

# The Hope Guide

Spring 2024

## Support groups and activities in Bath & NE Somerset

Health and wellbeing groups/activities |  
One-to-one organisational support | Local and national helplines



Bath City Farm

Supporting adults who want to improve their wellbeing, are feeling socially isolated, or may be affected by mental health issues, substance misuse, or homelessness.

To receive a copy of the Hope Guide or add your group, e-mail: [baneshopeguide@gmail.com](mailto:baneshopeguide@gmail.com)



Hope Guide  
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