

# INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

## Womens Wellbeing Hub

POP IN AND  
SEE WHAT  
WE ARE  
DOING!

CHEQUERS  
BRIDGE

EXCITING  
NEW  
ACTIVITIES

## Friendship Cafe

## Barton Street

**FOR MORE INFO CONTACT ZAREEN**

Mobile: 07525848499

Office: 01452 234003

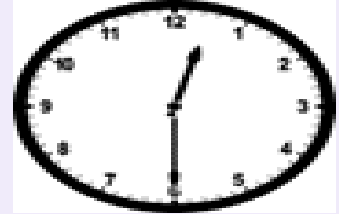
**2025**

10.30



January  
2025

12.30



DATE

ACTIVITY

INFORMATION

Wednesday  
8th January

Room 2  
Friendship Café



Flourish magazine  
provides information  
about cancer

T

Wednesday  
15th January

Room 2  
Friendship Café



Artlift deliver an  
interactive session on  
how to live with cancer

Wednesday  
22nd January

Room 2  
Friendship Café



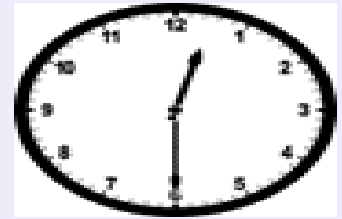
We will hear from  
speakers who have  
had cancer treatment

10.30



**January  
2025**

12.30



**DATE**

**ACTIVITY**

**INFORMATION**

**Wednesday  
29th January**

**Room 2  
Friendship Café**



**Qi gong is an ancient  
Chinese exercise that  
combines movement,  
breathing and  
meditation**

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

**Wednesdays  
10.30-12.30**

**Zareen Ahmed  
Hub Co-ordinator**

**Mobile: 07525848499  
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