

Inclusion Hub

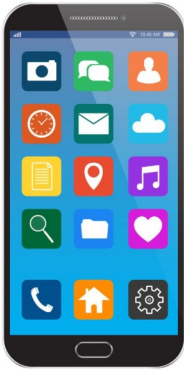
Women's Wellbeing Hub



Timetable

September 2026

Hub Timetable

Date	Time	Activity	Information
Wednesday 2nd Room 2	10:30 TO 12:30		Adult Education A four week course. This is a fun but informative course. You will learn new things about your mobile!
Wednesday 9th Room 2	10:30 TO 12:30		Adult Education Week 2 They will continue to help you use new phone apps and answer any questions.
Wednesday 16th Room 2	10:30 TO 12:30		Adult Education Week 3 Adult Education will continue to teach us lots of new ways to use our phones.
Wednesday 23rd Room 2	10:30 TO 12:30		Adult Education Week 4 This last session will be a fun celebration of what we have learned.

Hub Timetable

Date	Time	Activity	Information
Wednesday 30th Room 2	10:30 TO 12:30	British Red Cross Training 	The British Red Cross will show us how to support people who feel lonely. They will discuss how we can help someone to overcome the every-day obstacles that prevent people from forming positive social connections.

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