INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

Inclusion Hub

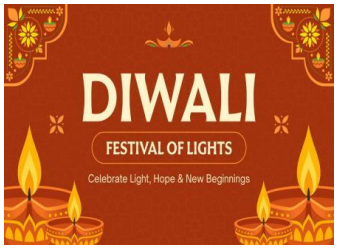
Women's Wellbeing Hub



Timetable

November

Hub Timetable

Date	Time	Activity	Information
Wednesday 4th	10:30 TO 12:30		We will share food and learn a little about Diwali from our Hindu members
Wednesday 11th	10:30 TO 12:30		The Complex Emotional Needs team will discuss how our emotions affect our mind and body
Wednesday 18th	10:30 TO 12:30		It's our last session with the Complex Emotional Needs team. We will discuss and practice different ways we can cope when we feel stressed
Wednesday 25th	10:30 TO 12:30		A trained facilitator will show us how simple massage can help us feel more relaxed and in control of our feelings.

How to get involved

- Our hubs are free to join.
- Theres no need to book, just turn up and join in.
- If you would like more information, contact us.

Where we are

Room 2

Friendship Café

Barton Street

Gloucester

GL4 6PR

Contact us

Hub Coordinator

Zareen Ahmed

Zareena@inclusion-glos.org

07525848499

01452 234003