

We're building an inclusive and accessible community activity programme for the Forest of Dean that brings people together, makes us all feel good, connected to each other – and is fun to be a part of!

Our friendly team are here to understand your needs and ensure that everyone is included. Why not get in touch with us before you come along and see how we can help?

FRIDAY 14 JAN 1–3pm

Inclusive Cycling For All



Bell's Field

Coleford GL16 8BE

Our dedicated team provide support and a great opportunity to cycle in a safe environment. The bikes and trikes are fully accessible including two seaters and provide a fun opportunity to enjoy being outdoors.

FREE

To book contact Goals Beyond Grass:
t. 01452 245771 m. 07907113145
e. info@goalsbeyondgrass.co.uk

TUESDAY 18 JAN 2–3.30pm

Indoor Gentle Active Games



Coleford Baptist Church
Newland Street, GL16 8AJ

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories of competitive games in a friendly and welcoming environment. They are led by a fully trained and experienced team.

FREE

To book contact Goals Beyond Grass:
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WEDNESDAY 5, 12, 19, 26 JAN 1–2pm

Online Gentle Exercise



45min–1 hour session with an emphasis on functional fitness and having fun. Gentle movements focused on seated strength and flexibility exercises, progressing to standing balance, helping maintain and aid mobility.

FREE introductory sessions x 2

Then £3.50 per session

Sign up by calling 01594 812447

WEDNESDAY 5 JAN 2–3pm

Indoor Gentle Active Games



Sedbury Memory Café
Sedbury Village Hall, NP16 7AQ

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories of competitive games in a friendly and welcoming environment. They are led by a fully trained and experienced team.

FREE (Memory Café members only)

To book contact Goals Beyond Grass:
t. 01452 245771 m. 07907113145
e. info@goalsbeyondgrass.co.uk

We are always looking to grow our programme. We would love to hear your views on what we have available and what else you would like to see in our range of activities.

Find out more:

t. 01594 812447

e. community.wellbeing@fdean.gov.uk
www.forestofdeangoga.org

WEDNESDAY 19 JAN 1.30–3.30pm
Indoor Gentle Active Games



Lydney Community Centre

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories of competitive games in a friendly and welcoming environment. They are led by a fully trained and experienced team.

FREE

To book contact Goals Beyond Grass:
 t. 01452 245771 m. 07907113145
 e. info@goalsbeyondgrass.co.uk

WEDNESDAY 20 JAN 2–3.30pm
Indoor Gentle Active Games



Woolaston Memory Café

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories of competitive games in a friendly and welcoming environment. They are led by a fully trained and experienced team.

FREE (Memory Café members only)
 Info 01594 812447

FRIDAY 21 JAN 10am–12noon
Indoor Gentle Active Games



Sheppard House

Onslow Road, Newent, GL18 1TL

A series of indoor games such as bowls, curling, and table cricket. The games are fully inclusive, played seated or standing and bring back memories of competitive games in a friendly and welcoming environment. They are led by a fully trained and experienced team.

FREE

To book contact Goals Beyond Grass:
 t. 01452 245771 m. 07907113145
 e. info@goalsbeyondgrass.co.uk

Diary: January 2022

Date	Activity	Location	Booking	Cost
WEDS 5 1–2pm	Gentle Online Exercise	Online	01594 812447	2x FREE intro sessions £3.50 per session
WEDS 5 2–3pm	Indoor Gentle Active Games	Sedbury Memory Café	01452 245771 / 07907 113145 / info@goalsbeyondgrass.co.uk	FREE (Memory café participants only)
WEDS 12 1–2pm	Gentle Exercise	Online	01594 812447	2x FREE intro sessions £3.50 per session
FRI 14 1–3pm	Inclusive Cycling	Bells Field, Coleford	Lydney Community Centre	FREE
TUES 18 2–3.30pm	Indoor Gentle Active Games	Coleford Baptist Church	01452 245771 / 07907 113145 / info@goalsbeyondgrass.co.uk	FREE
WEDS 19 1–2pm	Gentle Online Exercise	Online	01594 812447	2x FREE intro sessions £3.50 per session
WEDS 19 1.30–3pm	Indoor Gentle Active Games	Lydney Community Centre	01452 245771 / 07907 113145 / info@goalsbeyondgrass.co.uk	FREE
THURS 20 2–3.30pm	Gentle Exercise	Woolaston Memory Café	01452 245771 / 07907 113145 / info@goalsbeyondgrass.co.uk	FREE (Memory café participants only)
FRI 21 10am–12noon	Indoor Gentle Active Games	Sheppard House Newent	01452 245771 / 07907 113145 / info@goalsbeyondgrass.co.uk	FREE
WEDS 26 1–2pm	Gentle Online Exercise	Online	01594 812447	2x FREE intro sessions £3.50 per session