



Forest of Dean
— DISTRICT COUNCIL —

Leisure and Active Wellbeing

April 2026 Edition

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For more information on Active Wellbeing opportunities contact Community Wellbeing:
01594 812447 / community.wellbeing@fdean.gov.uk

Gym Options

Area	Gym	Location	GP Referral trained instructors?	Contact Details
Cinderford	Freedom Leisure Cinderford	Causeway Road, Cinderford, GL14 2AF	Yes	01594 824008 https://tinyurl.com/3u4vbp7j
	Ironmasters	37 Foxes Bridge Road, Cinderford, GL14 2PQ	No	07507 857574 www.ironmastersgym.com
	Frazer Montague Fitness	Frazer Montague Fitness, 47 Foxes Bridge Road, Cinderford, GL14 2PQ.	Yes	07765 213127 https://frazermontaguefitness.co.uk
	Relentless	Building 9, Vantage Point, Mitcheldean, GL17 0DD.	Yes	07818 593313 www.fodrelentlessgym.com
Coleford	Fitzone	Forest of Dean Gymnastics & Fitness Centre, Five Acres, Coleford, GL16 7QW	No	01594 833393 www.forestofdeangym.com/fitzone
	Rockets Health and Fitness	Mile End Road, Broadwell, Coleford, GL16 7QD	Yes	01594 834700 www.rocketshealthandfitness.com
	Bells Hotel Gym	Bells Hotel and Country Club, Lords Hill, Coleford, GL16 8BE.	No	01594 832583 www.bells-hotel.co.uk/the-gym
Lydney	Inclusive Fitness CIC	Unit 2/3, Miles Merchant Yard, Bream, GL15 6JE.	Yes	07943 393289 https://tinyurl.com/bde43ja8
	Freedom Leisure Lydney	Church Road, Lydney, GL15 5DZ	Yes	01594 842383 https://tinyurl.com/r97pab74
	Fortitude	Unit 1 Old Farmers Stores Church Road, Lydney GL15 5EX.	No	07360 278781 www.fortitudegym.co.uk
	Whitemead Forest Park Pool & Gym	Whitemead Forest Park, Parkend, GL15 4LA	No	01594 560400 https://tinyurl.com/2wh9ej3k
Newent	Freedom Leisure Newent	Watery Lane, Newent, GL18 1PX	Yes	01531 821519 https://tinyurl.com/3nkb96vz
Sedbury	Freedom Leisure Sedbury	Beachley Road, Sedbury, NP16 7AA.	Yes	01291 625347 https://tinyurl.com/y5mmh2bs
	Chepstow Leisure Centre	Welsh Street, Chepstow NP16 5LX	Yes	01633 644800 https://tinyurl.com/596pbsuw

Exercise Recommendation Scheme Classes

Class costs range from £4-7 per session. Contact class provider for details.
 Note: Classes delivered by FoDDC are by Referral only from a health professional.

Mondays

Time	Class	Place	Contact
FoDDC Classes			
10:30-11:30	Active Balance	Woolaston Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:00-11:45	Arthritis Class	Freedom Leisure, Lydney	Freedom Leisure 01594 842383
12:30-13:30	Tai Chi for Health & Wellbeing	Ruspidge Memorial Hall	Active Wellbeing FoDDC 01594 812447
15:30-16:30	Falls Prevention (PSI) 20 WEEK COURSE	Cinderford TBC	Active Wellbeing FoDDC 01594 812447
External provider classes – contact provider directly			
11:00-12:15	Movement to Music	West Dean Centre, Bream	Rikki Sheppard 07769 658298
13:00-14:00	Active Balance 1	Corse & Staunton Village Hall	Jo Anne Hale 07817 851214 zest.forlife@yahoo.co.uk
14:30-15:30	Active Balance 2	Corse & Staunton Village Hall	Jo Anne Hale 07817 851214

Tuesdays

Time	Class	Place	Contact
FoDDC Classes			
10:00-11:00	Pilates	Broadwell Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Active Balance	Broadwell Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Cancer Rehab	Freedom Leisure Lydney	Freedom Leisure 01594 842383
13:30-14:30	Active Balance	Lydney Community Centre	Active Wellbeing FoDDC 01594 812447
External Provider classes			
10:30-11:30	Wellbeing Circuits	Yorkley Community Centre	Frazer Montague Fitness 07765 213127
12:00-13:00	Active Balance/Extend	Blakeney Village Hall	Sue Davies 07938 986983
12:00-13:00	Tai Chi	Lydney Community Centre	Active Wellbeing FoDDC 01594 812447

