

# **Course/Group title: Rhubarb Farm**

### Description of the course (including the number of sessions)

Community project offering a wide variety of practical work – horticulture, landscaping, construction, art and craft work.

## Dates & times

Times by arrangement.

#### Venue

Nether Langwith.

#### Benefits of attending the course

An opportunity to become a volunteer in a working horticultural farming environment.

# Available to :

Public.

How to book a place: Discuss with your mental health worker to make an appointment.

#### To be included in which section :

Staying Well.





www.derbyshirehealthcareft.nhs.uk