

Free Six week course

Wellbeing with Nature

Learn new skills, meet new people and feel better!



Avon
Wildlife Trust



© Tom Marshall





Discover your local wildlife and take part in activities such as natural crafts, wildlife walks on Dundry Slopes to making bird feeders.

You will also learn self-care techniques including nature based mindfulness, sit-spots and gratitude that support your wellbeing.



All activities have been fully covid risk assessed and group sizes will be limited.

For more information and to book a space, please get in contact with Kelly

-  The Roundhouse, Bouchier Gardens Community Allotments, Hartcliffe.
-  Runs weekly on a **Friday** from **10am until 1pm**. The next course starts **20th May 2022**
-  Kelly 07458 091427
-  Email wellbeingteam@avonwildlifetrust.org.uk

Come and try some of the activities!

Taster sessions:

Friday 25th March—2.30pm-3.30pm

Friday 8th April & 29th April—10am -11am

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