

Where and When....

The Allotment group meets regularly at the allotment which is in Alway and for planning meetings at the Newport Mind Office.

How to join the group....

The Allotment group is for people with mental health issues who are looking to improve their mental wellbeing and develop their support networks. It serves as an introduction to other groups such as Growing Space or Newport Mind Cooking Skills Club. This is an inducted group, Please contact Newport Mind for further details.

How to find out more...

Contact Newport Mind for more details of the Allotment group.

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards. We are committed to achieving equal opportunities in the services we provide.



Where We Are

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Allotment Group

An Outdoor group for people to exercise, learn new skills and develop support networks in a safe environment.



Charity Registration No. 1036964.
Registered No. 2916027.
Registered in Wales. Limited by Guarantee.

About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now.

Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

For more information about how we can support you please contact Newport Mind.



Allotment Group

Provides opportunities to **BE ACTIVE** to develop new skills to use in the group and at home, and to exercise regularly. It also provides an escape from day to day problems and opportunities to work as a team to achieve a common goal.

The groups are focused on wellbeing and recovery and raise awareness about mental health. The allotment group engages with the environment and encourage people to

TAKE NOTICE. Giving people a chance to be out in the fresh air.

The group provides a chance to meet others with similar problems, a chance to make friends and take up opportunities outside the group. It helps people to **CONNECT** and to **GIVE** by spending time with others



Five Ways to Wellbeing **CONNECT**

Connect with the people around you, with family, friends, colleagues, neighbours. At work, home, school or in your local community. Building these connections will support and enrich your life everyday.

BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy and suits your level of mobility and fitness.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Whether walking to work, talking to friends, or eating lunch, be aware of the world around you, reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new, rediscover an old interest. Sign up for a course, fix a bike, learn to play an instrument, or cook your favourite meal. Learning new things will make you more confident.

GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer our time, join a group, look out as well as in. Being linked to the wider community can be rewarding and creates connections with the people around you