



ROOTS TO WELLBEING AT HILLFIELDS

Connect with nature through this NEW 4 week programme!

Fridays

10.30am-1pm

**24th, 31st Jan & 1st, 14th Feb
Hillfields Community Garden**

Roots to Wellbeing is a nature-based health & wellbeing support group for anyone struggling with mental health or finding life challenging.

Sessions involve a free lunch & reflection, mindfulness, sensory activities, simple craft activities & gardening.

Open to all over 18 years & any one who supports them.

Referrals welcome any time. This course will run in January, March and May 2025



Register or find out more

roots@yourpark.org.uk

07759 616037

<https://yourpark.org.uk/rootstowellbeing>