

# The Sharing Space

## Peer Support while working on an allotment!

This group is for family and friends and those close to  
someone severely affected by mental illness



## We meet

Fortnightly on Fridays  
from 12pm until 3pm at  
the Falmouth Allotments

Come and join us in a tranquil  
environment, have a go at  
gardening and meet new people!

We also have the use of a shed  
for creative art activities and  
pleasant outside seating. Public  
toilets are a short walk away. Hot  
drinks are available but bring a  
packed lunch!

For more information and details  
email Barry at  
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or call on 07542175550

[rethink.org](http://rethink.org)