

Looking for new members!

The Sharing Space

Peer Support while working on
an allotment!

The group, run by volunteers, 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

We are lucky to have a beautiful, tranquil and confidential space where we can share experiences while working on the allotment and tending to our own wellbeing.

There is shed to make a cuppa, and if it rains, but bring lunch! Public toilets are a short walk away.

For more information and the next meeting details please send an email to: sharingspacegroup@rethink.org or call on 07483 332529

Thanks to the Falmouth & District Allotment & Gardens Society for the generous use of the allotment plot.

rethink.org