



# Wild Transitions

A 10-week practical course learning how to develop, tend and maintain a forest garden, learning methods of sustainable and affordable food growing, working in tune with nature and the environment.

The Defence Gardens Scheme (DGS) is delighted to be partnering with The Wiltshire Wildlife Trust (WWT) to offer Nature-based therapy for veterans and service leavers, living with mental health issues and social isolation.



“What a lovely peaceful time I had, thanks to you and your team”

Veteran participant  
2023

Wild Transitions will offer 10 weekly NBT course, at Green Lane Nature Reserve in Trowbridge, Wiltshire. Activities including food growing and cooking, practical conservation, crafts, green woodwork, mindfulness in nature, nature ID skills and interpersonal skills. Sessions will be run by a qualified horticultural therapist and horticulturist.

No previous gardening experience is required, just a willingness to join a small group of like-minded people in a safe and secure location.

**OPEN DAY - Tue 25 February 2025**

An informal drop-in session to meet the delivery team, see the reserve and find out more about the programme. To register email [rachel@defencegardens.org](mailto:rachel@defencegardens.org)

**SPRING: 15 April to 3rd June 2025; every Tuesday 11am - 2pm**

For more information and to register, please email [ImogenJ@wiltshirewildlife.org](mailto:ImogenJ@wiltshirewildlife.org)



THE ARMED FORCES  
COVENANT FUND TRUST



PEOPLE • PLACE • PURPOSE