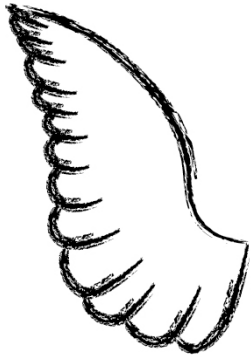


Mental Health Awareness week!

Monday 14th May- Saturday 19th May



**take
off**

for physical & mental wellbeing

From Monday 14th throughout the week we will be:

Selling plant pots and seedlings

Exhibiting our poetry written by attendees at different groups.

Displaying pictures and artwork from our photography and creative group and other masterpieces.

Take Off Showcase Event!

Saturday 19th May

Umbrella Café:

11-1 Gardening session (adults and children) get involved!

1-3 Creative workshop (adults and children)

Revival café and Umbrella café:

3:30 Take Off Talk and Mental Health Awareness

Followed by:

Poetry, stories, experience talks and more

