

Inclusion Hub

Women's Wellbeing Hub



Timetable

November 2025

Hub Timetable

Date	Time	Activity	Information
Wednesday 5th November	10:30 TO 12:30		Janice Laverick will talk about how to cope with stress.
Wednesday 12th November	10:30 TO 12:30		Halima and her Ladies Poetry Group will help us to create our own poems
Wednesday 19th November	10:30 TO 12:30		Vanessa and Amy will discuss: How can I stop worrying so much?

Hub Timetable

Date	Time	Activity	Information
Wednesday 26th November	10:30 TO 12:30		We are planning a short trip to Cheltenham Art Gallery. Details will be confirmed

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

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