



Inclusion Hub Gloucester



Timetable

September

Hub Timetable

Date	Time	Activity	Information
Wednesday 2nd			
Monday 7th			Health Checks and Chats with Gloucestershire NHS Trust
Wednesday 9th			Continuing our Clay creations with Millie: Making and painting clay ornaments
Monday 14th			Gemma our Project Worker is running a session!

Hub Timetable

Date	Time	Activity	Information
Wednesday 16th		 British RedCross	The Red Cross will be coming to teach us some First Aid
Monday 21st			Make some cosy autumn Decorations, we can sew or stick on fabrics to make some hanging decorations.
Wednesday 23rd		 Gloucestershire Wildlife Trust 	Gloucestershire Wildlife Trust: Come and build your own wooden bird box!
Monday 28th			We will be having a relaxed session. You can bring your own project, do some colouring, or just chat with your friends.

Hub Timetable

Date	Time	Activity	Information
Wednesday 30th			No Bake session Come and join our no bake cooking session with Adult Education Gloucestershire!

How to get involved

- Our hubs are free to join.
- There's 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

Contact us

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Hub Manager

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