

# INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

## WOMENS WELLBEING HUB


### Gloucester

## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

**JUNE 2025**

Date	TIME	Activity	Information
<b>Wednesday</b> <b>4 June</b>  <b>Room 2</b>	<b>10:30</b>  <b>TO</b>  <b>12:30</b>		<b>NHS</b>  Prevention of falls How to fall What to do when someone has fallen
<b>Wednesday</b> <b>11 June</b>  <b>Room 2</b>	<b>10:30</b>  <b>TO</b>  <b>12:30</b>		<b>ARTLIFT</b>  <b>Will provide a fun activity that shows what they can offer.</b>  <b>They also want to hear from you.</b>
<b>Wednesday</b> <b>18 June</b>  <b>MAIN HALL</b>	<b>10:30</b>  <b>TO</b>  <b>12:30</b>		<b>SHARED LIVES</b>  Gloucestershire County Council will explain about a new service that can be an alternative to traditional care settings such as a residential

Date	TIME	Activity	Information
<p>Wednesday 25th June</p> <p>Room 2</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>Janice Laverick will:</b></p> <ul style="list-style-type: none"> <li>- help us explore what is happening when we experience fear.</li> <li>- Explain why grounding techniques work</li> <li>-Show us how to go through Square breathing</li> </ul>

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

**Wednesdays**

**10.30 to 12.30**

**Zareen Ahmed  
Hub Co-Ordinator  
Tel        07525848499  
Office : 01452 234003  
zareena@inclusion-**