**DAA Dementia Action Alliance**



** DECEMBER – Dates for your Diary**

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| Monthly | |  | |  |
| **Tues 3rd** | **9.30-11.30 Veteran’s Get-together Coleford** | | **Hopewell Colliery Speech House Rd GL16 7EL** | |
|  | **Jack & the Beanstalk Panto Crossroads Care** | | **Foxes Bridge Centre Cinderford GL14 2LJ** | |
| **Wed 4th** | **10.00 - 3.00 Wheels for All** | | **Padalabikeaway Cannop Cycle CentreGL16 7EH** | |
| **NEW** | **10.30 - 12.00 Memory Café Bridget 07907 024004** | | **St James’ Church Centre Bream GL15 6ES** | |
|  | **2.00 - 3.30 Sedbury Memory Café** | | **Sedbury Space Sedbury NP16 7AQ** | |
| **Thur 5th** | **NEW Tea and Cakes in the afternoon** OT Logo | | **Orchard Trust Upper Stowfield GL17 9PD** | |
| **Fri 6th** | **The Friday Fillies & Forest Belles Christmas Lunch** | | **Bells Hotel Coleford GL16 8BE** | |
| **Sat 7th** | **9.30-11.30 Veteran’s Get-together** | | **Watney Hall 3 Hill Street Lydney GL15 5HW** | |
| **Mon 9th** | **Friendship Group Christmas Lunch Crossroads** | | **Old Court Symonds Yat**   **HR9 6DA** | |
|  | **1.00 - 3.00 Gardening Activity & Social Club** | | **Newent Library Newent GL18 1AS** | |
| **Tues 10th** | **2.30 - 4.00 Coleford Memory Café** Image result for baptist church uk | | **Coleford Baptist Church Hall Coleford GL16 8AR** | |
| **Wed 11th** | **1.30-3.30 Lydney Memory Café** | | **Lydney Community Centre Nass Lane GL15 5AT** | |
| **Fri 13th** | **10.30 Newent Memory Café** logo | | **Sheppard House Newent GL18 1TL** | |
|  | **The Sunshine Girls Ladies Xmas Lunch Crossroads** | | **Bells Hotel Coleford GL16 8BE** | |
|  | **2.00 Afternoon Tea & Music Alzheimer’s Soc.** | | **Forest Church Hall Drybrook GL17 9LE** | |
| **Sat 14th** | **The Forest Singers Concert Crossroads Care** | | **Cinderford Foxes Bridge Centre GL14 2LJ** | |
| **Wed 18th** | **Mixed Skittles Crossroads Care** | | **Oaklands Sports Club Cinderford GL14 2LJ** | |
| **Thur 19th** | **10.30 Gentle Walk + Farm Animals** OT Logo | | **Orchard Trust Upper Stowfield GL17 9PD** | |
|  | **Active Living Christmas Lunch Crossroads Care** | | **Forest Hills Golf Club Coleford GL16 7QD** | |
| **Fri 20th** | **Gents Club Christmas Lunch Crossroads Care** | | **Bells Hotel Coleford GL16 8BE** | |
| **Thur 23rd** | **Friendship Group Xmas Party, Buffet &Annteek** | | **Cinderford Foxes Bridge Centre GL14 2LJ** | |
| **Fri 24th** | **Day Centre Christmas Party, Buffet with Annteek** | | **Foxes Bridge Centre Cinderford GL14 2LJ** | |

 ***“****As the festive period gets under way we would like to reflect and be thankful for the many amazing people doing so many amazing things within the Forest of Dean Dementia Action Alliance – organisations, community groups, individuals – supporting people living with dementia and their families and friends.  We have such wonderful connections and conversations which keep growing and developing all the time! So proud!”*



