

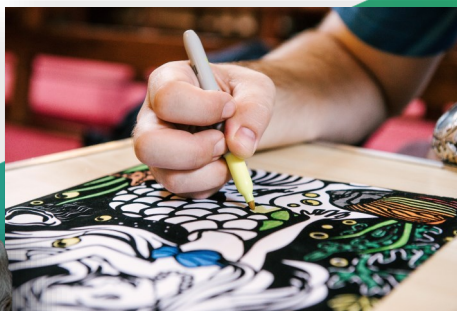
INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

 inclusion-glos.org

JOIN US

At our Gloucestershire INCLUSION HUBS



Community-Led Safe Spaces

Registered Charity Number 1171559

Member Led Safe Spaces:

The Inclusion Hubs
are your safe space.



- You can choose how the hub runs.
 - You can choose what activities you want to do.
 - Everyone is welcome.
 - All people facing disabling barriers are included.
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Our Hubs are group sessions and are not staffed to provide 1 to 1 support or personal care. If you need this level of support, you are very welcome at our Hubs but will need to bring your own support with you.



At the Hubs you can:

- Socialise
- Build confidence
- Make new friends
- Get wellbeing tips and ideas
- Take part in courses
- Take part in workshops
- Use your skills and run a workshop of your choice with our support



IN PARTNERSHIP WITH



LOCATIONS inclusion-glos.org

Gloucester

**Friends Meeting House
Greyfriars, Gloucester**

**OPEN 11:00am to 2:00pm on
Monday & Wednesday**



11:00

11.00am



2:00

2:00pm

Forest

**Salvation Army, 43 North
Road, Broadwell GL16 7BX**

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



10:00

10:00am



12:30

12:30pm

Cheltenham

**Oasis Centre, Cassin Drive,
Cheltenham GL51 7SY**

**OPEN 1:00pm to 3:00pm
on Thursday**



1:00

1:00pm



3:00

3:00pm

Womens Wellbeing

**The Friendship Café,
Chequers, Painswick Road.**

**OPEN 10:30am to 12:30pm
on Wednesday**



10:30

10:30am



12:30

12:30pm

For more information, contact

Office 01452 234003

Email info@inclusion-glos.org.uk

