



Ashfield Voluntary Action

**STEP BY STEP**

A MENTAL HEALTH PROJECT



# Bringing people together

## Wellbeing Craft Group



The **wellbeing craft group** provides a space for adults to meet who live in the district of Ashfield.

We provide weekly meet ups, craft activities, a cup of tea and an opportunity to make new friends focusing on the **5 ways to wellbeing**.

**CONNECT** with others

**BE ACTIVE** – walking, cycling

**TAKE NOTICE** – of the seasons, your friends

**KEEP LEARNING** – a new hobby, reading a book

**GIVE** – volunteering, helping a friend

The wellbeing craft group is held weekly on Mondays 10.00am – 12.00pm  
(excluding Bank Holidays)

Ashfield Voluntary Action, Ashfield Health & Wellbeing Centre, Portland Street  
Kirkby-in-Ashfield  
NG17 7AE

For more information on our wellbeing groups contact Paige on 01623 555 551  
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[www.ashfieldvoluntaryaction.org.uk](http://www.ashfieldvoluntaryaction.org.uk)



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