



# Come gardening and beat the blues

## Would you like to:

- Work outside and help improve a green space in your local community?
- Meet new people?
- Build a healthier lifestyle?
- Feel better and increase confidence & self-esteem?
- Learn more about gardening and/or conservation?



If you are over 55 and recovering from mental ill health come and join our **FREE Growing 4 Life project**

We are starting a supported volunteering group at:

**St. Michael's Church, Spencers Wood**

on

**Friday 4th February 2011**

We will work as a team to learn new gardening skills and through this will help to improve our local community.

## To find out more and join this group contact

Wendy Chamberlain or Carl Harney at Thrive:

T: 0118 988 5688

E: [wendy.chamberlain@thrive.org.uk](mailto:wendy.chamberlain@thrive.org.uk)

or [carl.harney@thrive.org.uk](mailto:carl.harney@thrive.org.uk)

**Ecominds**



For better  
mental health



LOTTERY FUNDED

**Thrive is a small national charity that uses gardening to change lives**

Thrive is registered in the UK as The Society of Horticultural Therapy.

Thrive is a registered charity number 277570 and a limited company number 1415700.