



A range of activities and Groups will be put in place this year

- Botanical Gardens
- Many tears dog walking and horse therapy
- Wellbeing walks *
- Arts and crafts.
- Accredited course 1-1 basis
- First aid appointed person, COSHH, Manual handling, Food safety and Hygiene, Health & Safety
- Plus a Consultation on what you want going forward

We want to hear from YOU

let your peer mentor know what activities

or groups YOU would like to attend.

Abbie Walsh Peer :07769221016 Julie Sugden Peer Mentor: 07584209497

Paul Allchurch Peer Mentor: 07970436205/ Kevin Jones Peer Mentor: 07789483563

Cyfle Cymru
Peer Mentoring Service



barod

*drws adferiad
a afiechydd
modur diŵrjaf*
hafal
*for recovery
from serious
mental illness*



Unlocking potential
Unlocking doors
Creating opportunities