



**NHS**

Bristol, North Somerset  
& South Gloucestershire  
Talking Therapies



# GARDENING 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  
gardening in a social setting.

Suitable for 18+

**10:00AM - 12 NOON**

**05/03/2025 - 09/04/2025**

**WEDNESDAYS**

[wellbeing@windmillhillcityfarm.org.uk](mailto:wellbeing@windmillhillcityfarm.org.uk)

0117 947 1194