



SADAGA ROOTS TO WELLBEING



A FREE, friendly,
nature-based wellbeing support group for Arabic-
speaking women who are finding life challenging or
feeling isolated.



Every week there are options for:

- Fun and easy craft activities
- Gentle gardening
- Nature walks
- Cups of tea and friendly chat
- Simple, guided ways to relax and feel calmer outdoors
- FREE lunch at the end of the session
- Transport provided if needed



NEW 8 week block
starts 30th April
Wellspring Centre, Beam Street
Thursdays
10am-12.30

***Trial**
session
23rd April

Open to all Arabic-speaking women over 18. Women may come with a female supporter if necessary.

Register or find out more

roots@yourpark.org.uk 07759 616037
www.yourpark.org.uk/rootstowellbeing/

