

UPLIFT YOUR SPIRITS,  
REWILD YOUR MIND, ONLY THE CURIOUS HAVE  
SOMETHING TO FIND. GREEN UPLIFT IS A FREE  
PROGRAMME OF SPECIAL DAYS IN GREEN  
SPACES, DESIGNED BY ARTISTS FOR YOU.  
CONNECT WITH NEW PEOPLE, FIND NEW  
PASSIONS, AND DISCOVER THE  
TREASURES RIGHT ON YOUR DOORSTEP!



GREEN UPLIFT IS FOR ANYONE WHO  
NEEDS A BOOST. UPLIFT YOURSELF  
AND YOUR FAMILY TODAY

SIGNUP BY TEXTING/CALLING  
07916282064 AT ANY TIME OR EMAIL  
[PARTICIPATE@CREATIVERECOVERY.CO.UK](mailto:PARTICIPATE@CREATIVERECOVERY.CO.UK)

WE WILL BE SURE TO RESPOND  
WITHIN SEVEN DAYS



**GREEN UPLIFTS INCLUDE CAMPFIRE GIGS, POETRY STROLLS, SKETCHING PICNICS, FOREST CRAFTS, NATURE ART, ALLOTMENT SOCIALS PLUS MUCH MORE. FROM BOATS AND BACKYARDS, WOODLANDS TO WETLANDS, YOU'LL CONNECT AFRESH WITH PEOPLE, PLACES AND THE NATURAL WORLD**



**Creative Recovery**



**@UPLIFTBarnsley**

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