

Cuppa & Connect

Open to all women!

Come along for a friendly cuppa, chat and some relaxed activities



**First Friday morning of each month*
between 10am & 12 noon**

Contact **Tabz** on **07516 049716** for more information

www.womenshealthmatters.org.uk



Enjoy a brew,
meet new people and
connect with others in
a supportive friendly
space

Cuppa & Connect is a welcoming space for:



Women currently
accessing WHM services



Women who have left
WHM services



Women who have never
accessed WHM services
and want to find
out more about our
groups and projects

No need to book - just drop in!

*January 2026, Cuppa & Connect is on 09/01/2026



Ministry
of Justice