

Come and join us!

The Sharing Space

Peer Support while working on
an allotment!

This group 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

Come and join us in a tranquil environment,
have a go at gardening and meet new people!

We also have the use of a shed for creative art
activities. Public toilets are a short walk away.
Hot drinks available but bring lunch!

For more information and details email the
group on
sharingspacegroup@rethink.org or call on
07483 332529
Next meetings are 20 October, 3 November, 1
December, 15 December and January 12 2024.

rethink.org