



NHS

Bristol, North Somerset
& South Gloucestershire
Talking Therapies



WOODWORK FOR WELLBEING

**6 WEEK
SHORT
COURSE**

For anyone who identifies as having mild
to moderate mental health challenges
and wishes to improve their wellbeing
through woodworking in a social setting.

Suitable for 18+

10:00AM - 1:15PM

27/02/2025 - 03/04/2025

THURSDAYS

wellbeing@windmillhillcityfarm.org.uk

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