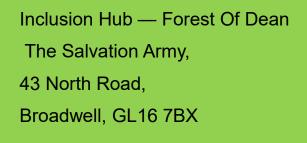


Have an opportunity to use your skills and run a workshop of your choice with our support



Man Tue Wed Thu Fri Sat Sun

Wednesday

**OPEN Wednesday** 

10.00 to 2.00





1.2.9

Louise Silver 07809 240565 Office : 01452 234003

www.inclusion-glos.org



## **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.



Socialise



**Build confidence** 



Make new friends



Get emotional support



- Take part in courses
- Take part in workshiops



go to early evening activities

## At the hub you can