



Mind Open Spaces Allotment with a beautiful Garden

Would you like to access our open space to improve your well-being?

Would you like to become a volunteer?

Register your interest and a member of the Recovery Team will contact you and invite you to a meet and greet session

Open: Monday and Thursday 10:00 until 13:00

Friday 12:00 until 14:00

No prior knowledge required just an interest in growing, gardening and enjoy being outdoors.

Mind in Bexley aims to improve mental health and well-being by offering individuals the chance to get involved in a range of food growing and gardening tasks.

**For further information about this workgroup please contact
Mind Recovery College: 020 8303 8932 (option 1).**