

## WHAT WE OFFER

- A safe and confidential place to meet and share openly.
- Topics to open up conversation that are meaningful to us today.
- Love and laughter.
- Occasional inspirational speakers.
- One to one personal chats with a Cherished Leader, for women who would find it hard to discuss personal issues in a group setting.
- Signposting and support to get connected to specialised services to meet specific needs. E.g. referrals to Foodbank and Care Zone.
- Advocacy.
- Activities:
  - » Creative activities such as card making and creating dream boards.
  - » Occasional pampering sessions - e.g. hand massages and nail painting.

## MORE INFORMATION

For more details or if you have any questions please contact Linda on **07507 269081** or email [admin@livingkeys.co.uk](mailto:admin@livingkeys.co.uk)

YOU'RE NOT ON YOUR OWN, THERE ARE PEOPLE WHO CARE

# CHERISHED



# WHAT IS CHERISHED?

Cherished is a group for women of all ages and ethnicities, who come together at a coffee morning to support one another in love and acceptance, without judgement.

Our aim is to bring women new hope, to be encouraged and built up personally and through supportive friendships.

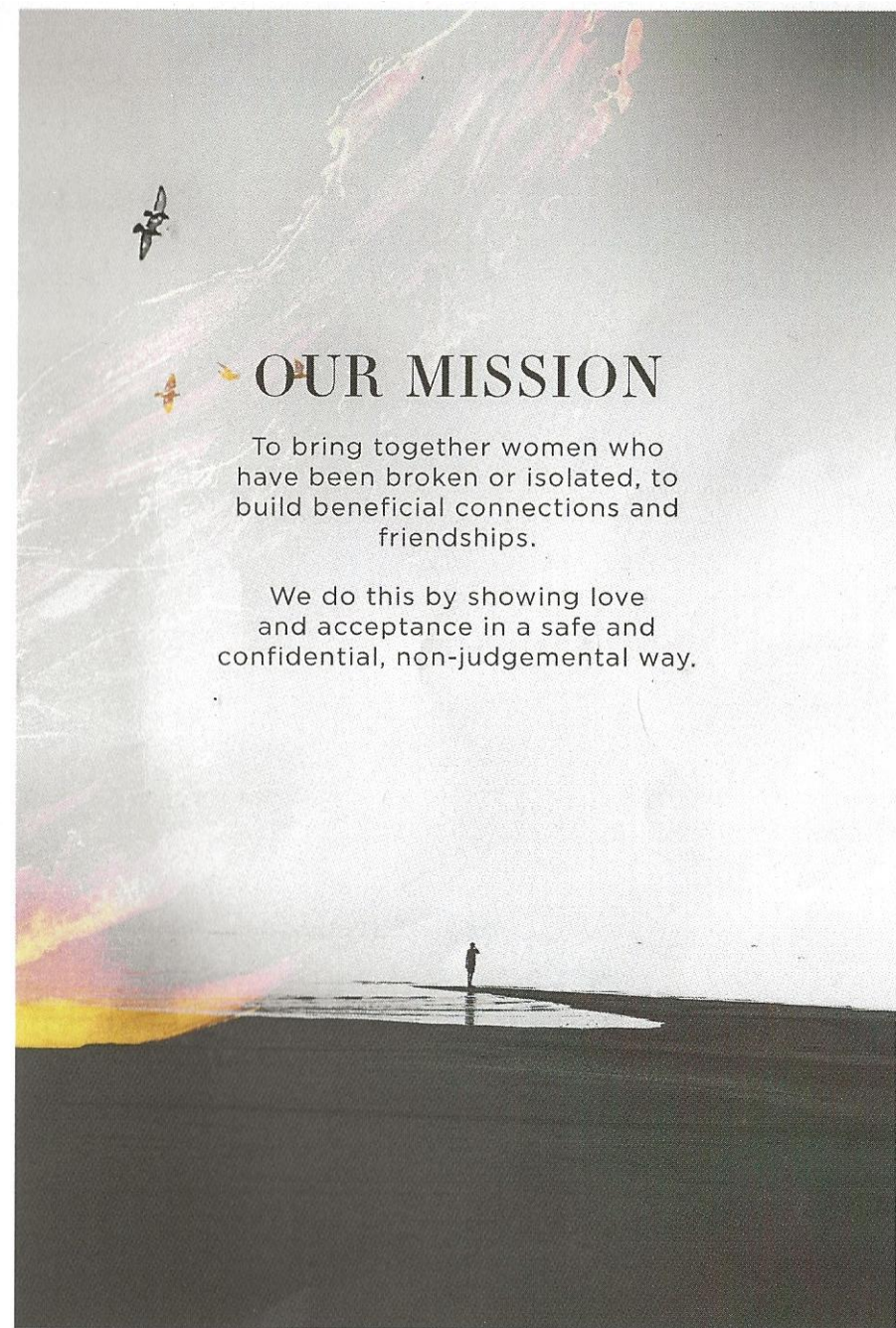
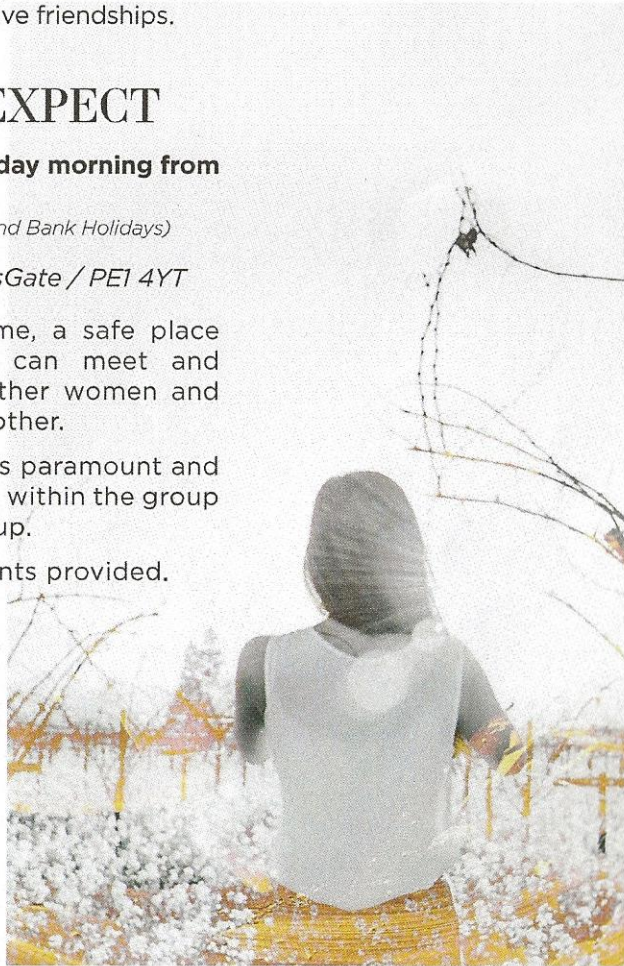
## WHAT TO EXPECT

**We meet every Monday morning from 9:30am - 12pm**

*(Except School Holidays and Bank Holidays)*

*Murray Room / KingsGate / PEI 4YT*

- A warm welcome, a safe place where women can meet and connect with other women and support one another.
- Confidentiality is paramount and anything shared within the group stays in the group.
- Light refreshments provided.



## OUR MISSION

To bring together women who have been broken or isolated, to build beneficial connections and friendships.

We do this by showing love and acceptance in a safe and confidential, non-judgemental way.