



The **CABIN**

Happiness Hub

A safe space for young people aged 18-25 to improve their mental health & wellbeing

Informal & relaxed sessions provide opportunities to engage in activities, increase social interaction, reduce isolation while gaining new skills & knowledge. Activities include; tree planting, nature walks, growing fruit & veg, gardening, social action and much more.

Join Us

Every Tuesday 1 pm- 3 pm
Bellburn Allotments DL3 0LW

To get involved contact - amy.sture@groundwork.org.uk

