

A Place to Grow!

The impact of COVID-19 is being felt everywhere. Self-isolation can bring with it loneliness, and a feeling of loss of connection with your community. St. Helens Mind can help.



Let us brighten your day!

You may be surprised that St. Helens Mind doesn't just help people who are experiencing mental health difficulties. We are also here to help you to maintain your mental wellbeing, by tackling issues like loneliness and isolation that can lead to stress and anxiety.



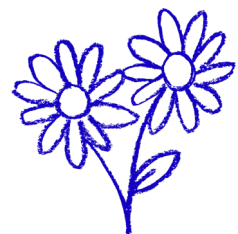
We are now offering you the chance to enjoy our beautiful allotment each Thursday to help you to keep connected, share your thoughts, enjoy fresh air and good company. It will be a chance to do some gardening as well as just getting together for a chat and a laugh over a cuppa - vital in these challenging times.

Would you like to know more?

If you feel that you, or someone you know, would benefit from a regular visit to our lovely allotment/garden and be assured of a warm welcome, please get in touch and we can arrange a visit.

Email peter@sthelensmind.org.uk or Phone: 07703 185 232

You can also send a message from St. Helens Mind's Facebook page or website: www.sthelensmind.org.uk



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St Helens

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