

## Course/Group title: Limestone House

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

Community based project including activities, volunteering and courses to benefit local community.

**Dates & times**

Times by arrangement.

**Venue**

Limestone House, Creswell.

**Benefits of attending the course**

An opportunity to become a volunteer, community integration.

**Available to :**

Local Community

**How to book a place:**

Discuss with your mental health worker to make an appointment.

**To be included in which section :**

Staying Well.



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