

## 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.



Trust



Choice

Together we can explore your options.

Together we can plan your support.



Collaboration



Empowerment

When women support each other incredible things happen.



**THE NELSON TRUST**

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,  
GL1 1UG

### Outreach

Across Gloucestershire

Open 9.30am - 5.00pm

Tel: 01452 397690

Email: [gloucester.info@nelsontrust.com](mailto:gloucester.info@nelsontrust.com)  
[nelsontrust.com](http://nelsontrust.com)

Charity No 1056672



**THE NELSON TRUST**

*Women's Service Gloucester*



*Making change possible*

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

# Believe change is possible

## We can help you with:



**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.



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



**Sexual exploitation and sex working**  
Supporting women toward safety and exiting sex working.



**Drugs and alcohol**  
Drug and alcohol awareness and relapse prevention groups



**Physical, emotional and mental health**  
Anxiety and anger management, one-to-one support, craft and art groups, lunch club.



**Education and training**  
Education, training and employment advice.



**Housing**  
Accommodation support: helping women into safe and appropriate housing.

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

*I am supported a 100% by my keyworker.*

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

*I would be in trouble without this service.*

*The women's service is a life line!! Saves lives.*

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

*Discussed what support I can get and how to move forward*

*I have bettered myself and my circumstances since having involvement.*