

NATURE NURTURES WALTON COMMUNITY ALLOTMENT

The project 'Nature Nurtures' which is part of the 'Green Social Prescribing' programme is aimed at improving the emotional wellbeing of local people through helping them to connect with nature in practical, fun ways that can be done anywhere, with others or alone and at most times.

Join this 4 week pilot project to grow and tend vegetables and enjoy the peaceful outdoor space.

No experience is necessary.



Starts Wednesday 3 August, 10.30am-12pm
Terrace Road Allotments, Walton On Thames, KT12 2DY
(opposite a road called Tithe Close)

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing