



Are you a refugee or asylum seeker?

Or are you working with refugee and asylum seekers?

We are offering wellbeing activities in a private outdoor space. Expect campfire cooking, gardening, making and creating and a chance to relax together in nature.

Thursday afternoons in January - March 2021 at Boiling Wells

Drop in 1pm-4pm, stay as long or as little as you like.

Near to St Werburgh's City Farm

Boiling Wells Lane, Bristol. BS2 9XY

(or meet at 12.30 outside Malcolm X Community Centre if you would like to walk to Boiling Wells together)

Free to attend, with a maximum capacity of 15 people due to COVID restrictions.

Contact: Georgia.Spooner@bristolmind.org.uk

07377 877303

Mind without Borders Greenspace Project Co-ordinator

We're Bristol Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.