**Saturday 4TH APRIL. Please keep free in you Diary for DAA Gala Evening Event**

**DECEMBER – Dates for your Diary**

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| Weekly | |  |  | |
| **Monday** | **NEW 10.00-1.30 Club Activities** | | | **The Victoria Centre Lydney GL15 5DG** |
|  | **10.30 Seated Exercise Class** Housing 21 | | | **Goode Court Lydney GL15 5JP** |
|  | **10.30 FOD Walking for Health** | | | **Parkend. Dean Forest Cycles GL15 4HG** |
|  | **10.30 FOD Walking for Health** | | | **Foxes Bridge Centre Cinderford.GL14 2LJ** |
|  | **10.45 Active Balance** Forest Of Dean District Council Logo | | | **The Memorial Hall Woolaston GL15 6SU** |
| **1st & 3rd** | **11.00-12.30 Singing for the Brain Alzheimer’s Soc** | | | **Coleford The Main Place GL16 8RH** |
| **Every other** | **11-2 Happy Days Group Must Call 0779097894** | | | **Sheppard House Newent GL18 1TL** |
|  | **1.15 Active Balance** Forest Of Dean District Council Logo | | | **Yorkley Community Centre GL15 4RS** |
| **Trip on 2nd** | **1.30 till 3.30 Friendship Group Crossroads Care** | | | **Foxes Bridge Centre Cinderford GL14 2LJ** |
|  | **2.30 Games Afternoon, dominoes, darts, cards** | | | **Goode Court Lydney GL15 5JP** |
|  | **3.30 Young at Heart. Bowling, Table Tennis plus** | | | **Lydney Leisure Centre GL15 5DZ** |
| **Tuesday** | **10.30 Memories on Toast** | | | **Toast.Tutshill Chepstow NP16 7BN** |
|  | **10.30 – 12.30 Men’s Club** logo | | | **Sheppard House Newent GL18 1TL** |
|  | **10.30 FOD Walking for Health** | | | **Mitcheldean Well Wisher Café GL17 0SL** |
| **NEW** | **12.00-2.00 Luncheon Club Must Call01594 843418** | | | **The Victoria Centre Lydney GL15 5DG** |
|  | **12.45 Falls Prevention Class – mainly seated** | | | **Sedbury Memorial Hall Sedbury NP16 7AQ** |
|  | **1.45 Strength & Balance Seated Exercise Class** | | | **Sedbury Memorial Hall Sedbury NP16 7AQ** |
|  | **2.00-4.00 Ruspidge Golden Oldies** | | | **Memorial Hall Ruspidge GL13 3AE** |
|  | **2.00 FOD Walking for Health** | | | **St Briavels. Assembly Rooms GL15 6TG** |
|  | **2.30 Bingo** Housing 21 | | | **Goode Court Lydney GL15 5JP** |
| **Wednesday** | **10.00 - 2.00 Cinderford Carers Café FVAF** | | | **Café 31 Cinderford GL14 2RT** |
| **NEW** | **9.30-2.30 Luncheon Club Must Call01594 843418** | | | **The Victoria Centre Lydney GL15 5DG** |
|  | **10.30 FOD Walking for Health** | | | **Coleford Meet The Main Place GL16 8RH** |
|  | **10.30 FOD Walking for Health** | | | **Community Centre Yorkley GL15 4RS** |
|  | **10.30 FOD Walking for Health** | | | **Huntley. Huntley Cricket Club GL19 3DT** |
|  | **10.30 Active Balance Forest Of Dean District Council Logo** | | | **Coalway The Methodist Church GL16 7JJ** |
|  | **10.45- 12.15 Singing for Fun C:\Users\Andrew\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\840223E1.tmp** | | | **Methodist Church Chepstow NP16 5DA** |
|  | **2.30 Indoor New Age Bowling Housing 21** | | | **Lydney Goode Court GL15 5JP** |
| **Thursday** | **10.00 FOD Walking for Health** | | | **Meet Chill Out Zone Newent GL18 1AJ** |
|  | **10.00 FOD Walking for Health** | | | **Sedbury. Meet Sheila’s Shop NP16 7AA** |
|  | **10.15 FOD Walking for Health** | | | **Bathurst Park Car Park Lydney GL15 5HG** |
|  | **10.30 Active Balance Forest Of Dean District Council Logo** | | | **Latchen Rooms Longhope GL17 0PA** |
| **NEW** | **12.00-2.00 Luncheon Club Must Call01594 843418** | | | **The Victoria Centre Lydney GL15 5DG** |
|  | **2.00 - 4.00 Cinderford Memory Café FVAF** | | | **Café 31 Cinderford 31 Market St GL14 2RT** |
|  | **2.00 - 4.00 WMG Woolaston Memory Group** | | | **Woolaston The Memorial Hall GL15 6SU** |
|  | **2.00 FOD Walking for Health** | | | **Playing Fields Blakeney GL15 4DW** |
| **Friday** | **10.00 FOD Walking for Health** | | | **Bream. West Dean Centre GL15 6JW** |
| **NEW** | **10.30-1.30 Club Activities** | | | **The Victoria Centre Lydney GL15 5DG** |
|  | **10.30 - 12.30 Men’s Club logo** | | | **Sheppard House Newent GL18 1TL** |
|  | **1.00 Active Balance Forest Of Dean District Council Logo** | | | **Blakeney Village Hall GL15 4DW** |
|  | **2.00 Active Balance Forest Of Dean District Council Logo** | | | **The Memorial Hall Newent GL18** |

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**SEASONAL FLU VACCINATION IS RECOMMENDED FOR PEOPLE IN THE FOLLOWING GROUPS**

* **Those aged 65 years and over**
* **Those aged six months to under 65 in clinical at-risk groups**
* **Pregnant women**
* **All children aged two and three (through their GP surgery) and primary school-aged children (children will be given nasal spray vaccine)**
* **Those in long-stay residential care homes**
* **Carers of those with long-term conditions & housebound**

***If*** you fall into one of these categories, please check the details below regarding vaccination clinics at your GP surgery. Please let your surgery know if you do not wish to have a flu vaccination this year. Thank you.

