INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

Inclusion Hub

Gloucester



Timetable

November

Hub Timetable

Date	Time	Activity	Information
Monday 2nd			
Wednesday 4th			
Monday 9th	 Gloucestershire Inclusion Office		Relaxed session to do your own activity or catch up with friends after our break.
Wednesday 11th	 Friends Meeting House		Come and join in with our project worker Millie's session!

Hub Timetable

Date	Time	Activity	Information
Monday 16th	 Gloucestershire Inclusion Office		Steady and strong team: Come along and join session with tips on improving balance and strength!
Wednesday 18th	 Friends Meeting House		Board Game Session Take part in different board games with the group
Monday 23rd	 Friends Meeting House		Come and join us for a session with Gemma our project worker!

Wednesday 25th	 Friends Meeting House	 	Come and join for a session in making our own wellbeing boxes. Thinking about what helps us stay well in the winter months and decorating a box to keep items that help us keep well.
Monday 30th	 Gloucestershire Inclusion Office	 	Art Shape: Seasons Greetings Course. First of four sessions making winter themed gifts and decorations

How to get involved

inclusion-glos.org

- 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

Friends Meeting House
Greyfriars
Gloucester
GL1 1UA

Gloucestershire Inclusion Office
Railway House
Bruton Way
Gloucester
GL1 1DG

Contact us

Bee Barker
Hub Manager
Bee.barker@inclusion-glos.org

Georgie Carnaghan
Hub Coordinator
georgiec@inclusion-glos.org

Inclusion Office number: 01452 234003