Wednesdays

Time	Class	Place	Contact
FoDDC Classes			
10:00-11:00	Active Balance	Drybrook Rugby Club	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Active Balance	Drybrook Rugby Club	Active Wellbeing FoDDC 01594 812447
10:30-11:30	Kickstart	Freedom Leisure, Lydney	Active Wellbeing FoDDC 01594 812447
13:00-14:00	Kickstart	Cinderford Rugby Club	Active Wellbeing FoDDC 01594 812447
External Provider classes			
10:00-11:00	Wellbeing Circuits	Mitcheldean Community Centre	Frazer Montague Fitness 07765 213127
10:00-11:00	Active Balance	Hartpury Village Hall	Toni Vassiloudi 07803 345702
11:30-12:30	Wellbeing Circuits 2	Mitcheldean Community Centre	Frazer Montague Fitness 07765 213127
10:30-11:30	Dance & Connect	Alvington Memorial Hall	Rikki Sheppard 07769 658298

Thursdays

Time	Class	Place	Contact
FoDDC Classes			
10:00-11:45	Freedom referral classes	Newent Pavillion, Watery Lane	Freedom Leisure Newent 01531 821519
External Provider classes			
14:00-15:00	Move & Connect	St James' Church Hall, Bream	Rikki Sheppard 07769 658298
14:00-15:00	Breathe in Sing Out	Lydney Community Centre	Mindsong 01684 273656 /07989 936270 admin@mindsong.org.uk

Fridays

Time	Class	Place	Contact
External Provider classes			
10:00-11:00	Wellbeing Circuits	Blakeney Village Hall	Frazer Montague Fitness 07765 213127
11:15-12:15	Gentle Tai Chi for Active Balance	Corse & Staunton Village Hall	Toni Vassiloudis 07803 345702
13:00-14:00	Active Balance	Newent Memorial Hall	Toni Vassiloudis 07803 345702
14:15-15:15	Active Balance Plus	Newent Memorial Hall	Toni Vassiloudis 07803 345702

Healthy Lifestyles Gloucestershire

Free health & wellbeing support programmes. Contact 08007 555533 - <https://hlsglos.org/>

Activity	Day & time	Venue
Smoking Cessation Clinic	Fridays 9-12pm, 1-4pm	Main Place, Old Station Way, Coleford, GL16 8RH
Weight Management Group	Mondays 6-7.30pm	The Wesley, 7 Belle Vue Road, Cinderford, GL14 2AA
Weight Management Group	Wednesdays 1-2.30pm	Lydney Community Centre, Naas Lane, Lydney, GL15 5AT
Pregnancy and Postnatal support (Healthy Beginnings) Weight Management	Fridays 9-11am	River Children and Family Centre, Naas Lane, Lydney, GL15 5AU
Pregnancy and Postnatal support (Healthy Beginnings) Smoking Cessation Clinic	Fridays 11.30-2pm	River Children and Family Centre, Naas Lane, Lydney, GL15 5AU

Sports Clubs – Forest of Dean

N.B. There may be other sports clubs not included here, including darts, badminton, squash etc. If you know of a club who would like to be included, do let us know.

