

Healing	Yoga	Peace	Stress	Outdoor
Space	Park	Co		

space - Parks + Community

Community
Center

2 Mental Health Awareness / Support

Across a range of settings.
Schools, hospitals & workplaces

Support for unpaid carers. offering info + guidance. Respite care. Mental health.

Supervised children
for young
patients to play

Behindring in
der pappe.

Extend wellbeing
walks - this has

rough weekly wellbeing
talks
mentia programmes
and a guided tour.

Healthy Food

Activity	Class
Reading	Class
Praying	"

→ Supporting young people to find networking + first time out world confidence

Moving inks
New means

- Dat deen public art in Overford -

vacuum pulbic air
in Swafford -

Power of The
Train and Spirit
within a Spirit
Cultural Spirit
Emotional Spirit
Sensory Perception
For Schools and
Churches and
Library teaching