

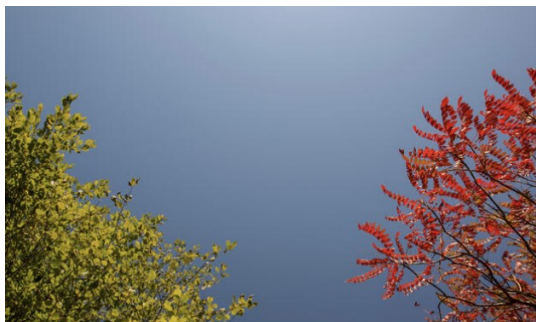
Inclusion Hub







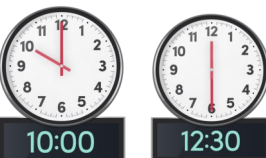

Forest Of Dean




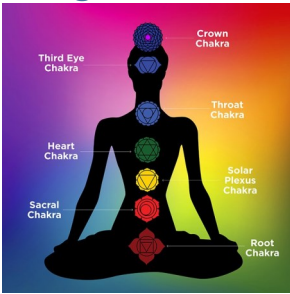




TIMETABLE











	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							



Aug, Sept, Oct
2024



Date		Activity	Information
Wednesday 7th August		<p><i>At Bathurst Park,</i> <i>Lydney GL15 5HG</i></p> 	<p>Come along and join us for breathing exercises and a yoga session with Jose outside in the park!</p>
Wednesday 14th August		<p><i>At the Salvation Army Building, Broadwell.</i></p> 	<p>Come along and join us for a morning of board games, colouring in and puzzles to get the mind thinking!</p>
Wednesday 21st August		<p><i>At the The Main Place,</i> <i>Coleford. GL16 8RH</i></p> 	<p>Come along and join us for a sound bath with relaxing sounds and the chance to try a few of the instruments!</p>
Wednesday 28th August		<p><i>At the Salvation Army Building, Broadwell.</i></p> 	<p>Come along and join us for our Ebb and Flow project with John Slater at the Salvation Army!</p>

Date		Activity	Information
Wednesday 4th September		<p><i>At the Salvation Army Building, Broadwell.</i></p> 	<p>Come along and join us for an introduction to using Crystals to help with your health and Wellbeing!</p>
Wednesday 11th September		<p><i>At the Salvation Army Building, Broadwell.</i></p> 	<p>Come along and join us for a Chakra taster session to learn about the 7 different Chakras!</p>
Wednesday 18th September		<p><i>At the The Main Place, Coleford. GL16 8RH</i></p> 	<p>Come along and join us to discover the five different techniques of wellbeing to help you relax!</p>
Wednesday 25th September		<p><i>At the 16 Bank St, Coleford GL16 8BA</i></p> 	<p>Come along and join us for a meal at sixteen community café Coleford!</p>

Date		Activity	Information
Wednesday 2nd October			
Wednesday 9th October			
Wednesday 16th October		<p data-bbox="687 1066 1082 1167"><i>At the Salvation Army Building, Broadwell.</i></p> 	<p data-bbox="1129 1066 1481 1402">Come along and join us for the first of a three week session on the power of plants for health and wellbeing!</p>
Wednesday 23rd October		<p data-bbox="687 1491 1082 1592"><i>At the Salvation Army Building, Broadwell.</i></p> 	<p data-bbox="1129 1491 1481 1872">Come along and join us for the second of a three week session on the power of plants for health and wellbeing!</p>

Date		Activity	Information
Wednesday 30th October		<p><i>At the Salvation Army Building, Broadwell.</i></p> 	<p>Come along and join us for the final session on the power of plants for health and wellbeing!</p>

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

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