

# ***The Wellbeing Gathering***

## **WORKSHOP & ACTIVITIES**

Join us this *Mental Health Awareness Week* for a day of community connection and creative activities to encourage mental wellbeing.



**Thursday 15th May 2025**

**11:00 AM - 3.30 PM**

**Where: Netherton Community Garden  
103 The Marian Way, L30 3TD**

- *Free lunch and refreshments!*
- *Discussions around the importance of community support in mental health & wellbeing*
- *Take part in creative activities to promote mental wellbeing, confidence and positive mindset*
- *Arts & Crafts, Gardening, Mindfulness Practice*
- *Learn the importance of mental health research, opportunity to engage in research, and share your feedback & stories of how charitable and community services have impacted your mental health*

**For more information please contact:**

**Annabel or Ann on 0151 291 8010**