Sport	Club	Sport	Club
Football	Cinderford Town FC	Cricket	Cinderford CC
	Cinderford Town Youth		Alvington and Woolaston CC
	Littledean FC		Bream CC
	Soudley FC		Lydney CC
	Harrow Hill AFC		Newnham on Severn CC
	Lydbrook Athletic		Parkend CC
	Mitcheldean FC		St Briavels CC
	Mitcheldean SC Ladies		Westbury-on-Severn CC
	Mitcheldean Sports Club Youth		Newnham on Severn CC
	Newnham United FC		Ruardean Hill CC
	Ruardean Hill Rangers		Aston Ingham CC
	Ruardean Hill Rangers Youth		Corse and Staunton CC
	Ruardean United FC	Dymock CC	
	Bream Amateurs FC	Huntley CC	
	Broadwell Amateurs FC	Newent CC	
	Broadwell Amateurs Youth FC		
	Ellwood FC		
	Ellwood Ladies FC		
	Ellwood Youth FC		
	English Bicknor FC		
	English Bicknor Youth FC		
	Milkwall FC		
	Mushet & Coalway FC		
	St Briavels FC		
	Blakeney FC		
	Bream Amateurs FC		
	Lydney Town FC		
	Lydney Town Juniors		
	Lydney Town Youth		
	Newnham United AFC		
	St Briavels FC		
	Viney St Swithins FC		
	Westbury United FC		
	Whitecroft FC		
	Woolaston FC		
	Yorkley FC		
	Newent and Gorsley Youth FC		
	Hartpury University Men FC		
	Hartpury University Women FC		
	Highnam Youth FC		
Huntley Football Club FC			
Newent Town AFC			
Redmarley and Tibberton United FC			
Redmarley Youth FC			
Staunton and Corse FC			
Tidenham AFC			
		Tennis	Freedom Leisure
			Lydney TC
			Redmarley TC
			Taynton & Tibberton TC
		Bowls	Cinderford BC
			Coleford BC
			Lydney BC
		Rugby	Cinderford RFC
			Westbury-on-Severn RFC
			Bream RFC
			Berry Hill RFC
			Bream RFC
			Lydney RFC
			Westbury-on-Severn RFC
			Hartpury University RFC
			Newent RFC
			Lydney Hockey Club
		Hartpury University Hockey Club	
		Newent Hockey Club	
		Swimming	Forest of Dean Swimming Club
			Freedom Leisure
			Barefoot and Bower, Taynton
			Court Farm Lakes, Woolaston
			Etloe Farm Pool
		Whitemead Forest Park	

Other Active Wellbeing activities

N.B. This information may be subject to change. There may also be other activities running, which are not listed here - we welcome providers to contact us, if they would like to be added.

Cinderford area

Activity	Venue	Day & time	Provider/Website
Adult Aerial (Circus Skills Classes)	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Tuesdays 11:15am - 12:45pm (Term Time only)	https://artspacecinderford.org 01594 825111
Adult Aerial (Circus Skills Classes)	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Tuesdays 11:15am - 12:45pm (Term Time only)	https://artspacecinderford.org 01594 825111
Aerial for beginners (8+)	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Fridays 4:15pm-5:45pm	https://artspacecinderford.org 01594 825111
Armchair Sports	Worcester Road Community Centre, Cinderford, GL14 2XA	Thursdays 10-12	0800 316 0897
Armchair Yoga	Worcester Road Community Centre, Cinderford, GL14 2XA	Mondays 10-12	0800 316 0897
Back Care Pilates	Newnham Club, High Street, Newnham GL14 1BS	Friday 11:30-12:30pm	https://estherf.com/ 07711 832042
Balance and Posture – 60+	Lea Village Hall, Lea, Ross on Wye, HR9 7JY	Thursdays 11:45am	07875 751890
Balance Class	Forest Sensory Services, Valley Road, Cinderford, GL14 2LJ	Monday 14:15 to 15:15	https://forestsensoryservices.org/ 01594 827711
Boxercise	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Tuesday 7:30 - 8:30pm	https://tinyurl.com/4nwdmayz 07815 994767
Chair yoga	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Monday 12pm	https://samprati.co.uk/ 07973 421711
Dance Fitness - Low impact	Westbury-on-Severn Parish Hall, Rodley Road, Westbury on Severn, GL14 1PF	Thursday 9:30-10:30am	https://tinyurl.com/ms735swc
Dance Fitness / Adult Tap	Cinderford Rugby Club, Dockham Rd, Cinderford GL14 2AQ	Monday 6:10-7:10pm 7:15-8:15pm Tuesday 6-7pm Friday 9:30-10:30am	https://tinyurl.com/ms735swc
FoD Community Walks	Various	Various	https://fodcommunitywalks.wixsite.com/mysite 07881 338476
Football	Forest and Wye Community Church, 2 Parragate Road, GL14 2LY	Wednesdays 8-9pm	www.fcchurch.co.uk

