

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

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



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