



Somerset Nature Connections



FREE Nature and Wellbeing Courses

Learn new skills, be outside, meet new people and feel better!


During these inspiring six week courses we will explore the Five Pathways to Nature Connectedness, these are; **Contact, Beauty, Emotion, Compassion and Meaning.**

You will learn self-care techniques including nature based mindfulness, sit-spots and gratitude. You will also get to try activities such as natural craft, outdoor cooking, bushcraft and learning to ID wildlife.

This course is for you if you are feeling socially isolated and/or are experiencing mild to moderate depression, low mood, anxiety or stress.

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 Hermione.

-  The Woodland Play Centre, Crowcombe
-  Runs weekly on a **Tuesday** from **10am until 2.30pm.**
-  The next course is from **2nd Nov to 7th Dec 2021.**
-  Call Hermione on 07783 516611
-  Email snc@somersetwildlife.org

