



- go to early evening activities
- Have an opportunity to use your skills and run a workshop of your choice with our support



Inclusion hub—Forest Of Dean
Activity Room

Sixteen Community Cafe 16 Bank
St, Coleford GL16 8BA



OPEN Monday



10.00 to 2.00



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www.inclusion-glos.org

INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

Inclusion Hub Forest Of Dean



User Led Safe Space



The Inclusion Hub — Forest of Dean is your safe space.



You can choose how the hub runs.
You can choose what activities 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.



At the hub you can

- Socialise
- Build confidence
- Make new friends
- Get emotional support
- Take part in courses
- Take part in workshops