

INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



inclusion-glos.org

JOIN US

At our Wellbeing Hub



Community-Led Safe Spaces

Registered Charity Number 1171559

Who can be involved?

We are a women only community group, led by our members

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 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

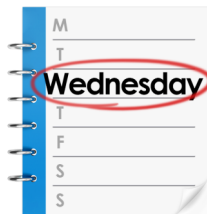


LOCATION



Gloucester

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



OPEN

Wednesday

10.30am to 12.30pm



10:30am



12:30pm

How to get involved

- Call us, text or WhatsApp on
07525 848 499
- Email: zareena@inclusion-glos.org



Meet our team:

Zareen is our Project Coordinator and **Sana** is our Project Worker

For more information, contact

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