



# GREENER PLACES **BETTER LIVES**

**A chance to shape your future**



**YMCA**



HM Government



Foundation



**At Shaping Spaces we believe in *you*.  
You're awesome and have great potential.  
But we know it doesn't always feel like it.**



Our wellbeing programme will help you deal with things in life that make you feel anxious, down or alone. Together we will step out of the complications of daily life into a place of calm.



By spending time in nature, working on community projects and reflecting on life, we will support you to build positive relationships, and improve and maintain your health.

Our programme runs on Wednesdays and Thursdays and is for 16–25 year olds.

**Contact:**

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**You will:**

- spend time outdoors in nature
- meet new people and make friends
- build your confidence
- learn ways to improve and maintain health
- increase your wellbeing



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