Cinderford area

Activity	Venue	Day & time	Provider/Website
Forest Footy / 5-a-side	The Forest High School, Causeway Road, Cinderford GL14 2AZ	Mondays 7:45pm	forest.footy@outlook.com
Hatha Yoga	Mitcheldean Community Centre, 1 Townsend, Mitcheldean, GL17 0BE.	Wednesday 18:15-19:15pm	https://tinyurl.com/y2kyece4
Kettlercise Meltdown	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Thursday 7:30 - 8:15pm	https://tinyurl.com/4nwdmayz 07815 994767
Kettlercise Upper body	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Tuesday 6:30-7:15	https://tinyurl.com/4nwdmayz 07815 994767
Legs, Bums and Tums	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Tuesday 6-6:55pm	https://samprati.co.uk/ 07973 421711
Line Dancing	The Miners Hall, Cinderford	Wednesday 7-8pm	https://samprati.co.uk/ 07973 421711
Line Dancing	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Thursday 11:30-12:30pm	https://samprati.co.uk/ 07973 421711
New to fitness ladies only SPIN	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Monday 6:20pm	https://samprati.co.uk/ 07973 421711
Pilates	Ruspidge Memorial Hall	Tuesday 1:30 – 2:30pm	Simone Price - https://ruspidgememorialhall.weebly.com/
Pilates	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Tuesday 7-8pm Saturday 10:10am	https://samprati.co.uk/ 07973 421711
Pilates	The Pludds Village Hall, Ash Dene Road, The Pludds, GL17 9UQ	Sundays 7-8 pm Mondays 10-11am	https://tinyurl.com/yy88b9w9 hello@pearlapilates.com
Pilates and Mobility for beginners	Dene Magna School, Abenhall Road, Mitcheldean, GL17 0DU	Tuesday 7:15-8pm	https://estherf.com/ 07711 832042
Pilates Balance and Stretch	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 10:30-11:30	https://estherf.com/ 07711 832042
Pilates Balance and Stretch	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 10:30-11:30	https://estherf.com/ 07711 832042
Pilates Posture	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 9:30-10:15	https://estherf.com/ 07711 832042
Relax and Yoga	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, Cinderford, GL14 2YB	Monday 7:05pm Friday 9:45am	https://samprati.co.uk/ 07973 421711

Cinderford area

Activity	Venue	Day & time	Provider/Website
Short Mat Bowls	Mitcheldean Community Centre, 1 Townsend, Mitcheldean, GL17 0BE.	Monday 14:00-16:30	01594 826234 / 01594 554612
Strength and Conditioning	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Saturday 11:15am	https://samprati.co.uk/ 07973 421711
Trigger Point Pilates	Dene Magna School, Abenhall Road, Mitcheldean, GL17 0DU	Tuesday 6-7pm	https://estherf.com/ 07711 832042
White Lotus Tai Chi	Soudley Village Hall, Lower Road, Cinderford GL14 2TZ	Thursday 9:30-10:30am	www.forest-fighting-fit.org 07790 025743
Wilde Earth Journeys Walks	Various – Cinderford area	Tuesdays 10am to 12pm	https://tinyurl.com/5em5kxsj
Yoga	The Pludds Village Hall, Ash Dene Road, The Pludds, GL17 9UQ	Tuesdays 6.30-8pm	https://tinyurl.com/2yzd2sy3
Yoga	The Wesley Hall, 7 Belle Vue Road, Cinderford GL14 2AA	Tuesday 10-11 am	https://tinyurl.com/4kb7898w 07753 419702
Yoga	Soudley Village Hall, Lower Road, Cinderford GL14 2TZ	Monday 6-7pm	https://tinyurl.com/4kb7898w 07753 419702
Yoga	Ruardean Village Memorial Hall, High Steet, Ruardean GL17 9US	Friday 6-7pm	https://soulconnectionyoga.com/
Yoga Trapeze	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Thursday 7pm Monday 10:15am Saturday 9am	https://samprati.co.uk/ 07973 421711

Coleford area

Activity	Venue	Day & time	Provider/Website
Barre Fitness	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Tuesdays 8pm	www.facebook.com/lvcfitness/ 07909 755222
Be Strong Fit	Staunton Village Hall, Staunton, GL16 8NX	Tuesday 6:15pm	www.balancepilatesandwellbeing.co.uk 07958 324420
Be Strong Function	Staunton Village Hall, Staunton, GL16 8NX	Tuesday 5:30pm	www.balancepilatesandwellbeing.co.uk 07958 324420
Bounce Fitness	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Wednesday 6.30-7.30	www.facebook.com/BerryHillHut/ 07748 456452
Broadway Boogie/Dance Fitness	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Thursday 7pm	www.facebook.com/lvcfitness/ 07909 755222

