

37% of people are feeling worried about life after Covid-19 lockdowns and restrictions.

*The Mental Health Foundation, 2021*

# Natterjacks



If you're struggling to find your feet now that Covid-19 restrictions are lifting, this supportive online group is for you.

**Expect friendly-faces and a space to find peer support, helping one another to think positively about today and the future.**

**Join us for our first meeting at 6:30pm on Tuesday 12th October, using Microsoft Teams.**

Call **01629 812154** to find out more or email **[natterjacks1@outlook.com](mailto:natterjacks1@outlook.com)**