

Inclusion Hub Women's Wellbeing Hub



Timetable

OCTOBER 2025

Hub Timetable

Date	Time	Activity	Information
Wednesday 1st Oct	10:30 TO 12:30	signosting used interesting post interesting signosting used interesting post interesting information used interesting information used floorly. Emplates excited unpresented tips groups careed valuable purints to boy useful feature observational boys useful feature observational boys useful feature observations and the property of t	We will have speakers to talk about research
Wednesday 8th Oct	10:30 TO 12:30		Why is research important?
Wednesday 15th Oct	TO 12:30	KNOW?	How can research help us?
Wednesday 22nd Oct	TO 12:30		Therapy hand massage

Hub Timetable

Date	Time	Activity	Information
Wednesday			Vaccine
29th Oct	TO 12:30	Trituil .	information



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

Zareen Ahmed

Hub Coordinator

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