



The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**

FREE _____

Nature and wellbeing sessions



Economically inactive, 25 or over and in Preston City Council's area for council tax ?



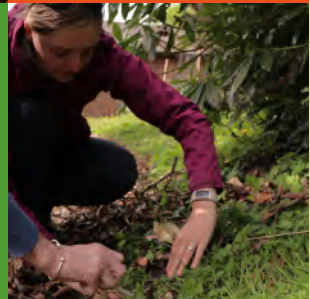
You may be eligible to join our wellbeing sessions at Brockholes Nature Reserve



Activities include:
Bushcraft
Nature crafts
Helping wildlife
Connecting
Getting outside



Scan here to fill out a referral form:



'Economically inactive' includes people such as:
Full-time carers, living with long-term sickness, stay-at-home parents, students and anyone not currently seeking work



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What is nature and wellbeing?

Nature and Wellbeing is the approach that we take to help people reconnect with nature in a gentle, participant-led way. Each session is different but includes activities relating to five key themes:

- Wildlife walks
- Bushcraft
- Gardening Projects
- Practical conservation
- Mindful environments

Research has shown that such activities can reduce stress, anxiety and many low level mental health conditions whilst also improving physical fitness, health and wellbeing.

If you are:

- Economically inactive (eg have a long term health condition meaning you cannot work, a stay-at-home parent, full-time carer)
- 25 or over
- Live in Preston City Council's area for council tax
- Eligible to live and work in the United Kingdom

you may be eligible for a place on our sessions at Brockholes Nature Reserve.

Fill out a referral form at www.lancswt.org.uk/myplace-self-referral, drop us an email at natureandwellbeing@lancswt.org.uk or give us a call on **01772 872007** to start your journey with us and find out more.