

# Connect in the Community

Would you like to improve your wellbeing and connect with others? Come along to our new Connect in the Community service to try a range of wellbeing activities in a supportive and friendly group. Meet new people and try something new!

The service will offer sessions like:

- Eco Therapy (growing fruit/veg)
- Canal Boat Trips
- Walk & Talks
- Creative Wellbeing Sessions (arts, writing, singing, cooking)

Interested in taking part in this new service?

Then please give us a ring on **0161 330 9223** and ask to speak with a member of our team.

If you are a professional and would like to refer someone on their behalf please feel free to contact us.



: @TamesideOldhamGlossopMind

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 **Tameside**  
Metropolitan Borough



  
for better mental health  
Tameside, Oldham  
and Glossop