Coleford area

Activity	Venue	Day & time	Provider/Website
Broadway Boogie/Dance Fitness	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Monday 10am	www.facebook.com/lvcfitness/ 07909 755222
Chair Yoga / Pilates	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Monday 2-3pm	https://samprati.co.uk/ 07973 421711
Chen Style Tai Chi & Chi Gong	English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PA.	Wednesday 6:30pm	https://tinyurl.com/2kae88d2
Dance Exercise Class (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Tuesday 1:30 – 2:30 pm	https://great-oaks.org.uk/ 01594 811910
Fishing at Noxon Farm	Noxon Farm, Bream Avenue, Coleford, Coleford GL15 6QR	Various	www.noxonfarm.co.uk 01594 562236 / 07539179265
Fit4Tap	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Tuesdays 10am Term time only	www.facebook.com/lvcfitness/ 07909 755222
Fitness Pilates	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Wednesdays 11am Thursdays 8pm	www.facebook.com/lvcfitness/ 07909 755222
Fitness Pilates	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Mondays 11am	www.facebook.com/lvcfitness/ 07909 755222
Fitsteps	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Tuesdays 7pm Wednesdays 10am	www.facebook.com/lvcfitness/ 07909 755222
FoD Community Walks	Various	Various	https://fodcommunitywalks.wixsite.com/mysite 07881 338476
Forest Fit Mum	Beechenhurst, Speech House Road, Coleford, GL16 7EL	Thursday 9:30-10:30am	https://tinyurl.com/523nr67z
Hydro Pool (for people with life limiting condition)	Orchard Trust Hydrotherapy Pool, Upper Stowfield, Lydbrook, GL17 9PD	Contact for more info	https://orchard-trust.org.uk/ 01594 861137
Inclusive Yoga	The Clubhouse, Milestone Walk, Sling, Coleford, GL16 8JP.	Thursday 11am	https://samprati.co.uk/ 07973 421711
Indoor Bowls	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 2-3:30pm	www.facebook.com/BerryHillHut/ 07748 456452
Junior Tae Kwon-Do	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 6-7 pm	www.facebook.com/colefordtaekwondo/ 07577 414528
Men's Group (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Wednesday 2-4pm	https://great-oaks.org.uk/ 01594 811910

Coleford area

Activity	Venue	Day & time	Provider/Website
Menobalance	Clearwell Memorial Hall, High St, Clearwell, GL16 8JS	Monday 7pm	www.balancepilatesandwellbeing.co.uk
Panache Fitness	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 7:30-8:30pm	https://tinyurl.com/2tp9d8m7
Park Run/Park Walk	Coverham Enclosure, Five Acres, Coleford, GL16 7QX	Saturday 9:00am	www.parkrun.org.uk/fores-tofdean/
Pedal 4 Parkinsons	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Wednesday 2-3pm	https://great-oaks.org.uk/01594811910
Pilates	English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PA.	Mondays 1:30-2:30pm	https://tinyurl.com/yy88b9w9 hello@pearlapilates.com
Pilates Flow	Staunton Village Hall, Staunton, GL16 8NX	Thursday 7:30pm	www.balancepilatesandwellbeing.co.uk
Pilates Flow	Clearwell Memorial Hall, High St, Clearwell, GL16 8JS	Wednesday 7pm	www.balancepilatesandwellbeing.co.uk
Red Hot Chilli Steppers	Various locations (see Facebook Page)	Tuesdays & Thursdays – 6:15pm	https://tinyurl.com/4h7bw2y8
Silver Swans Ballet	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Tuesdays 11am Term time only	www.facebook.com/lvcfitness/ 07909 755222
Strength Training	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Thursdays 7pm	www.facebook.com/lvcfitness/ 07909 755222
Table Tennis	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Thursday 7-10pm	www.facebook.com/BerryHillHut/ 07748 456452
Table Tennis	English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PA.	Tuesday 7-9pm	www.englishbicknor.org/village-activities 07970 748670
Tai Chi/ Qi Gong	St Margaret Mary Church, 4 High Nash, Coleford, GL16 8HN	Wednesday 10-11am	https://severnsun.com/tai-chi/ 07786 489666 / 07872 161736
Yoga (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Thursday 6-7:15pm	https://great-oaks.org.uk/01594811910
Yoga	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Thursday 2:30-3:30pm and 4:15 - 5:45pm	www.facebook.com/BerryHillHut/ 07748 456452
Yoga	Lydbrook Memorial Hall, Church Hill, Lydbrook, GL17 9SW	Tuesday 6:30pm	https://soulconnectionyoga.com/

