



## Free cricket group for beginners

- A 12-week programme combining cricket sessions with tips and tools to support your mental health and wellbeing.
- It's aimed at people who want to improve their mental wellbeing by playing cricket in a supportive and friendly group.

**Come along and give it a go!**

Sign up at [mindinharrogate.org.uk/bat-and-chat](http://mindinharrogate.org.uk/bat-and-chat)



 **mind** in Harrogate District