



# Women's Wellbeing Hub



**July 2026**

# Hub Timetable

Date	Time	Activity	Information
Wednesday 1 July Room 2	<b>10:30</b> TO <b>12:30</b>		<p>This poetry session will explore themes of:</p> <ul style="list-style-type: none"> <li>● Community</li> <li>● Connection</li> <li>● Kindness</li> </ul>
Wednesday 8 July Room 2	<b>10:30</b> TO <b>12:30</b>		<p>Our trained facilitator will teach us how to administer a simple neck or shoulder massage.</p>
Wednesday 15 July Room 2	<b>10:30</b> TO <b>12:30</b>		<p>A members-only one-dish party to celebrate our last session before we close for school holidays.</p>
Wednesday 22 July			<p><b>SUMMER HOLIDAY CLOSURE BEGINS</b></p>

## How to get involved

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- .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

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Room 2  
Friendship Café  
Barton Street  
Gloucester  
GL4 6PR

## Contact us

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