

Inclusion Hub

Women's Wellbeing Hub



Timetable

February 2026

Hub Timetable

Date	Time	Activity	Information
<p>Wednesday 4th February Room 2</p>	<p>10:30 TO 12:30</p>		<p>Join us to learn about an exciting volunteer opportunity that can help you find paid work.</p> <p>Research Champions are trained to help spread the word about health and care research to their communities.</p>
<p>Wednesday 11th February Room 2</p>	<p>10:30 TO 12:30</p>		<p>Petra from Inclusion Gloucestershire will join us to deliver a relaxing mindfulness session.</p>
<p>Wednesday 18th February</p>		<p>Closed</p>	<p>Closed until the 25th March</p>

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

Room 2
Friendship Café
Barton Street
Gloucester
GL4 6PR

Contact us

Zareen Ahmed
Hub Coordinator
Zareena@inclusion-glos.org
07525848499
01452 234003