



# BE ACTIVE

## Eco Therapy and Open Spaces

### Days and times:

Mondays and  
Thursdays

(10am–1pm)

Fridays (12–2pm)

### Location:

Allers Road,  
Bexleyheath  
DA6 8JT

[Google Maps](#)



Gardening and food growing has a range of benefits; it is physically active, mentally healthy, a place to meet people, and builds confidence. Plus, growing healthy nutritious food for you and your families.

Why not join our green spaces: Mind in Bexley has two food growing spaces and a garden. We will be arranging workshops throughout the growing season. Eco-therapy improves mental and physical wellbeing by supporting people to be active outdoors doing gardening, food growing or environmental conservation work and other activities in nature. Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