Lydney area

Activity	Venue	Day & time	Provider/Website
Boogie Bounce Fitt Xtreme	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Mon & Thurs 6:30-7:30pm	www.facebook.com/whitecroftvillage/
Chair Yoga	Lydney Community Centre, Naas Lane, Lydney	Monday 2pm	www.freedomyogaandrelaxation.co.uk 07789 893467
Court Farm Lakes	Main Road, Lydney GL15 6PJ	Wed-Sun	www.courtfarmlakes.co.uk
Discocise	Aylburton Village Hall, 81 High Steet, Aylburton, GL15 6DE	Friday 6:30-7:30pm	http://aylburtonvillagehall.org.uk/
FoD Community Walks	Various	Various	https://fodcommunitywalks.wixsite.com/mysite 07881 338476
Forest Boxing Club	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Monday 8-9pm Wednesday 7:45-8:45pm	https://tinyurl.com/5e86mhma
Forest Fighting Fit	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Various	www.forest-fighting-fit.org 07790 025743
Forever Fit Class	Freedom Leisure, Church Road, Lydney, GL15 5DZ	Thursday 11:30am	https://tinyurl.com/r97pab74 01594 842383
Gardening	Behind Yorkely Health Centre, Bailey Hill, GL15 4RS	Various	www.facebook.com/yorkleyvillagegarden/
Lydney Boxing Club	Regent Hall, Bath Place, Lydney, GL15 5RR	Various	https://tinyurl.com/39pnr5tx 07525 703979
Menobalance	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Thursday 10:00am	www.balancepilatesandwellbeing.co.uk 07958 324420
Park Run/Park Walk	Lydney Boating Lake, Lakeside Gardens, Lydney, GL15 5RH	Saturday 9:00am	www.parkrun.org.uk/lydney
Party Fit Mega Mix	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Mondays 7:40-8:40pm	07500 110761
Pilates	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Wednesdays 8:30pm	07734 437096
Pilates Flow	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Tuesday 9:45am Wednesday 10:00 am Thursday 5:45 pm	www.balancepilatesandwellbeing.co.uk 07958 324420
Tae Kwon-Do	Blakeney Village Hall, Butts Lane & The Smithy, Blakeney GL15 4DW Severnbanks Primary School, Naas Lane, Lydney GL15 5AU	Blakeney: Sundays 4-7pm, Tuesdays 7:15-8pm, Wednesdays 5-7pm Lydney: Tuesdays and Thursdays 5-7pm	www.facebook.com/BLTKD 07527 185265

Lydney area

Activity	Venue	Day & time	Provider/Website
Tai Chi/Qi Gong	Blakeney Village Hall, Butts Lane & The Smithy, Blakeney GL15 4DW	Thursday 7-8pm	https://severnsun.com/tai-chi/ 07786 489666 / 01594 827230/ 07872 161736
White Lotus Tai Chi	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Tuesday 6:30pm	www.forest-fighting-fit.org 07790 025743
White Lotus Tai Chi	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Tuesday 6:30pm	www.forest-fighting-fit.org 07790 025743
Yoga	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Wednesday 6:15-7:15pm	https://soulconnectionyoga.com/
Yoga	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Mondays 11- 2:30 Weds 11-12:30 Thursdays 11-12:30	www.freedomyogaandrelaxation.co.uk 07789 893467
Young at Heart/Over 55's	Freedom Leisure, Church Road, Lydney, GL15 5DZ	Monday 4-5:30pm	https://tinyurl.com/r97pab74 01594 842383
Zumba	Parkend Memorial Hall, Parkend, Lydney GL15 4JF	Monday 7:30pm	https://tinyurl.com/3rdz72e3
Zumba	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Thursday and Saturday 9:30am	https://tinyurl.com/c52zffrr
Zumba with Natalie	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Tuesday 5:30pm - 6:30pm	https://tinyurl.com/2cbtw8f

Newent area

Activity	Venue	Day & time	Provider/Website
Alexander Technique	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Thursday 4:30-9:30pm	www.thinkmovement.co.uk
Badminton	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 7-10pm	https://tinyurl.com/mptd82u4
Badminton Club	Newent Leisure Centre, Watery Lane, Newent GL18 1PX	Wednesday 7:30-9:30pm	https://tinyurl.com/4zfskvtm
Bettee's Health Suite	27A Broadstreet, Newent, GL18 1AQ	Various	https://tinyurl.com/45veadj4 07711 095118
Cancer Rehab Exercise	Newent Community Centre, Ross Road, Newent GL18 1BD	Thursday 3:15pm	https://happyandhealthywithhelen.co.uk/
Chair Yoga	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Tuesday 10:30-11:15am	www.lizhillyyoga.com
Coffee Morning and Pauntley Walk	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Friday 10am-12	https://pauntley.org.uk/village-hall-diary/

