

## Locations and Dates

- **Calne (day):** Monday 23<sup>rd</sup> March 2026, 11am-2.30pm
- **Devizes (evening):** Monday 23<sup>rd</sup> March 2026, 6pm-9pm
- **Amesbury (day):** Monday 10<sup>th</sup> August 2026, 11am-2.30pm
- **Westbury (day):** Monday 30<sup>th</sup> November 2026, 11am-2.30pm
- **Minibus pick-up and drop-off provided**



## 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](mailto:wellbeing@wiltshirewildlife.org)

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



# 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
- Free minibus pick-up and drop-off
- 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.

