

Tips For Getting Out & About



including people who may have mental or physical disabilities.

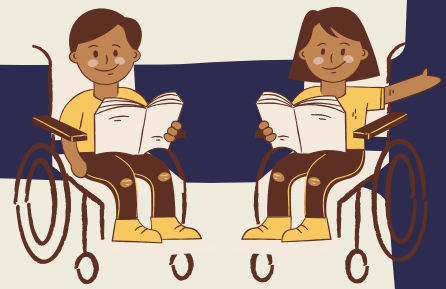


Joining a community group

Community groups are a safe space for people of all backgrounds to spend quality time with one another and engage in educational, physical, or social activity.

Accept that things may go wrong

Over time, you'll learn what does and doesn't work for you and you'll gradually gain more confidence when getting out and about.



Open mind & listen

There are many great places for a day out, including the local zoo or your public library.

Prepare a list of things

Nature-based solutions are found to be most effective in fighting against climate change, but they only receive 3% of all climate funding.



Enjoy yourself!

If you remain positive and aim to enjoy yourself, it will make the entire experience more enjoyable for everyone participating.

READ MORE AT :

<https://stjohnscommunitycare.org/tips-for-getting-out-about/>