Newent area

Activity	Venue	Day & time	Provider/Website
Dance Fit	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Thursday 9:30-10:30am	https://tinyurl.com/4urktv2e
FoD Community Walks	Various	Various	https://fodcommunitywalks.wixsite.com/mysite 07881 338476
Gardening Club	Newent Memorial Hall, Bury Bar Lane, Newent, GL18 1PT	3rd Thursday of the month 7:30pm	https://tinyurl.com/yfww8dwr
Health Walks	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Wed 10am	https://tinyurl.com/3ad7p3f
Move and Improve/Falls Prevention Class	Gorsley Village Hall, Quarry Lane, Gorsley, HR9 7SJ	Monday 10-10:45am	www.teachfitness.co.uk/
Newent Strollers	Lewell Street Car Park, Newent, GL18 1AR	Wednesday	https://tinyurl.com/yxcm8sy6 01531 820895
Newent Walkers	Car Park behind The Good News Centre, High Street, Newent, GL18 1AN	Alternate Sundays 10am or 2pm	https://tinyurl.com/yxcm8sy6 01531 820151
Nurturcise Flexibility Exercise	Upleadon Village Hall, Gloucester Road, Upleadon, GL18 1EJ	Thursday 9-9:45am 10-10:45am	https://tinyurl.com/3amp467j
Park Run/Park Walk	Newent Community School, Watery Lane, Newent GL18 1QF	Every Saturday 9am	www.parkrun.org.uk/newent/
Pilates	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 12-2pm	www.pilates-withsam.co.uk
Pilates	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Monday 6pm and Thursday 6pm	www.pilates-withsam.co.uk
Pilates	Dymock Parish Hall, Ledbury Rd, Dymock, GL18 2DA	Tuesday morning	www.pilateswithclaire.co.uk/
Pilates	Rudford and Highleadon Village Hall, Buttermilk Lane, Highleadon, GL2 8DY	Tuesday 9:30am, 10:45am, 6pm and 7:15pm	www.pilates-withsam.co.uk
Pregnancy Yoga	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Thursday 6-7pm	www.facebook.com/jo.ordmond.yoga/
Senior Strong Exercise class	Highnam Community Centre GL2 8DG	Tuesday 1.30-2pm	https://healthlifefitness.org/events/
Short Mat Bowls	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Friday 2-4pm	https://tinyurl.com/3ad7p3f
Social Tennis	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Wednesday 8-12 Friday 8-12 Sunday 8-12	https://tinyurl.com/4urktv2e

Newent area

Activity	Venue	Day & time	Provider/Website
Sweaty Mama Strength	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Wednesday 10-11am	https://chamber22.co.uk/events-2/
Yoga	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Tuesday 6pm, Thursday 7:15pm, Friday 9:30am	https://tinyurl.com/2tu46zzd
Yoga	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 9:30-11:30am	https://tinyurl.com/3ad7p3f
Yoga	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Friday 5-6pm	www.trinitytreeyoga.co.uk
Yoga	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Monday 9:30-10:30am	www.living-well-chiropractic.co.uk/yoga
Zumba	Redmarley Village Hall, The Causeway, Redmarley, GL19 3HS	Friday 9:15am High intensity Friday 10:15am Low intensity	https://tinyurl.com/muzf5hvh

Sedbury area

Activity	Venue	Day & time	Provider/Website
Chepstow Boxing Club	Drill Hall, Lower Church Street, Chepstow, NP16 5HJ	Various	https://tinyurl.com/3kfwtam6
Chepstow Taekwon-do	Chepstow Rugby Club, Burnt Barn Road, Chepstow, NP16 5NW	Various	www.chepstowtkd.org.uk
FoD Community Walks	Various	Various	https://fodcommunitywalks.wixsite.com/mysite 07881 338476
Gentle Active Games	Sedbury Space	2nd Wednesday of the month 2.00-3.30 pm	www.sedburyspace.org.uk/whats-on/ 07522 178639
Line Dancing	Sedbury and Beachley Village Hall, King Alfreds Road, Sedbury, Chepstow NP16 7AQ	Thursdays 7-9pm	https://tinyurl.com/yby9unzz
MonLife Classes	Various	Various	www.monlife.co.uk/monactive/classes/
Movement to Music / Gentle Exercise	Sedbury and Beachley Village Hall, King Alfreds Road, Sedbury, Chepstow NP16 7AQ	Mondays 1-4 pm	https://tinyurl.com/yby9unzz
Zumba	Welsh Steet, Chepstow, NP16 5LX	Fridays 10:30 a.m.	https://tinyurl.com/yc8fhmsk

Community Transport



Cinderford, Coleford and Lydney

Lydney Dial-a-Ride – accessible transport, including transport to shops and a voluntary car service for medical appointments. 01594 843809 - dar@lydneydialaride.co.uk . Best to book at least a day ahead. Need to become a member.

