

INCLUSION GLOUCESTERSHIRE

 inclusion-glos.org

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

JOIN US

At our Friendship Hub



User-Led Safe Spaces

Registered Charity Number 1171559

Who can be involved?

We are a user-led women only community group

We are open to all ethnicities and all abilities



What we do

The Friendship Hub is a welcoming and safe place to:

- Meet new people
- Share what is important to you and your concerns
- Get wellbeing tips and idea
- Have fun

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

At the Hub you can

- Socialise
- Build confidence
- Make new friends
- Take part in courses and workshops



Join in with activities like:

- Arts and crafts
- Wellbeing activities like yoga and mindful breathing
- Day trips and walks



LOCATION



Gloucester

The Friendship Cafe,
Chequers Bridge Centre,
Painswick Road,
Gloucester,
GL4 6PR

OPEN

Wednesday and Thursday
11.00am to 1.00pm



11:00am



1:00pm

How to get involved

- Call us, text or WhatsApp on
07724 762134
- Email: **razeyaM@inclusion-glos.org**



Meet our team:

Fouzia is our Project Worker and **Razeya** is our Project Coordinator.

For more information, contact

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