

Brentford Together

Well-being activities designed with you in mind



Want to enjoy free and fun activities in Brentford ?

- ❖ Meet new people
- ❖ Gain new skills
- ❖ Improve your well-being and become more active

We have been shortlisted for a Big Lottery Fund grant to make new opportunities available. But we need your help. Tell us what you think and help us create the project. Please tell us what you think about the questions overleaf and return this leaflet to the volunteer.



London Sustainability Exchange
Charity no. 1122130



Friends of Cathja
Charity no. 1084699



growing together

Charity no. 1147015



Time to breathe...



Enjoy a **regular social activity** at Cathja's Kitchen Table on the high street where you can **learn new skills**

Come together with others to **eat more healthily and on a budget** – share your recipes with others and get expert nutritional support.

Learn **how to cook new healthy dishes with local expert Sara Ward (Hen Corner)** at the Salopian Garden on London Road.

Find out what else available in Brentford to improve your skills and well-being – **hidden treasures to help you thrive.**



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