



Hosted by
Rachel from
The Hoarding Hub



THE SAFE SPACE GROUP

A trauma-informed support space around hoarding

★ **(NEW!)** A gentle, welcoming monthly group for people with lived experience of hoarding behaviours, and for loved ones who want understanding, reassurance, and connection.

This is a low-pressure, non-judgemental space:

- ✔ No expectation to talk, share, or make changes — come exactly as you are
- ♥ Safe group with **no cost**, no labels, and **no pressure** to change

★ What to expect

- ✔ A calm, respectful, trauma-informed environment
- ✔ People who understand the emotional side of hoarding
- ✔ Space to listen, chat, or sit quietly
- ✔ Support without pressure or judgement

📍 **The Foresters Arms,
Brunswick Street**

🕒 **1:00–3:00pm**
Tea and coffee provided

📅 **Runs on the third
Wednesday** of every month

🚌 Between **Bath Road**
and **Tilehurst Road**

🚌 **26 & 33** bus routes nearby

➡ A quiet community space reserved exclusively

A safe group with no cost, no labels, and no pressure to change.