

Cotswold Community Wellbeing Service **COMMUNITY HUBS**

A chance to talk
Mental Health
and Wellbeing



An opportunity to talk about mental health and wellbeing, looking at practical ways to improve your wellbeing as well as a chance to chat about groups and services in your community. Refreshments provided!

Independence Trust supports people who are experiencing moderate to severe mental ill health. Our CALMHS Service is funded by Gloucestershire County Council. Independence Trust has a long history of providing services in the local communities of Gloucestershire.

WHEN & WHERE:

Monday 5th June 2023

Jameson Court, Moreton in Marsh, GL56 0EW, at 11.30 am with Sue Tomlinson and Emma Royer.

Monday 3rd July 2023

Stow Library, Market Square, GL54 1AF, at 2 pm with Cynthia Kerr and Sue Tomlinson.

CONTACT INFORMATION

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