



Guideposts

# CONNECT at Stroud Community Hub

Would you like to make new local friendships?  
Or are you living with a long term health condition?  
Or are you a carer for a family member or friend?

**Join us for a cuppa,  
conversation and...**

- ✓ **Make new friends**
- ✓ **Discover hobbies**
- ✓ **Learn skills with short courses and taster sessions**
- ✓ **Get information, advice and guidance**
- ✓ **Receive support if you're a carer**

**And much more!**



**10.30 am - 12.30 pm**

**Every other Wednesday**

**Stroud Community Hub**

**6 London Road, Stroud, GL5 2AG**

**More information overleaf**



Guideposts



## **What's in it for me?**

- New friendships and building your local social network
- Tap in to your creativity or learn something new
- Strengthen your wellbeing
- Fun

## **Carers can**

- Enjoy a respite break
- Take part with the person you care for or independently
- Join the carers support group
- Share with carers with similar experiences and receive hints and tips

For more information

Contact us: 01452 529697

[gloucestershire@guideposts.org.uk](mailto:gloucestershire@guideposts.org.uk)

