

# Wellbeing Beach Clean

Your Green Prescription:  
Good for the planet, good for you

If you are anxious, depressed, autistic, find it difficult to leave the house or want to meet new people this is a chance to work alongside others to do some good for our local environment.

**Having a purpose, spending time outside and working alongside others are all proven to improve mental health and wellbeing.**

The Healthcare Group have teamed up with Guernsey Mind and The Clean Earth Trust to run a series of Wellbeing Beach Cleans. Mental Health First Aiders will be present for support and advice if needed, but there is no pressure to talk if you don't want to. Beach cleaning can be as social as you want it to be. Please dress appropriately.

Photos will be taken during the event. If you would prefer not to be in any photos, please let the organisers know on the day.

**Next Wellbeing Beach Clean**

**Thursday 16th January 2025**

**1-2pm at Grandes Rocques**

Meet on the beach by Grandes Rocques Kiosk



Rohais, St Martin's, Cobo  
and High Street Surgeries  
[www.healthcare.gg](http://www.healthcare.gg)  
Tel:01481 723322



[www.guernseymind.org.gg](http://www.guernseymind.org.gg)



[www.cleanearthtrust.org](http://www.cleanearthtrust.org)