An event to celebrate the launch of The Grow Report: the result of a unique collaboration between the University of Brighton & successful local mental health project Grow

Out of doors into nature

Reporting on the benefits of nature connection for people with experience of mental distress

Fri 24th Jan 2.30-4.30 Grand Parade,

the Boardroom, University of Brighton, Brighton

- Pick up a copy of the report, talk to the authors, hear more about Grow in a short film, and from the people involved.
- Learn about other local projects. Brief talks with Q & A from: Mark Carroll (Brighton and Hove Allotment Federation) & Dr Joe Hinds, (University of Canterbury) & Ecominds (tbc)
- Enjoy refreshments! Tea, coffee & cakes provided

University of Brighton

grow

LOTTERY FUNDED

Ecominds

mind in Brighton and Hove

On our doorsteps
A Cupp initiative

Find out more about local projects exploring the benefits of getting out of doors and into nature