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| **SURGERY** | **CONTACT DETAILS** | **CLINIC VENUE** | **PATIENT GROUPS** | **2019 DATES** | **TIMES** |
| **BLAKENEY SURGERY** | 01594 510225 | Blakeney School | All eligible **adult** patients  (Eligible children will be contacted by the surgery) | **Saturday, 12th October** | 09:00 – 12:00  **Drop-in Clinic**  (No appointment needed) |
| **BRUNSTON & LYDBROOK** | 01594 833255/860219  *Or book online* | Brunston Surgery | All eligible **adult** patients  (Eligible children will be contacted by the surgery) | **Saturday, 21st September** | 08:45 – 11:30  **Appointment Needed** |
| Brunston Surgery | **Saturday, 5th October** |
| Brunston Surgery | **Saturday, 19th October** |
| Lydbrook Surgery | **Saturday, 19th October** |
| **COLEFORD FAMILY DOCTORS** | 01594 838108 | Coleford Health Centre | Patients aged 65+ | **Saturday, 12th October** | 10:00 – 13:00  **Appointment Needed** |
| All eligible patients | **Mon - Fri w/c 14th October** | **Appointment Needed** |
| **Thurs, 24th October** | 18:00 – 20:00  **Appointment Needed** |
| **Thurs, 31st October** |
| **DOCKHAM ROAD SURGERY** | 01594 820010  *Or book online* | Cinderford Health Centre | All eligible **adult** patients  *(Eligible children will be contacted by the surgery)* | **Saturday, 5th October** | 08:30 – 12:30  **Appointment Needed** |
| **Saturday, 19th October** |
| **DRYBROOK SURGERY** | 01594 542239 | Drybrook Memorial Hall | All eligible patients  *(Eligible patients will be contacted by the surgery)* | **Saturday, 5th October** | 08:30 – 11:30  **Appointment Needed** |
| Drybrook Surgery | **Saturday, 2nd November** |
| **FOREST HEALTH CARE** | 01594 820820 | Cinderford Health Centre | Patients aged 65+ | **Saturday, 28th September** | 08:30 – 13:30  **Drop-in Clinics**  (No appointment needed) |
| All eligible patients | **Saturday, 12th October** |
| 01594 542225 | Ruardean Surgery | Patients aged 65+ | **Wednesday, 9th October** | 14:00 – 17:30  **Appointment Needed** |
| All eligible patients | **Friday, 25th October** |
| **LYDNEY HEALTH CENTRE** | 01594 842167 | Lydney Health Centre | Patients aged 65+ | **Wednesday, 18th September** | 08:30 – 18:00  **Drop-in Clinics**  (No appointment needed)  *Eligible* ***children*** *will be contacted directly* |
| **Thursday, 26th September** |
| **Wednesday, 9th October** |
| All eligible **adult** patients | **Wednesday, 30th October** |
| **Thursday, 5th December** |
| **MITCHELDEAN SURGERY** | 01594 542270 | Mitcheldean Community Centre | Patients aged 65+ | **Thursday, 3rd October** | 12:00-15:00  **Drop-in Clinics**  (No appointment needed) |
| Huntley Village Hall | All eligible patients | **Thursday, 24th October** |
| **NEWNHAM & WESTBURY** | 01594 516241 | Newnham & Westbury | All eligible patients | Vaccines arriving in batches. Please call the Surgery for details of availability | **Appointment Needed** |
| **SEVERNBANK SURGERY** | 01594 845715 | Severnbank Surgery | Patients aged 65+ | **Wednesday, 9th October** | **Appointment Needed**  Please call to book and for information of later clinics |
| Patients in At Risk groups | **Tuesday, 15th October** |
| **Thursday, 17th October** |
| Patients aged 65+ | **Tuesday, 22nd October** |
| **YORKLEY & BREAM** | 01594 562437 | Bream Surgery | Patients aged 65+ | **Clinics from 30th September onwards** | **Appointment Needed** |
| Yorkley Health Centre | Patients aged 65+ | **Clinics from 1st October onwards** | **Appointment Needed** |
| Yorkley **or** Bream | At risk **adult** patients *(Eligible children will be contacted by the surgery*) | **Clinics from 14th October onwards** | 17:00 – 18:00  **Appointment Needed** |