

**World Jungle's helpful list of some of the local groups meeting in Cam & Dursley each week.**

(Some of the entries may be subject to change, so please do telephone first to check.)

<b>World Jungle</b>	<b>MONDAY</b>	<b>TUESDAY</b>
<p>Further details on these groups and other support organisations can be found on the World Jungle website at <a href="http://www.worldjungle.org.uk">www.worldjungle.org.uk</a></p> <p><b>Full of Life - On the road!</b> Look out for our team visiting venues across Cam and Dursley, Berkeley, Sharpness and Wotton-u-Edge. At these friendly <b>'drop-in' sessions</b> enjoy tea and biscuits, a relaxed get together with friends, talks and activities around health &amp; wellbeing.</p> <p><b>Volunteer Training</b> Free training around how to help older people maintain their independence in later life &amp; stay active in their community.</p> <p><b>Contact Fiona Campbell at World Jungle for details 07474976403.</b></p>	<p><b>Zumba Gold</b> in Cam Memorial Hall 07878 865297 10.00-11.00 (World Jungle)</p> <p><b>Dursley Day Centre</b> (Number 15) May Lane 01453 542610 9.30am-1.30pm</p> <p><b>Activities today at the GL11 Community Hub</b> in Fairmead, Cam 01453 548530:</p> <ul style="list-style-type: none"> <li>- <b>Walking Group</b> 10.00-12noon</li> <li>- <b>Memory Lane</b> 10.30-12.30</li> <li>- <b>Invisible Illnesses Group</b> 1-3pm</li> <li>- <b>GL11 Voices</b> (Community Choir) 3.15-5pm</li> <li>- <b>Men's Shed</b> 1.00-3pm</li> <li>- <b>Evening Yoga</b> 7:45-8.45pm</li> <li>- <b>Computers for Beginners</b></li> <li>- <b>Mindfulness Meditation</b> 10-11am</li> <li>- <b>GL11 Café</b> 9.30am-2pm</li> </ul> <p>See: <a href="http://www.gl11.org.uk">www.gl11.org.uk</a></p>	<p><b>Dursley Day Centre</b> (Number 15) May Lane 01453 542610 9.30am-1.30pm</p> <p><b>Zumba Gold</b> in Slimbridge Village Hall 07878 865297 10.00-11.00 (World Jungle)</p> <p><b>Pilates for Beginners</b> in Cam Memorial Hall 07878 865297 11.30-12.30 (World Jungle)</p> <p><b>Extend for You</b>, St James Parish Centre, Dursley 01453 766421 2pm</p> <p><b>Let's Get Together</b> social group, Dryleaze Court, Wotton 01453 548 880 1.30-3.30pm (World Jungle)</p> <p><b>Probus</b> in Dursley Community Centre 01453543262 (2nd &amp; 4th Tues) 10:00am</p> <p><b>Activities today at the GL11 Community Hub</b> in Fairmead, Cam 01453 548530:</p> <ul style="list-style-type: none"> <li>- <b>Cam Ukulele Club</b> 10am-12noon</li> <li>- <b>Sewing Bee</b> 10-12 (4<sup>th</sup> Tues)</li> <li>- <b>Chi Ball Pilates</b> 6-7pm</li> </ul> <p><b>Dursley &amp; Cam Society</b> – Illustrated talks in Dursley Town Hall 7.30pm, 2<sup>nd</sup> Tuesday of month</p>

