



CONNECT

Stitch the Mind

Days: Tuesdays

Times: 10-11.30am

Location:

Various locations in and around Bexleyheath



Are you a keen knitter?

Perhaps you like to crochet or stitch? This face-to-face group incorporates stitching with connecting with others. It is held at a variety of locations in and around Bexleyheath.

Please bring along any projects you have and we can socialise over a cup of tea while working on our creations. A lovely social group and setting to get creative and improve your wellbeing.

Please register first.



mindinbexley.org.uk/recovery/

