

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

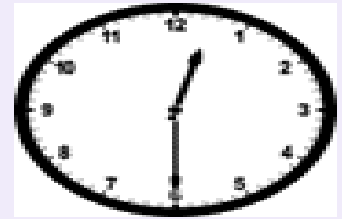


10.30



**October
2024**

12.30



DATE

ACTIVITY

INFORMATION

**Wednesday
2nd October**

**Room 2
Friendship Café**



**Guest Speakers
will talk about
different health topics**

**Wednesday
9th October**

**Room 2
Friendship Café**



**Mindfulness can help
improve our mental health
concerns. It can also help
lower blood pressure and
improve sleep.
Come and try this session**

**Wednesday
16th October**

**Room 2
Friendship Café**



**Artshape will
discuss what you
would like to do
In our new Art sessions**

**Wednesday
23rd October**

**Room 2
Friendship Café**



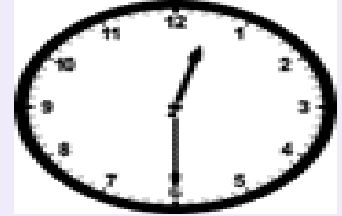
**Artshape
Session 2**

10.30



**October
2024**

12.30



DATE

ACTIVITY

INFORMATION

**Wednesday
30th October**

**Room 2
Friendship Café**



**Artshape
Session 3**

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

**Wednesdays
10.30-12.30**

**Zareen Ahmed
Hub Co-ordinator**

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