE
	2.30 Bingo	Goode Court Lydney GL15 5JP
Wednesday	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	10.30 Indoor Bowling	Goode Court Lydney GL15 5JP
Thursday	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
	2.00 – 4.00 WMG Woolaston Memory Group	Methodist Hall Woolaston GL15 6NT
Friday	10.30 – 12.30 Men's Club	Newent Sheppard House GL18 1TL
Not 3rd	2.00 – 4.00 Tea & Jazz	The Memorial Hall Woolaston GL15 6SU

Fri 1 st	10.30- 12.30 Newent Memory Café	Sheppard House Newent GL18 1TL
	12.30 Carers Lunch Crossroads Care	The Orepool Inn Coleford GL16 8LH
Mon 4 th	11.00-12.30 Singing for the Brain Alzheimer's Soc.	The Main Place Coleford GL16 8RH
	9.30 Friendship Social Group Outing with Stroke Club	Weston Super Mare with Crossroads Care
Tue 5 th	7.00-8.00 FOD Health Forum	Blakeney. Meet Village Hall NR25 7PG
Wed 6 th	2.00 – 3.30 Sedbury Memory Café	The Village Hall Sedbury NP16 7AQ
Thu 7 th	10.00 Forest Routes Celebration	Forest Hills Golf Club Coleford GL16 7QD
	10.30 Share A Poem For people with memory loss	Cinderford Library Belle Vue Rd, GL14 2BZ
Fri 8 th	Ladies Lunch Club Crossroads Care	Call Julie 07790 560887 for more detail
	2.00 Afternoon Tea & Music Alzheimer's Soc.	Drybrook Forest Church Hall GL17 9LE
Mon 11 th	1.30 Friendship Social Group Outing Crossroads Care	Call Julie 07790 560887 for more detail
Fri 15 th	Gents Pub Club Crossroads Care	Call Julie 07790 560887 for more detail
Mon 18 th	11.00 Singing for the Brain Alzheimer's Soc.	The Main Place Coleford GL16 8RH
	2.00 – 4.00 Coleford Memory Café	Coleford The Church on the Street GL16 8AR
Thur 21 st	10.30 Gentle Walk + Farm Animals	Orchard Trust Upper Stowfield GL17 9PD
Fri 22 nd	10.30 – 12.30 Lydney Memory Café Crossroads Care	Lydney Community Centre GL15 5AT
	Ladies Lunch Club Crossroads Care	Call Julie 07790 560887 for more detail
Tue 26 th	10.30 FOD Memory Café Alzheimer's Soc.	Old Town Hall Lydney GL15 5DY
	1.00 Making Memories Group Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
Sat 30 th	12.00 Noon Woolaston Carnival	Swains Field Woolaston GL15 6SU

Dementia Friendly Walks with FOD Walking for Health

The Health Walks are organised, volunteer led walks that last about an hour and are generally no more than three miles long, often less.

They are FREE to take part in and are a great way to help you get more active and meet new people. They are suitable for everyone regardless of age or ability, and you need no specialist equipment.

Our walks are based all around the Forest of Dean taking in its natural beauty and stunning views. Most of our walks finish at a cafe where we can get refreshments and have a chat.

Please note that a carer will need to accompany any walker who normally needs such support.

The only dogs permitted on walks are assistance dogs.

Weekly	Dementia Friendly Walks with FOD Walking for Health		
Monday	10.30	Graham & Kim 01594 562240	Parkend. Meet Dean Forest Cycles GL15 4HG
	10.30	Vanessa & Neil 01594 825314	Meet Foxes Bridge Centre Cinderford.GL14 2LJ
Tuesday	10.30	Marlene 01594 836502	Mitcheldean. Meet Well Wisher Café GL17 0SL
	2.00	Pam 01594 543733	St Briavels. Meet Assembly Rooms GL15 6TG
Wednesday	10.00	Susan 01452 700707	Hartbury. Meet Village Hall GL19 3DT
	10.30	John 01594 530890	Coleford. Meet The Main Place GL16 8RH
	10.30	Chris 01594 836813	Meet Community Centre Yorkley.GL15 4RS
	10.30	Jenny 01594 562096	Huntley. Meet Huntley Cricket Club GL19 3DT
Thursday	10.00	Sheila 01989 750528	Newent. Meet Chill Out Zone GL18 1AJ
	10.00	John 01594 510814	Meet Sheila's Shop Sedbury.NP16 7AA
	10.15	Margaret 01531 820245	Lydney. Meet Bathurst Park Car Park GL15 5HG
	2.00	Richard & Barbara 01594 841964	Blakeney. Meet Village Hall NR25 7PG
Friday	10.00	Sue 01291 629821	Meet West Dean Centre Bream.GL15 6JW

The aim of the Forest of Dean Dementia Action Alliance is to make sure that everyone living with dementia is respected and enabled to continue to enjoy life in their own community as well as possible for as long as possible. We support the wider community to understand dementia to inspire and enable people to do things which contribute to a dementia friendly community, which are generally more welcoming communities.