



# Hot on the Wellbeing Trail

Brought to you by Fun Division & St Mungo's

Join our wellbeing trail at any point or create your own from the 25 activities available

## Art in the City

8.30am – 5pm,

Stop for a moment to refill, take what you need, delete your worries on 'The Worry Deleting Machine'.

Provided by Bath Mind

Bus Leaves at 10:30am



## Connect 5 Training

9.30am – 12.30pm, Guildhall

Accessible training to build confidence in having conversations about mental health and wellbeing. To register see leaflet.

Provided by Bath Council

Bus Leaves at 12:40pm



## Growing for Mental Wellbeing

10am – 12pm, Bath City Farm

Join our Wednesday volunteers to help keep our gardens gorgeous.

## Find Out About Volunteering

1pm, Bath City Farm

Learn About Volunteering Opportunities, Free Training and the Volunteer Pass.

Bus Leaves at 2:20pm



## Also at Bath City Farm...

At 1:30pm, Join the crafty Wednesday volunteers for some sociable creativity. Or just take a stroll and explore the farm.



## Chillout Café

3pm – 5pm, Salvation Army Citadel, Green Park Road

Enjoy some cakes and savouries with a range of other activities going on.

Provided by DWP



## Get Set to Go

2pm – 4pm, Twerton Village Hall

Taster sessions in volleyball, badminton, keep fit and movement.

Provided by Bath Mind

Bus Leaves at 3:30pm

**Hop on at any destination!**