INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

Inclusion Hub Forest Of Dean

TIMETABLE



Aug, Sept, Oct 2024







Date		Activity	Information
Wednesday		At Bathurst Park,	
7th	11 12 1	Lydney GL15 5HG	Come along and join
August	9 3 8 4 9 3 8 7 6 5 4 9 5 5		us for breathing
	10:00 12:30		exercises and a yoga
			session with Jose
			outside in the park!
Wednesday		At the Salvation Army	Come along and join
14th	11 12 1 2 10 12 12 1	Building, Broadwell.	us for a morning of board games,
August	8 7 6 5 4 8 7 5 4		colouring in and
	10:00 12:30		puzzles to get the
			mind thinking!
Wednesday		At the The Main Place,	Come along and join
21st	71 18	Coleford. GL16 8RH	us for a sound bath
August	$\begin{bmatrix} 10 & 2 \\ 9 & 3 \\ 8 & 4 \end{bmatrix} \begin{bmatrix} 11 & 12 & 1 \\ 10 & 2 \\ 9 & 3 \\ 8 & 4 \end{bmatrix}$	AN - 1-3-1	with relaxing sounds
	10:00 12:30		and the chance to
			try a few of the
		35705A	instruments!
Wednesday		At the Salvation Army	
28th		Building, Broadwell.	Come along and join
August	11 12 1	A	us for our Ebb and Flow project with
	10 2 9 3 8 4 1 10 10 3 8 7 5 5		John Slater at the
	10:00 12:30		Salvation Army!

Date		Activity	Information
Wednesday		At the Salvation Army	Come along and join
4th	11 12 1	Building, Broadwell.	us for an
September	9 3 8 7 6 5 4 7 6 5		introduction to using
	10:00 12:30		Crystals to help with
			your health and
			Wellbeing!
Wednesday		At the Salvation Army	Come along and join
11th	11 1/2 1	Building, Broadwell.	us for a Chakra
September	10 2 9 3 8 7 6 5 4 7 6 5 4	Third Eye Chakra	taster session to
	10:00 12:30	Throat	learn about the 7
		Chakra Sacral Chakra Root Chakra	different Chakras!
Wednesday		At the The Main Place,	Come along and join
18th	10	Coleford. GL16 8RH	us to discover the
September	10 2 9 3 8 4 7 6 5 4 1 10 10 12 2 9 8 3 8 7 6 5 5		five different
	10:00 12:30		techniques of
			wellbeing to help
			you relax!
Wednesday		At the 16 Bank St,	
25th September		Coleford GL16 8BA	Come along and join us for a meal at
	10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00		sixteen community café Coleford!

Date		Activity	Information
Wednesday 2nd October	10:00 10:00 10:00 10:00 10:00	CLOSED	CLOSED
Wednesday 9th October	10:00 10	CLOSED	CLOSED
Wednesday 16th October	10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00	At the Salvation Army Building, Broadwell.	Come along and join us for the first of a three week session on the power of plants for health and wellbeing!
Wednesday 23rd October	10:00 11 12 1 2 1 2 19 3 3 8 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 6 7 6 7 6 7 6 7 6 7 6 7 6 7 6 7 6	At the Salvation Army Building, Broadwell.	Come along and join us for the second of a three week session on the power of plants for health and wellbeing!

Date		Activity	Information
Wednesday		At the Salvation Army	Come along and join
30th	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Building, Broadwell.	us for the final
October	10 2 9 3 8 7 6 5 4 10 2 9 3 8 7 6 5		session on the
	10:00 12:30		power of plants for
			health and
			wellbeing!

Inclusion hub Forest Of Dean
Salvation Army Building
43 North Rd, Broadwell, Coleford
GL16 7BX

Inclusion hub Forest Of Dean
The Main Place,
Old Station Way,
Coleford GL16 8RH

Sylvana Williams Project Worker 07525849333
sylvanaw@inclusion-glos.org

www.inclusion-glos.org