

# February

## STROUD OLDER PEOPLE'S COMMUNITY HUB

This Calendar comprises mostly free or low cost activities. However some events may need prior booking with the organisation concerned and it would be advisable to phone first. If you would like your activities and events included in the calendar, please email [dilysatgopa@aol.com](mailto:dilysatgopa@aol.com) by 25TH of each month. Thanks

### SHELTERED HOUSING

**ACTIVITIES** (during Term times)

'CRAFT AND CHAT' SESSIONS (small charge for refreshments) AT AT SHERBORNE HOUSE, STONEHOUSE every Wednesday at 10.30am to 12.30pm



FOR MORE INFORMATION phone 01453 754164 or just turn up.

### UPLANDS

#### MEMORY CLUB



in the All Saints Centre, Uplands at 2.00 pm on Thursday 15th February 2018.

The purpose is to encourage improvement of memory skills through music and song. Please phone 01453 758420 for more information.

### THE UPLANDS GOOD COMPANIONS



We meet every Wednesday at 2.00pm in the All Saints' Centre, Uplands for friendship, informal talks and social activities and a cup of tea. Advance Booking for visits is necessary.

#### FEBRUARY

- 7th Social with Quiz
- 14<sup>th</sup> Thoughts about St Valentine's Day and the Chinese New Year
- 21 Visit to the Museum in the Park to see the 'Cathedral of Cloth. Life and Times at Ebley Mill' Exhibition
- 28 Daniel Defoe's view of Gloucestershire in the early 1700's

Please come along.  
**ALL WELCOME.**

For more details please ring  
01453 758420

### MUSEUM IN THE PARK

01453 763394

Here is a selection of the many events that are taking place. Advance booking and payment is necessary for all events, please call us on the above number.

#### FREE EXHIBITION

Cathedral of Cloth: Life and Times at Ebley Mill  
Sat 03/02/2018 to Sunday 04/03/2018  
COST: Free

This year celebrates the building of the Long Block at Ebley Mill 200 years ago. We reveal the stories of the famous people and the ordinary workers connected to the Mill, including many rarely seen items. Presented by *Stroudwater Textile Trust (STT)* in partnership with the Museum in the Park. Supported by the Heritage Lottery Fund.

#### SPECIAL EVENT

Stroud Poetry Evening in the Walled Garden Pavilion.  
Thur 01/02/2018 at 7:30pm  
COST: Free

Yew Tree Press returns to launch the eighth Stroud Poets Pamphlet featuring Kim Baker, Jo Casling and Eley Furrell, Jeff Cloves and Philip Rush. Poetry pamphlets for sale. Refreshments available.

#### ILLUSTRATED TALK

Stories from the Mill by Ian  
Sun 18/02/2018 at 2pm  
COST: £7/£5 STT members & Friends

This talk recalls some of the long forgotten workpeople, the Mill's working conditions, the camaraderie and the dangers.

Linked to the 'Cathedral of Cloth' exhibition showing in Gallery One.

Booking necessary, please call on 01453 763394.

Over 50s Exercise Class with Claire Bader  
at Maypole Hall, Paganhill GL5 4AN

WEDNESDAY—Active Independence U3A at 2.00pm

THURSDAY— Tai Chi Qi Gong U3A at 10.30 am

(Contact Landline: 01453 886953 or Mobile: 07786 003993)



## MUSEUM IN THE PARK

01453 763394

*Here is a selection of the many events that are taking place. Advance booking and payment is necessary for all events, please call us on 01453 763394 or visit [www.museuminthepark.org.uk](http://www.museuminthepark.org.uk)*

### FREE EXHIBITION

#### Medals (until 4/3/2018)

Part of our World War One commemoration programme. This display looks at the Museum's collection of medals from the First World War

### THURSDAY TALKS

**Paul Barnett: Rout on the Riviera – Exercise Tiger – The Slapton Sands Disaster**

**Thu 1 February | 2pm | £5**

Discover the story of the Slapton Sands Disaster (28 April 1944), a tale of wartime tragedy and drama which was hidden from the public until the 1970s.

**Howard Beard: E P Conway, Photographer**

**Thu 22 February | 2pm | £5**

The story of the Edwardian Nailsworth photographer E P Conway which shows intriguing photographic images of local scenes and people captured long ago!

### WORKSHOP

**WEA Day School: The Human Story with tutor Greg Morter**

**Sat 24 February**

**10:30am - 4:30pm COST: £25**

This Workshop is an examination of the broad sweep and patterns of human history and we will be asking, and trying to answer, some very big questions. For example, why, in the nineteenth century, did Britain become the dominant global power rather than, say, China?

Please book online at [www.wea.org.uk](http://www.wea.org.uk) course code C3528850

### FREE PAMPERING SESSION

**Relax, Rewind and Renew**

at Rodborough Tabernacle Church

**on Tues 27th February 2018**

We offer hand and arm massage as well as the opportunity to have a chat over tea and biscuits.

**Sessions are always on the last Tuesday of the month from 1.30 to 3.45**

**This activity is suitable for people of all ages. Everyone is welcome.**

For more information contact **Liz Shankland** on [liz@shankland.net](mailto:liz@shankland.net)

### THE UPLANDS CARE SERVICE

**is open on Tuesdays, Thursdays and Fridays**

**at The All Saints' Centre, Upper Springfield Road, Uplands, Stroud, Glos GL5 1TF**

**The programme includes:**

- Companionship and a listening ear
- Gentle exercises to music
- Arts and crafts sessions
- Quizzes and crosswords
- Reminiscence sessions
- Musical entertainment
- A cooked lunch and refreshments throughout the day
- Assisted Bathing and Hair washing

**We also have an Assisted Bathing Day on Wednesdays**

**Please ring 01453 759388 to find out more information or visit our website**

[www.uplandscare.org.uk](http://www.uplandscare.org.uk)

### A MEN'S GROUP (Fair Shares)

**meets at The Old Crown Pub, Park End, Paganhill, Stroud GL5 4AZ on Tuesday 13th and 27th February between 2.30pm— 4.30pm**

They meet for a drink, a chat, play cards or other games and to make new friends. For more details phone **Emma on 01453 706555**

### Stroud and District



Members of U3A are retired or semi-retired and are fully involved in organising their own groups on a wide variety of subjects. If you are interested in becoming a member, it costs £10 for one person or £18 for joint membership per year. We have a monthly meeting in St Laurence Church Hall, The Shambles.

**If you want to find out more please contact John Tyror by email: [johntyror@hotmail.com](mailto:johntyror@hotmail.com) or phone 01453 752326 also look at our website on: [www.u3asites.org.uk/stroud](http://www.u3asites.org.uk/stroud)**

### 'The Art of Ageing'

is a support group for people who want to explore creatively what it means to be growing old, while maintaining a young spirit. We are building an artistic community where old age is valued, where living a long life is a gift to share, where the barriers between the young and the old are overcome through our imagination.

We get to know each other through facilitated artistic activities (where no previous artistic experience is required!) and conversations in large and small groups, in a supportive setting. The sessions run weekly on **Wednesdays 10am-12.30pm**, during Term times. This is an ongoing, open group where new participants are welcome any time, although booking is recommended due to the limited number of places.

**The cost is £25-£15 per session (on a sliding scale). To reserve a place please, call Laura on 07762 704738, or 01453 767059.**