



# independence trust

## Welcome Space

Do you feel isolated, lack motivation or experience difficulty coping with the stress and pressures of life?

Would you like space to talk and be listened to,  
a chance to build new friendships?

Join us at [The Keepers](#) for a cuppa, a chat or maybe a game of scrabble

[Community Advice, Links & Mental Health Support Service  
\(CALMHS\)](#)

&

[Community Wellbeing Service](#)

10-12 Thursday @ The Keepers, Symn Lane , Wotton-under-Edge

For information about other services within Independence Trust

[Community Autism Support & Advice \(CASA\)](#)

&

[Peer Training](#)

<https://www.independencetrust.co.uk/wellbeing/about>

Please Pre-book: Tel.07870808629



The Keepers

Wotton Area Community Hub



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