

INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

WOMENS WELLBEING HUB


Gloucester

TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

MAY 2025

Date	TIME	Activity	Information
<p>Wednesday 7 May</p> <p>Room 2</p>	<p>10:30</p> <p>TO</p> <p>12:30</p>		<p>NHS Dementia Team will provide information and answer your questions</p>
<p>Wednesday 14h May</p> <p>Room 2</p>	<p>10:30</p> <p>TO</p> <p>12:30</p>		<p>British Red Cross Will teach you to learn to help yourself by identifying practical and emotional skills that help when faced with a crisis</p>
<p>Wednesday 21st May</p> <p>Room 2</p>	<p>10:30</p> <p>TO</p> <p>12:30</p>		<p>Beverly from Sue Ryder Hospice will talk about their services and ask you how they can be improved for your Community Needs.</p>

Date	TIME	Activity	Information
<p>Wednesday 28th May</p> <p>Room 2</p>	<p>10:30</p> <p>TO</p> <p>12:30</p>		<p>NHS Diabetes Team will provide information & answer your questions</p>

**Womens Wellbeing Hub
Room 2
Friendship Café
Barton Street**

Wednesdays

10.30 to 12.30

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