

# THE CHURN PROJECT COURSES & ACTIVITIES

For more info, or to book for non drop-in courses, please phone The Churn Project on **01285 380038**, or email: [info@thechurn.org.uk](mailto:info@thechurn.org.uk)

| Day                    | Course / Activity                  | Description  | When   | Cost        |
|------------------------|------------------------------------|--|--|-------------|
| Mon*                   | South Cerney Men's Shed            | Friendly group who get together to make & repair. Contact Graham.  | 10am–1pm<br>Boxbush Close,<br>South Cerney                                 | £2 donation |
|                        | Moreton-in-Marsh Work Club         | Confidence building, CV writing, job application support. Contact Sally.   | 10.30am–1pm<br>Jameson Court,<br>Moreton-in-Marsh                          | Free        |
|                        | 'Pawsitive' Strides                | Join our new group, getting men out in the fresh air together for a walk and talk. Contact Graham.   | Mondays from<br>27th March 1-2.30pm<br>Boxbush Close, South Cerney         | Free        |
|                        | Sing to Remember                   | For people with dementia living at home, or people experiencing loneliness or isolation, who love to sing. Contact Jo.   | Fortnightly. 2nd & 4th<br>Mondays of the month,<br>Ashcroft Church 2pm     | Free        |
|                        | Memory Café                        | Support for people living with dementia and their carers. Meet, socialise, participate in activities and share experiences, plus separate support/information programme for carers. Contact Julie. | Fortnightly. 1st & 3rd<br>Monday of the month,<br>Ashcroft Church 2-3.30pm | Free        |
|                        | Living with Loss                   | An informal group providing understanding and encouragement for those who have been bereaved. Contact Julie.   | Monthly  | Free        |
| *None on Bank Holidays |                                    |  |  |             |
| Tues                   | Ready Steady Baby                  | Antenatal drop in for mums-to-be. Contact Sarah.   | 9.30–11am  | Free        |
|                        | Ready Steady Baby                  | Antenatal 4-week programme supporting mums-to-be. Contact Sarah to book.   | 11am-12 noon   | Free        |
|                        | Time for You                       | Confidence-building activities for women. Contact Michelle to book.  | 10am – 12 noon   | £1 donation |
|                        | Ageing Well Friendship Café        | We welcome new people and old friends for tea/coffee, cake and conversation. No need to book.  | Weekly (except 3rd Tuesday of the month)<br>2.00–3.45pm. Ashcroft Church   | £1 donation |
|                        | Ageing Well Friendship Café events | Enabling people to access and enjoy a broader range of the opportunities available in their local community.   | 3rd Tuesday of the month   |             |
| Wed                    | Mini Toddlers                      | Relaxed support group for parents of toddlers aged 1- 2 years. Contact Sarah to book.  | 9.30-11am  | Free        |
|                        | New Baby New Life                  | Informal baby group for parents, offering play, socialising and advice. Contact Rachel.  | 10-11am<br>Cirencester Baptist Church                                      | Free        |
|                        | Mummy and Baby Group               | Relaxed group support for new mums under 25. Contact Sarah to book.  | 11.30am – 1pm  | Free        |
|                        | Postnatal Group                    | A 6-week programme for parents and their new babies, covering sleep, play, feeding, baby communication and more. Contact Rachel to book.   | 2-3.15pm<br>Cirencester Baptist Church                                     | Free        |
|                        | Stitch Knit and Natter             | Friendly group who meet to knit and try other crafts. Contact Graham.  | 10am-1pm   | £1 donation |
|                        | Cirencester Sociable Stroll        | A gentle, companionable 1-hour stroll around Cirencester for those with good mobility. Informal support from a member of staff or volunteer. No need to book. Contact Jo for more information.     | 10.30-11.30am<br>Meet at The Churn in Cirencester                          | Free        |
|                        | South Cerney Sociable Stroll       | A choice of shorter walks depending on your mobility, followed by an optional visit to Fenton's Café. Well behaved dogs welcome! No need to book.  | 10.30-11.30am<br>Meet at Fenton's Café,<br>South Cerney                    | Free        |
|                        | Functional Maths                   | Learners up to Level 2. Contact Amanda.  | Afternoon  | Free        |
|                        | Functional English                 | Learners up to Level 2. Contact Amanda.  | Afternoon  | Free        |
|                        | ESOL                               | Conversational English. Contact Amanda.  | 2-4pm for 6 weeks  | Free        |
| Thurs                  | Families Matter                    | A supportive group in a friendly, informal space, for parents where their children over 2 years old can play and have fun. Siblings welcome. Contact Sarah to book.                                | 9.30–11am<br>11.30am-1pm   | Free        |
| Fri                    | Employment Support                 | Help with CVs, Universal Jobmatch, employment & volunteering. Contact Amanda.  | 10am-1pm   | Free        |
|                        | Chat and Connect                   | Connect with others in a warm space. Play games, chat and find out what's happening in Cirencester. Contact Graham.  | 1-3pm  | Free        |

Key: Engagement activities

Ageing Well activities

Families Matter activities

For information on any of the articles included please contact the Churn Office on **01285 380038** or email [info@thechurn.org.uk](mailto:info@thechurn.org.uk)  
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