A safe women only service providing:

- A dedicated key worker
- One-to-one support
- Group work
- Women only spaces
- An on-site creche at our Women's Centre in Gloucester.



We will meet you at a place that is safe for you.

We will listen to you and be there for you.





Together we can explore your options.

Together we can plan your support.





When women support each other incredible things happen.



Your key worker will be in contact with you shortly however, you can call us today on 01452 397690.

My key worker name is:

My first appointment is on:

Time:

Women's Centre

Belsize House, 1 Brunswick Square, Gloucester, Gl 1 1UG

Outreach

Across Gloucestershire

Open 9.30am - 5.00pm

Tel: 01452 397690

Email: gloucester.info@nelsontrust.com

nelsontrust.com

Charity No 1056672





Making change possible

A women-only support service when you need a helping hand with life's challenges.

Believe change is possible

Helped me find somewhere to live or I'd still be homeless.



Finances
Debit, benefits and finance advice.



Trauma and abuse
Domestic abuse
support.



Families and relationships
Help with relationship issues,
rebuilding bonds with loved
ones, and being reunited with

your children.

I am supported

I feel then look at me as a person, non judgemental.

I would be in

trouble without

this service.

Housing

Accommodation support: helping women into safe and appropriate housing.

Discussed what support I can get and how to move forward

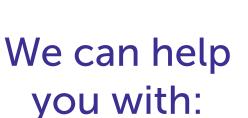


Education and training Education, training and employment advice.

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Physical, emotional and mental health

Anxiety and anger management, one-to-one support, craft and art groups, lunch club.



Attitudes, thinking and behaviour
Parenting support, self esteem and
confidence building.



The women's service is a life line!!

Saves lives.



Drugs and alcohol

Drug and alcohol awareness and relapse prevention groups

Sexual exploitation and sex working

Supporting women toward safety and exiting sex working.

My keyworker's always there for me, doesn't give up on me.

I have bettered myself and my circumstances since having involvement.