

Locations and Dates

When: Mondays 11am-2:30pm

Where: Trowbridge and surrounding areas

How: Minibus pickup 10:30am at Trowbridge Train Station
Starting 24th June 2024



It's peaceful. Things slip away into the background. You can lose yourself in what you're doing.

Find out more

For an application pack, upcoming dates or more details, please contact Wiltshire Wildlife Trust's Wellbeing Team:

Call: 07702 802 961

Email: wellbeing@wiltshirewildlife.org

Visit: www.wiltshirewildlife.org/mens-wellbeing



Wiltshire Wildlife Trust Limited is a registered charity, No. 266202.
Company Registration No. 730536, VAT No. 927 2051 39

Men's Wellbeing through Nature

A free 12-week programme to boost your mental and physical wellbeing.



Working in partnership with

Wiltshire Council



Join us outdoors and reconnect with yourself, your community and nature through outdoor activities.

The programme is open to men aged 20-59 residing in Wiltshire.

What's in store

- Nature-based activities including practical conservation and habitat management, nature walks, green woodworking and bushcraft skills
- Meet new people and build your confidence in an outdoor setting
- Learn techniques to help manage anxiety, stress and depression
- A small, supportive group run by qualified staff and volunteers



What's provided

- Free weekly group activities in Trowbridge and surrounding areas
- Free minibus pick up from Trowbridge train station
- Free hot drinks, snacks and a friendly chat! (please bring a packed lunch and drinking water)



Six ways to wellbeing

We offer opportunities for you to practise these six ways which are proven to improve your mood, strengthen your relationships and support mental health recovery.



Examples include:

- **Be active:** nature walks, meadow clearance, hedge laying and coppicing
- **Keep learning:** wildlife ID skills, habitat surveying, foraging, traditional crafts
- **Give:** maintain and enhance nature reserves and places for wildlife
- **Connect:** meeting other people in a safe and supportive environment
- **Take notice:** noticing the changes in seasons, mindfulness, sensory activities
- **Care for the planet:** improving places for wildlife, making bird boxes and feeders.

