

# Believe change is possible

## Need help picking yourself up?

The Nelson Trust Women's Centre was created to support women who may be facing life's difficult challenges.

It is a community-based service, which offers a wide range of in-house activities and access to specialist support within Gloucestershire.

The centre was established by The Nelson Trust in 2010. We support, guide and empower women to make changes in their life. We provide a warm and safe women-only environment to talk about problems and challenges in a non-judgemental way. We believe trust and respect will bring about transformational change and build a brighter future.

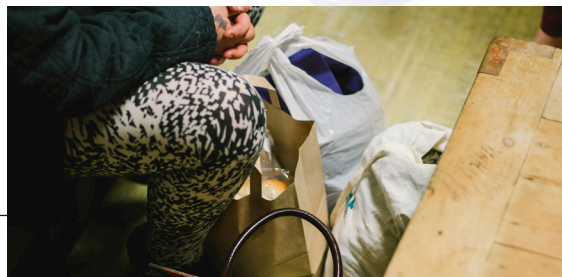
We coordinate a peer mentor support programme where you can receive trauma-informed, gender responsive support from women with lived experience.

*"It has been suggested that women with unmet needs may be at risk of offending The consequences of which can be devastating."* (Corston Report 2007)

*"I call this place 'my home' because of how safe I feel and the support and care I get from the Women's Centre. I don't know how my life would be without them, they're the best!"*

*"I have been with The Nelson Trust for support for four years and the workers have been a great help to me. The groups are great and I've finally got a home through the help of my support worker. I don't know what I'd do without them. They are a great help to us women in need."*

*"This is my first time at a Women's Centre and I couldn't have done it without them. Give them a try like I did. It could change your life and your outlook!"*



## What support do you need?

We will help you design your support plan to set out some goals you want to work towards. This plan will help you to take charge of your life, build your confidence and self esteem and improve your opportunities.

We offer:

- Debts benefits and finance advice
- Drug and alcohol awareness
- Accommodation support
- Relapse prevention groups
- Self esteem and confidence building
- Parenting support
- Domestic abuse support
- Education, training and employment advice
- Anxiety and anger management
- One-to-one support
- Craft and art groups
- Lunch club

We have outreach workers, who can visit you if you find it difficult to get to us and a crèche for your children (0-8 yrs), which gives you time for you.

## Support is available for:

- Homelessness and housing issues
- Debts and benefits
- Education, training and employment
- Drug and alcohol issues
- Families, children and relationships
- Domestic and sexual abuse



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