

Inclusion Hub

Women's Wellbeing Hub



Timetable

DECEMBER 2025

Hub Timetable

Date	Time	Activity	Information
Wednesday 3rd December Room 2	10:30 TO 12:30		Amina from Adult Social Services will talk to us about drug and alcohol support services. As a thank you she has ordered some samosas for the group
Wednesday 10th December Room 2	10:30 TO 12:30		Vanessa and Amy from the Redwell Centre will facilitate a fun and interactive session
Wednesday 17th December Room 2	10:30 TO 12:30		Winter One Dish Party for our members and invited guests only. Fun and food with games and poetry

Hub Timetable

Date	Time	Activity	Information
Wednesday 24th	10:30 TO 12:30		CLOSED FOR CHRISTMAS
Wednesday 31st	10:30 TO 12:30		CLOSED FOR CHRISTMAS
Wednesday 7th January	10:30 TO 12:30		OPEN AGAIN 7th JANUARY

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