

Friendship Club
Christ Church,
Malvern Road,
Cheltenham, GL50
2JH
**Coffee Mornings,
Soup & Cheese
Lunch,
Afternoon Tea**
2nd and 4th
Wednesdays of the
month
Contact:
01242 578163

**Gas Green Youth
and Community Centre**
Coffee Mornings
Lunch Clubs
A range of groups and
activities
Contact:
07480 462125
gasgreencentre@outlook.com
6 Baker Street, Cheltenham
GL51 9HG

**Fitness for all levels
and abilities**
Cornerstone Centre, 1
Severn Rd,
Cheltenham, GL52 5QA
Tuesdays
10am
Thursdays
10am
11am Men's Club
Contact:
Laura 07725 040741

Skittles Painting
Bingo Coffee Morning
Bridge Tea Dances
Walking Social Evenings
Bowls Day Trips
Contact: 01242 676565
bishopscleeve.seniorsclub@gmail.com
Denley Hall
Churchfields,
Bishops Cleeve, GL52 8JJ


**Hesters Way CRC
and Springbank CRC**
Craft Club
Gentle Exercise
Walking Group
Art Group
Bowls Club
Knit and Natter
Playtime for Older People Project
Contact:
Hesters Way: 01242 575638
Springbank: 01242 575638



The Cornerstone Centre
1 Severn Rd,
Cheltenham,
GL52 5QA
Digital Drop In
Community Coffee
Art Group
Soup Lunch
Knit and Natter
Bingo
Film Club
Contact:
01242 777777

Chatterbox

Chatterbox Cafe
The Pavilion, Hatherley
Lane, Cheltenham,
GL51 6PN
Wednesdays 2pm-
4pm
Contact:
Sue 07974 398641


FIT FOR LIFE
Gloucestershire
07596 969286
**Strength and Balance
Classes**
Wednesdays 10am
School House Cafe, St Pauls,
GL50 4EZ
St Phillip and James Church,
Up Hatherley,
GL51 6HX

**Shurdington Community
Centre**
Coffee Morning
When: 1st Monday of every month
Time: 10am-12pm
Where: Sobey Suite of Century Hall
Bishop Rd, Shurdington, GL51 4TB
Contact: 07483 303190

**WALKING
CRICKET**
**Leisure at
Cheltenham**
Tommy Taylors Lane,
GL50 4RN
**Tuesdays &
Wednesdays,**
11:00am-12:00pm
Contact:
01242 528764

**Charlton Kings
Senior Citizens
Welfare
Committee**
Lunch Club
Afternoon Tea
Shopping Trips
Special Events
Outings
Contact:
chairman@CKSCWC.org.uk

The Isbourne
Gloucestershire's leading wellbeing charity since 1995
Community Wellbeing Programme
Contact: 01242 254321


Cheltenham Shed
The Butterfly Garden,
Dundry Nurseries,
Bamfurlong Lane,
Cheltenham, GL51 6SL
**Mondays and
Fridays**
from 10am
Contact:
07876 059739

**Tewkesbury Road
Rest Garden**
110 Tewkesbury Rd,
Cheltenham, GL51
9DP
Garden Volunteer
Sessions
**Mondays and
Thursdays**
9.30am-1pm
Contact:
07833 555089

U3A Cheltenham
A group for everything!
www.cheltenhamu3a.org.uk

**Gloucestershire
ageUK**
Help Team
01452 422660



Adult Social Care Helpdesk
for Health and Social Care needs.
Mondays - Fridays
9am-5pm
Contact: 01452 426868



NHS
Gloucestershire Health and Care
NHS Foundation Trust

**Falls Assessment
and Education Service**
Contact: 0300 421 6241
strongandsteady@ghc.nhs.uk



The Care Advice Line

**Independent, Confidential Advice
on finding and funding care**

Helpline: 01452 22 22 00

The Silver Line

helpline for older people

Run by **ageUK**

Free, confidential telephone service.
Open 24 hours a day, every day.
0800 4 70 80 90



Call Companions
0800 716543

Cruse Bereavement
Support

National Helpline: 0808 808 1677

Local Office: 01242 252518
Monday - Friday 10am-2pm

**Community
Connexions**



Community
Accessible
Transport
Office Hours:
Monday-Friday
8am-5pm
0345 680 5029

SAMARITANS

Free, confidential helpline
116 123



Free Mental Health Support
0800 073 2200

Healthylifestyles
Gloucestershire

Stop Smoking
Manage Weight
Be More Active
Reduce Alcohol Intake
Wellbeing Support

Contact 0800 122 3788



Organisations
SUPPORTING YOUR WELLBEING



**Alzheimer's
Society**

Dementia Advisors
01452 525222
Monday - Friday
9am-5pm



Personal Alarms for
the Elderly
0800 180 85 40



LifeLine Alarm Service
01242 264393



Advice, support and Information
for unpaid carers.

Mon, Wed & Fri 9am-5pm,
Tues & Thurs 8am-8pm
Contact: 0300 111 9000



**Health and Wellbeing
Checks**
0800 180 4140

insight Gloucestershire
Helping sight impaired people
01242 22 11 70



Live Better to Feel Better!
**Gloucestershire
Self Management**

Techniques to help you manage
long-term health conditions
Contact: 0300 421 1623