WEDNESDAY	THURSDAY	FRIDAY
<p><b>Dursley &amp; Cam Friendship Club</b> St James centre 01453 766421 (1st Wed 2.45 pm)</p> <p><b>Women's Institute</b> (Castlegate WI), Rednock Community Centre 01453 548683(3rd Wednesday) 9.45am</p> <p><b>Knitting Group</b> in Dursley Library 01453 299436 10am-12noon</p> <p><b>Dursley Day Centre</b> (Number 15) May Lane 01453 542610 9.30am-1.30pm</p> <p><b>Walking for Health</b> (Vale Vision) 07749364526 10.30am for 90 min</p> <p><b>Zumba Gold</b> in St James Parish Hall, Dursley 07548129424 10.00-11.00</p> <p><b>Golden Age Club</b>, Cam Memorial Hall (2nd Wed 2-4pm)</p> <p><b>Activities today at the GL11 Community Hub</b> in Fairmead, Cam 01453 548530:</p> <ul style="list-style-type: none"> <li>- <b>Seated Yoga</b> 10:30-11:30am</li> <li>- <b>Knit &amp; Natter</b> 1<sup>st</sup> Wed 10:30-12:30 and every other Wed 7pm-9pm</li> <li>- <b>Carers Group</b> last Wed 2-4 pm</li> <li>- <b>Book Club</b> 2<sup>nd</sup> Wed 7-9pm</li> </ul> <p><b>Line Dancing</b>, Ashmead Village Hall, Cam Green, from 7pm (beginners) 01453545849</p>	<p><b>Dursley Day Centre</b> (Number 15) May Lane 01453 542610 9.30am-1.30pm</p> <p><b>Beginners Yoga</b> Upstairs Dursley Library 07878 865297 10.00-11.00 (World Jungle)</p> <p><b>U3A</b> in Methodist Church Hall, 3rd Thurs 10am email <a href="mailto:camdursleyU3A@gmail.com">camdursleyU3A@gmail.com</a></p> <p><b>Lunch Club</b> at the Chantry Centre Dursley 01453 542016 12-2pm</p> <p><b>Walking for Health</b> (Vale Vision) 07749364526 or email 2pm (45 min walk)</p> <p><b>Lifeline Craft Group</b> at 3C Community Church Hall Cam 01453 546775 2 – 4pm</p> <p><b>Cotswold chorus</b> in St James Parish Centre, 7.30pm <a href="mailto:Cotswoldchorus@hotmail.com">Cotswoldchorus@hotmail.com</a></p> <p><b>Women's Institute</b> (WI Dursley) Methodist Hall 01453 544184 (2nd week) 7.30pm</p> <p><b>Gardening Club</b> – Vale Community Hospital Project. Fortnightly 9.30am 01453 700011</p> <p><b>Activities today at the GL11 Community Hub</b> in Fairmead, Cam 01453 548530:</p> <ul style="list-style-type: none"> <li>- <b>GL11 Cafe</b> 9:30-2pm</li> <li>- <b>Art &amp; Chat</b> 2-4pm</li> <li>- <b>Evening Yoga</b> 7.30pm-8.30pm</li> </ul>	<p><b>Dursley Day Centre</b> (Number 15) May Lane 01453 542610 9.30am-1.30pm</p> <p><b>Pilates</b> in Cam Memorial Hall 07878 865297 11.15-12.15 (World Jungle)</p> <p><b>Friday Lunch Club</b> in Rednock Community Centre (01453 543255)</p> <p><b>Tea Dances</b> in Cam Memorial Hall on Friday afternoons 1.30-3.30pm</p> <p><b>Walking for Health</b> (Vale Vision) 07749364526 or <a href="mailto:walks@valevision.org.uk">walks@valevision.org.uk</a> Longer walks two Fridays per month 2pm.</p> <p><b>The Hollies Memory Café</b> - First Friday of each month, 2pm-4pm. 01453 541400 <a href="mailto:info@littlecombepark.com">info@littlecombepark.com</a></p> <p><b>Activities today at the GL11 Community Hub</b> in Fairmead, Cam 01453 548530:</p> <ul style="list-style-type: none"> <li>- <b>Morning Yoga</b> 9:30-10.30</li> </ul>

**For details of more local groups & support organisations, please visit [www.worldjungle.org.uk](http://www.worldjungle.org.uk)**