

# ncha

Sign up for

# Green sPark



## Are you struggling with your mental health?

You are invited to take part in our nature-based wellbeing programme at Bradgate Park in Leicestershire.

### Am I eligible?

We welcome referrals for customers living in Leicestershire (excluding Leicester city), who are struggling with mental health issues. You don't need a mental health diagnosis to take part in this programme.

### What does it involve?

Our aim is to boost your wellbeing with outdoor activities!

- 'Green' activities such as:
  - **Art therapy and outdoor painting**
  - **Wall building**
  - **Planting and garden works**
  - **Wellbeing walks**
  - **...And more!**
- Ongoing peer support for participants.
- Opportunity to become a volunteer at the end of the programme.



### Any questions?

please contact Jolene Nell,  
NCHA Referrals Coordinator, at

> [greenspark@ncha.org.uk](mailto:greenspark@ncha.org.uk).

**Free  
programme  
with  
subsidised  
travel**