

## 2024 Equals IV

## **EQUALS IW LADIES GROUP**





**TUESDAYS** 

If you are aged 19 and over and like to meet with other women in a safe environment why not join Equals IW Ladies Group.

You can come along to the free sessions to just to talk over a cuppa and make friends, enjoy craft and art activities and group outings. Why not come along to the Equals IW Friends and Family Group and enjoy even more activities. At these sessions you can also bring other family members and friends.

To find out more and dates of the ladies Group Meetings send an email to secretary@equalsiw.org.uk

(Fortnightly)
10AM TO 12PM
Q
Energy Hub
Utilita Energy
121 High Street
Newport PO30 1TP



www.equalsiw.org.uk