

Mindful Mondays...

A safe and supportive space, offering Women struggling with ongoing low level mental health issues the chance to connect with nature and each other.

This small group offers the chance to get involved with the everyday activities around the farm including; feeding and caring for the animals, growing fruit and veg on the allotment and in the polytunnels. It also offers the opportunity for women to talk about issues that affect their mental health and general wellbeing.

Friends Community Farm is 10 minutes from Sudbury in a small village called Assington

The group begins at 10am and ends at 2pm lunch is provided for those who want it but please feel free to bring your own if you would prefer.

We suggest that anybody coming along to the farm wears older clothes and sturdy footwear (we have some spare wellies if needed)

We can offer transport to and from the farm on our minibus. We pick up and drop off at the Kingfisher car park in Sudbury. Spaces are limited and would need to be booked in advance

For further information or to request a referral form please contact us via email: info@thebefriendingscheme.org.uk

