

## Contact Numbers

Friendship Cafe	01452 308127
Martial Arts for Children	01452 308127
Innsworth Rifle Club	07412 369094
Archery	01452 415900
Art Group	01452 415900
Cookery Group	07984 267483
Girls Groups	07722 555669
Women's Activities	07866 387250
St James City Farm	01452 305728
GymNation	01452 525044
Fairshares	01452 415900
Chinese Elders	07747 708998
Coffee Shop (Tim)	07412 369094
Horse Riding	01452 305728
Woodcraft	07756 407784
Recording Studio (‘infobuzz’)	01452 381770
Food Parcel Service	07725 365179
Boxing (Tredworth ABC)	07970 299653
Eagles Miracle Worship	079416 48434
Parent & Toddlers Assoc.	01452 541244



**The Friendship Cafe**

**Chequers Bridge Centre**

**Painswick Road**

**Gloucester**

**GL4 6PR**

**[www.thefriendshipcafe.com](http://www.thefriendshipcafe.com)**

**01452 308127**

**Reg. Charity no. 1098562**

*Community Tea & Coffee Shop now open: tea from 75p— sandwiches—paninis— Espresso— baguettes—jacket potatoes— smoothies— snacks—catering for events*



# Coffee Shop Open Monday to Friday 9am to 9pm

## Monday

Cookery Club, 11am to 3pm

Children's Archery, 7.15—8.30pm

Rifle Range, 7.30 to 9.30pm, Innsworth Rifle Club



## Tuesday

Wood Craft Group, 10.30am to 3.30pm, Friendship Cafe

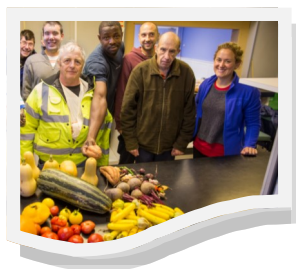
Asian Carers, 10am to 2pm, Friendship Café

Boxing, 6pm to 8pm

Gardening, PM,

Fairshares Art Group, 2pm to 4.30pm

Tuition 5.30-7.30pm



## Wednesday

Women's Coffee Morning Drop In, 10am to 12pm, 1st and 3rd Wednesday only)

Women's Archery 10.15—11.45am

Chinese Elders, 10am to 4pm,

Gardening, 11am to 3pm, City Farm

Boxing, 6pm to 7pm,

Children's Martial Arts, 7.30pm to 8.40pm



## Thursday

Gardening, 11am to 3pm, City Farm

Boxing, 6 to 8pm

Rifle Range, 7.30pm to 9.30pm, Innsworth Rifle Club

Adults Archery, 7 to 9pm,



## Friday

Allotment Gardening, AM, City Farm

Gardening, PM,

Boxing, 6 to 8pm,

Dads 'n Lads, 7.30pm to 10pm



## Saturday

Tuition 8.30-12am

Girls Group, 2pm to 4pm (check web or call before)

## Sunday

Boxing, 10-11.30am

Eagles Miracle Worship 11am-1pm