

# Friendship Bench Chat

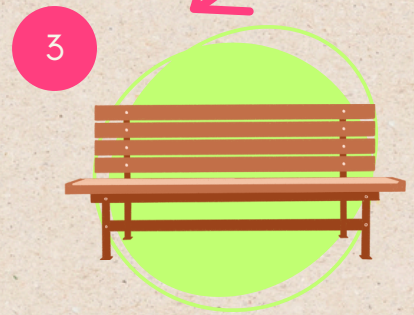
## 5 STEPS TO IMPROVE YOUR DAY



1  
Tell a friend about  
Friendship Bench  
Chats



2  
Find your local  
green space



3  
Preferably one  
with a bench



4  
Walk or cycle to the park  
together if you can



5  
Notice your surroundings, sit on a bench,  
ask each other "Are you OK?"  
and listen to the reply

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