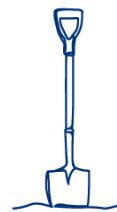
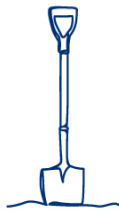


# FREE Gardening course Erddig



## Feel Good Outside – Feel Good Inside at Erddig

This FREE course will be a gentle introduction to volunteering at Erddig's National Trust outdoor centre at Felin Puleston. Join North East Wales Mind and the Erddig team in this calm and beautiful setting.

By volunteering as part of our valued 'Step-Up Step-Out' project you will:

Improve your mental and physical, wellbeing, enjoy being outside, try different things, improve your confidence, enhance your self-esteem, meet new people and have fun.

**Transport will be provided from Wrexham bus station. Starts 11 October for 8 weeks. Supported by friendly staff and volunteers.**

North East Wales Mind  
Wellbeing Centre  
23b Chester Street  
Mold  
Flintshire CH7 1EG  
Charity No 1125091

Contact: North East Wales Mind for more details  
Email: [steph.walsh@newmind.org.uk](mailto:steph.walsh@newmind.org.uk)  
Telephone: 01352 974430



North East Wales  
Gogledd Ddwyrain Cymru