

Connect with nature; connect with others

Enjoy nature with other people

Find out about local exercise or walking groups that explore green areas; many people have joined litter picking groups during lockdown



Tell a neighbour you like their garden or park maintenance crew how much you appreciate the work they do

Are there any local gardening or allotment groups in your area?



Tip: Why not ask members what they enjoy about the groups? You might decide you want to join them!



www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature

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