

LEISURE AND ACTIVE WELLBEING

Newsletter



Forest of Dean
— DISTRICT COUNCIL —



Welcome to the August edition of our newsletter

When we think about being active, it's easy to picture exercise classes or a trip to the gym. But staying active is about so much more than that. Whether you're joining a community gardening project, taking part in play activities with family and friends, enjoying live entertainment at an inclusive music festival, or connecting with others through local social groups, there are countless ways to improve your wellbeing while having fun.

This edition celebrates the many opportunities available across our communities to get moving, meet new people, learn new skills and enjoy the outdoors. We hope you'll find something that inspires you to get involved and discover that being active can look different for everyone.

For more information about Leisure and Active Wellbeing, visit our website here: [Leisure and Active Wellbeing](https://www.forestofdean.gov.uk/leisure-and-active-wellbeing), or contact us on 01594 812447 or community.wellbeing@fdean.gov.uk.

August 2026 / Issue # 4

Spotlight on ...

Dog Day Social Group

Love dogs? Join Dog Days!

Play Days

Join Play Gloucestershire for fun family activities this August.

Yorkley Village Garden

Thriving community space

OrchardFest 2026

The return of Orchard Trust's inclusive music festival

Dog Days Social Group

With Crossroads Gloucestershire

Love dogs? Join Dog Days!

Dog Days is a fun and friendly monthly group for people experiencing memory challenges and their friends, family and carers.

Enjoy dog-themed activities, games, guest speakers, and the company of trained volunteer dogs. The sessions provide a supportive space to socialise, make connections, and share the joy that dogs bring.

Fully trained Support Workers from Crossroads Gloucestershire attend each session to support those with advanced care needs, ensuring everyone can take part comfortably and safely.

The group runs on the 4th Thursday of every month from 2:00 to 4:00pm at Berry Hill Rugby and Football Club, Lakers Road, Berry Hill, Coleford, GL16 7QT.

There is no need to book and hot drinks and cakes are included.

For more information contact Julie Kingston: 07790 560887 / julie.kingston@crossroadsglos.org.uk



Play Days

Look out for Play Gloucestershire's Summer Community Play Days, coming to Ruspidge and Cinderford this August.

Led by Play Rangers, these free, fun and inclusive activities are designed for school-age children, with children under 8 accompanied by a parent or carer.

More information here:
[Summer Play Days](#)

PLAY GLOUCESTERSHIRE'S PLAY RANGERS SUMMER COMMUNITY PLAY DAYS

Miners Welfare Park, Cinderford, GL14 2JH

10am to 4pm Friday 28th August

///empty.desktop.copiers

Thank you to Cinderford Town Council for funding these sessions and supporting play

Our Play Ranger activities take place outdoors in all weathers and are open access. This means there is no registration, children are free to come & go as they please.

Our Activities are aimed at school aged children. Under 8's are welcome and should be accompanied by an adult.

We believe all children have the right to play. Please talk to us if your child needs additional support to enjoy Play Rangers. We welcome disabled children & their families.

Play Gloucestershire
Transforming lives through the power of play
www.playgloucestershire.org.uk
@playgloucestershire

PLAY GLOUCESTERSHIRE'S PLAY RANGERS SUMMER COMMUNITY PLAY DAYS

The Recreation Ground, Ruspidge, GL14 3AE

Tuesdays, 10am to 4pm 28th July, 11th & 25th August

///grapevine.runs.wool

Our Play Days are all open access where we are working in partnership with Gloucestershire County Council and the Department for Education in the Holiday Activity and Feed Program families can book in securing food at lunchtime. For more information including checking eligibility and how to register for HAF and book activities this summer search for Gloucestershire HAF Program.

Our Play Ranger activities take place outdoors in all weathers and are open access. This means there is no registration, children are free to come & go as they please.

Our Activities are aimed at school aged children. Under 8's are welcome and should be accompanied by an adult.

We believe all children have the right to play. Please talk to us if your child needs additional support to enjoy Play Rangers. We welcome disabled children & their families.

Play Gloucestershire
Transforming lives through the power of play
www.playgloucestershire.org.uk
@playgloucestershire

Yorkley Village Garden

Yorkley Village Garden is a thriving one-acre community garden located next to the Community Centre in the heart of Yorkley. The site features a variety of growing spaces, including vegetable beds, soft fruit bushes, fruit trees, a wildflower meadow, and a polytunnel, providing opportunities for year-round cultivation and learning.

The garden is run as a community space and welcomes people of all ages and abilities who would like to get involved, whether they are experienced gardeners or complete beginners. Visitors and volunteers can enjoy spending time outdoors, learning new skills, growing fresh produce, and meeting others in a friendly and supportive environment.

Managed with wildlife in mind, the garden incorporates pollinator-friendly planting and natural habitats that help support local biodiversity. As well as producing food, it offers a peaceful and welcoming green space where people can connect with nature, improve their wellbeing, and contribute to a valued community asset.

For more information visit the Yorkley Village Garden Facebook page here: [Yorkley Village Garden](#) .



ACCESSIBLE MUSIC FESTIVAL

SATURDAY 15TH AUGUST
2.00PM - 10.30PM

LIVE MUSIC ~ FOOD VENDORS ~ LICENSED BAR

MUSIC PERFORMANCE

SUMMER NIGHT CITY (ABBA TRIBUTE)
QUO-INCIDENCE (STATUS QUO TRIBUTE)
MY TIN MONKEY / ST JOHNS WOOD AFFAIR

And many more bands, activities and food stalls.
We aim to accommodate all dietary requirements.

At Orchard Trust,
Upper Stowfield,
Lower Lydbrook,
GL17 9PD


BOOK HERE



Tickets are available at <https://www.skiddle.com/e/41778294>

OrchardFest 2026!

Orchard Trust's Accessible Music Festival returns on Saturday 15 August, from 2:00pm to 10:30pm.

With live music, activities, walkabout entertainment, food stalls and a licensed bar, the festival is designed especially for people with learning disabilities, where everyone is welcome.

The event includes ample on-site parking, accessible pathways, a Changing Places facility, and a quiet space for anyone who would like a break from the noise and activity.

Book your tickets here: [OrchardFest 2026](#) .