

BE CONNECTED BE HAPPY BE YOU



Guideposts **Community Hub** in Stroud

Are you, or are you supporting, an adult with mild to moderate learning disabilities, autism, or Asperger's who is:

- ✓ Looking for something new or creative?
- ✓ Wanting to learn new skills?
- ✓ Keen to make new friends?
- ✓ Leaving college this year?
- ✓ Eager to get out and about?



Taster days available – come and meet us

Would you like to Be Connected: Be Happy: Be You?

Guideposts **Befriending for Wellbeing**

Are you looking for:

- ✓ Conversation and laughs?
- ✓ Practical help at home?
- ✓ Getting out and about?
- ✓ A companion for hobbies?
- ✓ Carer respite?



We will come to you!

Would you like to be part of a local social group?

Guideposts **CONNECT**

Join us for a cuppa, conversation and...

- ✓ Make new friends
- ✓ Discover hobbies
- ✓ Get information, advice and guidance
- ✓ Receive support if you're a carer (come alone or with the person you care for)
- ✓ And much more!



**CONNECT at: Whitminster – Tewkesbury – Stroud
Gloucester – Wotton – Charfield**

Are you feeling low or anxious or not sure where turn to get life back on track?

Guideposts **Emotional Wellbeing Pathway**

Our Pathway coaches can help you:

- tackle feeling low or anxious
- move forward after changes in your life
- plan for positive change and achieve goals



Let us help you to be your happiest you.

Contact us

Tel: 01452 529697

Email: gloucestershire@guideposts.org.uk

visit www.guideposts.org.uk for more opportunities

   @GuidepostsUK

Registered Charity No. 272619 - Registered Company No. 1282361