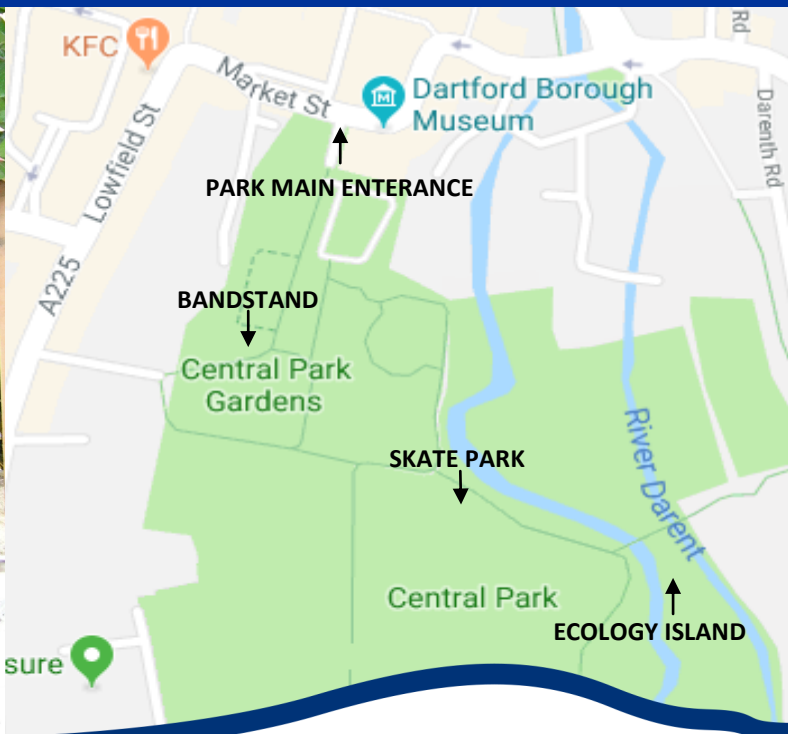


JOIN ECOLOGY ISLAND

For better mental health



Have you previously experienced, or are currently dealing with a Mental Health issue? North Kent Mind, in collaboration with North West Kent Countryside Partnership, is offering a wonderful opportunity to enjoy the benefits of being outdoors in nature, meeting like-minded people and learning about the environment. You'll have lots of fun whilst helping support a local conservation project in a safe and friendly space.

Ecology Island is held every Monday 10am-1pm in Central Park, Dartford.

If you are interested and meet the above criteria please contact:
Kathy Noble on 01322 291380 or email kathynoble@northkentmind.co.uk

