

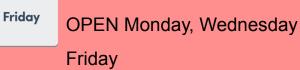
## go to early evening activities

Have an opportunity to use your skills and run a workshop of your choice with our support



Inclusion hub—Gloucester Friends Meeting House, Grevfriars, Gloucester

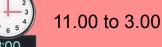








Tue Wed Thu Fri Sat S





Contact Louise or Tamsin 07809 240561 Office : 01452 623120



## **User Led Safe Space**



The Inclusion Hub — Gloucester is your safe space.



You can choose how the hub runs. You can choose what activites you want to do



Every one is welcome, It does not matter what your disability is.



You can bring your support if you need support to come to social activities in the community.



Build confidence



Get emotional support

Make new friends



Take part in courses



• Take part in workshops

## At the hub you can

Socialise