

Day	Course/Activity	Description	When	Cost
Mon*	South Cerney Men's Shed	Friendly group for men to get together to make & repair. Contact Graham.	10am - 1pm Boxbush Close South Cerney	£2 donation
	Moreton-in-Marsh Work Club	Confidence building, CV writing, job application support. Contact Sally.	10.30am - 1pm Jameson Court Moreton-in-Marsh	Free
	Time For You	Confidence-building activities for women. Contact Michelle to book.	10am - 12 noon	£1 donation
	Pawsitive' Strides	Getting men out in the fresh air together for a walk and talk. Contact Michelle.	1pm - 2.30pm 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 ,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.	Fortnightly, Ashcroft Church 2 -3.45pm	Free
	Living with Loss	An informal group providing understanding and encouragement for those who have been bereaved.	Monthly	Free
*None on Bank Holidays				
Tues	Antenatal drop-in	Antenatal drop-in for mums-to-be. Contact Rachel.	9.30am - 10.30am	Free
	Ready Steady Baby	Antental 4-week programme preparing for birth and beyond, supporting parents-to-be. Contact Rachel.	10.30am - 12 noon	Free
	Time for You	Confidence-building activities for women. Contact Michelle to book.	10am - 12 noon	£1 donation
	Stitch Knit and Natter	Friendly group who meet to knit and try other crafts. Contact Michelle.	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. Contact Kim.	Weekly (except 3rd Tuesday of the month) 2pm - 3.45pm Ashcroft Church	£1 donation
	Ageing Well Friendship Café Events	Enabling people to access and enjoy a broader range of opportunities available in their local community. Contact Kim.	3rd Tuesday of the month	
Wed	Mini Toddlers	Relaxed support group for parents of toddlers aged 1-2 years. Contact Rachel to book.	9.30am - 11am	Free
	New Baby New Life	Informal baby group for parents, offering play, socialising and advice. No need to book. Contact Rachel.	10am - 11am Cirencester Baptist Church	Free
	Mummy and Baby Group	Relaxed support group for new mums under 25. Contact Rachel to book.	11.30am - 1pm	Free
	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.	10.30am - 11.30am 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. Contact Jo.	10.30am -11.30am Meet at Fenton's Café, South Cerney	Free
	ESHO Therapeutic Wellbeing Group	A friendly and calm environment for enjoying art, music and relaxation workshops. Booking essential. Contact Amanda.	2pm - 4pm	Free
Thurs	Families Matter	A supportive group in a friendly, informal space, for parents where their children over 2 years can play and have fun. Siblings welcome. Contact Rachel to book.	9.30am - 11am 11.30am - 1pm	Free
	South Cerney Community Shed	Friendly group for men and women to make & repair. Contact Graham.	10am - 1pm Boxbush Close, South Cerney	£2 donation
Fri	ESOL	Conversational English. Contact Amanda.	9.30am - 12.30pm	Free
	Functional Maths	Learners up to level 2. Contact Amanda.	9.30am - 12.30pm	Free
	Functional English	Learners up to level 2. Contact Amanda.	9.30am - 12.30pm	Free
	Employment Support	Help with CVs, Universal Jobmatch, employment & volunteering. Booking essential. Contact Amanda to book.	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.	1pm - 3pm	Free