

INCLUSION GLOUCESTERSHIRE

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WOMENS WELLBEING HUB

Gloucester

TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

July 2025

Date	Time	Activity	Information
Wednesday 2 July Meet at Friendship Cafe	<div>10:30</div> <div>TO</div> <div>3:30</div>	SUE RYDER LECKHAMPTON 	<p>We will take a shared picnic and enjoy a gentle walk around the beautiful grounds. We will meet some of the staff who will provide some relaxing therapies.</p>
Wednesday 9 July Room 2	<div>10:30</div> <div>TO</div> <div>12:30</div>		<p>Beverley Grimster Will return to discuss improving sitting services.</p>
Wednesday 16 July Room 2	<div>10:30</div> <div>TO</div> <div>12:30</div>	QI Gong 	<p>Ancient Chinese exercise that combines movement, breathing and meditation</p>
Wednesday 23 July - Wednesday 3 September			<p>Closed from 23rd July– 3rd September</p>



Women's Wellbeing Hub

Room 2

Friendship Café

Barton Street

Gloucester

Wednesdays

10.30 to 12.30

Zareen Ahmed

Hub Co-Ordinator

Tel 07525848499

Office : 01452 234003

zareena@inclusion-glos.org