

Inclusion Hub

Women's Wellbeing Hub




Timetable

OCTOBER 2025

Hub Timetable

Date	Time	Activity	Information
Wednesday 1st Oct	10:30 TO 12:30		We will have speakers to talk about research
Wednesday 8th Oct	10:30 TO 12:30		Why is research important?
Wednesday 15th Oct	10:30 TO 12:30		How can research help us?
Wednesday 22nd Oct	10:30 TO 12:30		Therapy hand massage

Hub Timetable

Date	Time	Activity	Information
Wednesday 29th Oct	10:30 TO 12:30		Vaccine information

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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