



# Knit and Natter

For anyone recovering from  
mental health difficulties

Join our morning group to help you relax whilst you create something new. Whether you knit every day or have never picked up a ball of wool, this group is for you.

We will explore knitting, crocheting, weaving and more. Come along to learn a new skill or to have a natter with friendly people.

We meet every Thursday 10am - 12pm.

**We welcome everyone and would love to meet you!**

Contact Thea for more information.

07810 853835 [thea.brady@oxfordhealth.nhs.uk](mailto:thea.brady@oxfordhealth.nhs.uk)

