

Friendship Bench Chat

5 STEPS TO IMPROVE YOUR DAY

1



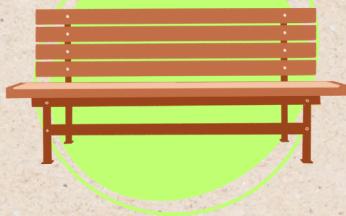
Tell a friend about
Friendship Bench
Chats

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

https://naturallybirmingham.org/_blog/



Birmingham
City Council

RESET RESHAPE RESTART

