

THE Living Rooms

A community hub in Northallerton where it's
"OK not to be OK"

We are re-opening Renew Wellbeing sessions
in "The Secret Garden" (weather permitting) from 31/7/20
every Monday and Friday 10.30 - 12.00

We encourage the five ways to mental wellbeing:

Connect

Keep learning

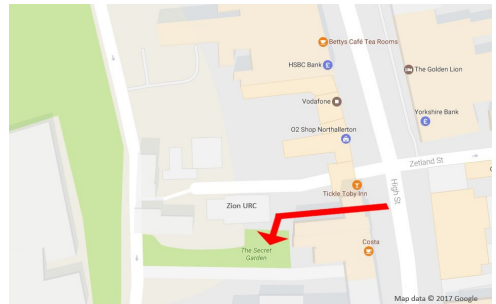
Be active

Take notice

Give

Where is The Secret Garden?

From The High Street, go through Zion Church archway between Ramsden's & Kitson's butchers (see map)



For more information contact
info@thelivingrooms.org.uk

Please bring your own refreshments if desired.

You can join us for a chat, games, puzzles & crafts or just sit quietly and enjoy the beautiful garden—the choice is yours!

Places are limited due to social distancing requirements.

You can also join us for a Zoom session every Wednesday at 2pm.

For login details, email or message FB "The Living Rooms Northallerton"

We are also offering a telephone service for those without internet.

This is by referral from a professional, unless you are already known to us.



THE LIVING ROOMS: 5/5a Garthway Arcade, Northallerton DL7 8NS Registered Charity No 1181883

A ONE Northallerton (Churches Together) project welcoming all, of any faith or none.