The Robin – bookable bus service covering South Forest of Dean. Offered at times that there is no other service available. Call 0345 2638139 or book via the website here:
<https://start.gloucestercountycouncil.padam.io/bookings/login>

Lydcare - operate in Lydbrook and surrounding area including - Ruardean, Drybrook, Mitcheldean, Cinderford, Coleford, English Bicknor, Berry Hill. Drivers happy to travel to Bristol, Oxford, Gloucester, Cheltenham and Birmingham hospitals and will wait until ready to travel back home. Call Edna on 01594 544414.

Bream Voluntary Car Service - transport to medical appointments: 01594 560257.



Newent

The Daffodil Line - community led bus service connecting Ross-on-Wye, Newent and Ledbury and surrounding villages and countryside: <https://daffodilline.co.uk/daffodil-line-timetable/> .

Newent Community Bus stops and picks up on request:
<https://sheppardhouse.co.uk/community-transport/> . Covers North Forest area and most surrounding villages and towns and operates between 9am and 5pm Monday to Friday except Bank Holidays. No upper or lower age limits and accessible for people with limited mobility.

Newent Community Link Service (Newent Dial-a-Ride) operates like an ordinary bus service. 01531 821227 / transport2@newentbb.co.uk .



Sedbury

Grass Routes Community Transport – flexible bus service, makes trips on request – scheduled routes between Monmouthshire towns. Call 0800 085 8015 between 24 – 48 hours in advance, to book journey. www.monmouthshire.gov.uk/buses-trains/grass-routes-community-transport/

Bridges Community Car Scheme – voluntary car service for help to get to local shops, activities and appointments. Fixed rate fee per mile. Call 01600 887568. <https://bridgescentre.org.uk/car-scheme/>

Sedbury and Beachley Community Transport Scheme - 9-seater electric vehicle for activities in and around the Parish of Tidenham. Requires registration of a designated driver.
<https://hallbookingonline.com/sedbury/index.php>

Public Transport

<p>Cinderford</p>	<p>746 Route Timetable: https://tinyurl.com/35vazn32 Cinderford – Steam Mills – Nailbridge – Ruardean Hill – Ruardean Woodside – Crooked End – Ruardean</p> <p>24 Bus Route Timetable: https://tinyurl.com/4caydmju Coleford – Christchurch – Broadwell – Cinderford – Drybrook – Mitcheldean – Huntley - Churcham – Gloucester</p> <p>22 Bus Route Timetable: https://tinyurl.com/4y5ptu88 Gloucester – Minsterworth – Westbury-on-Severn – Littledean – Cinderford – Ruardean – Worrall Hill – Broadwell – Coleford</p>
<p>Coleford</p>	<p>24 Bus Route Timetable: https://tinyurl.com/4caydmju Coleford – Christchurch – Broadwell – Cinderford – Drybrook – Mitcheldean – Huntley - Churcham – Gloucester</p> <p>23 Bus Route Timetable: https://tinyurl.com/zesvju3h Coleford – Lydney – Gloucester</p>
<p>Lydney</p>	<p>23 Bus Route Timetable: https://tinyurl.com/zesvju3h Cinderford – Ruardean – Coleford – Milkwall – Bream – Whitecroft – Lydney – Blakeney – Newnham – Westbury – Minsterworth – Gloucester</p> <p>22 Bus Route Timetable: https://tinyurl.com/4y5ptu88 Lydney – Milkwall – Coleford – Broadwell – Worrall Hill – Ruardean – Cinderford – Littledean – Westbury – Minsterworth - Gloucester</p>
<p>Newent</p>	<p>32 Bus Route Timetable: https://tinyurl.com/4bp5uhxp Gorsley – Newent – Highnam - Gloucester</p>
<p>Sedbury</p>	<p>C4 Bus Route Timetable: https://tinyurl.com/mrxwk8fp Chepstow – Sedbury – Beachley</p> <p>72 Bus Route Timetable: https://tinyurl.com/268juznt Chepstow – Tutshill – Alvington – Lydney – Blakeney – Upper Soudley – Cinderford – Harrow-on-the Hill – Gloucestershire College</p>