



ARE YOU SEEKING ASYLUM AND LIVING IN LONDON? JOIN OUR FREE WELLBEING SESSIONS

WELLBEING WALKS

Tuesdays 11-1pm - 6 Lower Clapton Road, Hackney, E5 0PD

A friendly group wellbeing walk designed to lift your mood, explore nature and meet new people whilst practicing English.

TEA AND TALK

Mondays 1-2pm - 6 Lower Clapton Road, Hackney, E5 0PD

Come to chat and build new connections in a relaxed and friendly setting at our weekly “Tea and Talk”. Tea, coffee and snacks provided!

WE HAVE FUNDS AVAILABLE TO PAY FOR TRAVEL EXPENSES

For more information or to get involved
please contact Alanah:

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Email: alanah.cornelius@groundwork.org.uk

