

# INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

 [inclusion-glos.org](https://inclusion-glos.org)

# JOIN US

## At our Friendship Hub



## User-Led Safe Spaces

Registered Charity Number 1171559

## **Who can be involved?**

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We are user led women only community group

Open to all ethnicities and all abilities.

## **What we do**

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The Friendship Hub is a welcoming and safe place to come along and meet new people, share your concerns, get ideas and help and have fun.

There is always something fun happening each week and we focus on how we can make the best of every day.

We help each other overcome our barriers and to understand our illness, conditions and situations.

# Activities include

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- Mosaic making
- Flower making
- Clay work
- Mindful breathing
- Decoupage
- And many more!



We enjoy day trips to appreciate the natural beauty of our surroundings.

We have parties to celebrate our friendships made at the hub!

There is always a friendly face and a cuppa to welcome you.



# LOCATION



## Gloucester

The Friendship Cafe, Chequers  
Bridge Centre, Painswick Road,

**OPEN 10:00am to 12:30pm on  
Thursday**



10:00

10:00am



12:30

12:30pm

## How to get involved

- Call us, text or What's App on 07724 762 134
- Email us [razeyam@inclusion-glos.org](mailto:razeyam@inclusion-glos.org)



### Meet our team:

*Expert by experience* worker is **Fouzia** and project worker is **Razeya**.

For more information, contact

**Mobile Office** 01452 234003

**Email** [info@inclusion-glos.org](mailto:info@inclusion-glos.org)



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