



Inclusion Hub

Women's Wellbeing Hub



Timetable

April 2026

Hub Timetable

Date	Time	Activity	Information
Wednesday 1 st	10:30 TO 12:30		Discover how gratitude makes life happier. Create your own gratitude jar/box.
Wednesday 8 th	10:30 TO 12:30		Lisa from the Create Well Project will be running a workshop on Decoupage.
Wednesday 15 th	10:30 TO 12:30		Mindfulness session: Ease your burdens to help your mind feel lighter. Let go of your baggage through mindfulness.

<p>Wednesday 22nd</p>	<p>10:30 TO 12:30</p>		<p>Giving isn't just about money- it's about kindness, help and support. Small actions can make a big difference. This session shows fun ways to give and spread positivity.</p>
<p>Wednesday 29th</p>	<p>10:30 TO 12:30</p>		<p>Poetry workshop. Halima Malik is returning to help us create some new poems.</p>

How to get involved

- .Our hubs are free to join.
- .Theres 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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