



# Guideposts **CONNECT**

**Would you like to make new local friendships?  
Are you living with a long term health condition?  
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 to help you**
- ✓ **Receive support if you're a carer**
- ✓ **And much more!**



**11 am - 1 pm**

**Every other Thursday**

**Gloucester Farmers Club**

**Agriculture House, Greville Close, Sandhurst Road,  
Gloucester, GL2 9RG**

**More information overleaf**



## **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 call Liz on**

**01452 529697, 07850 204910**

**or email [epollock@guideposts.org.uk](mailto:epollock@guideposts.org.uk)**

