

## Location & Dates

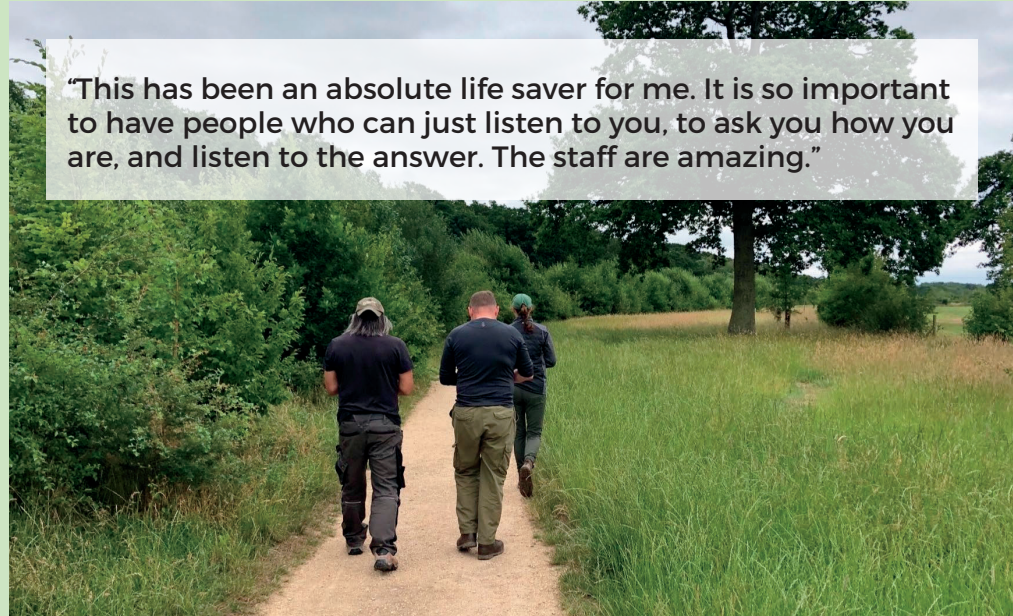
**When:** Mondays, 11 am - 2:30 pm

**Where:** Salisbury and surrounding areas

**How:** Minibus pick up from Salisbury train station

**Starting:** February/March 2024

"This has been an absolute life saver for me. It is so important to have people who can just listen to you, to ask you how you are, and listen to the answer. The staff are amazing."



## Find out more

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

**Call:** 07702 802 961

**Email:** [wellbeing@wiltshirewildlife.org](mailto:wellbeing@wiltshirewildlife.org)

**Visit:** [www.wiltshirewildlife.org/mens-wellbeing](http://www.wiltshirewildlife.org/mens-wellbeing)



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# Men's Wellbeing through Nature

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



**Wiltshire Council**





## Join us outdoors and reconnect with yourself and your community through activities in nature.

The programme is open to men aged 19-59 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 Salisbury and surrounding areas
- Free minibus pick up from Salisbury 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.

