

Feeling low, stressed or isolated? Come join us outdoors.

What to expect

Over 12 weeks we'll spend time outdoors in a small, friendly group, doing a range of activities like:

- Nature walks and practical conservation tasks
- Creative sessions using natural materials
- Visits to local nature reserves and green spaces

You don't need any experience - just come as you are!

We offer

- Free minibus pick-up and drop-off from Swindon train station
- Hot drinks and healthy snacks (just bring a packed lunch and some water)
- Follow-on support after the programme ends
- A chance to meet others, try new things and feel more connected to nature and your community

Interested? Get in touch - we'd love to hear from you

Call: 07702 802 961

Email: wellbeing@wiltshirewildlife.org

Visit: www.wiltshirewildlife.org/wellbeing



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Swindon Community Wellbeing

Supporting mental wellbeing through
nature and community connection

Programme runs from 2025 to 2029



If you live in Swindon - or use support services in the town - and feel that getting out into nature might help, this free wellbeing programme could be just what you need.



"I liked the variety of each session and doing different activities. I also enjoyed the social side of being in a group."

When & Where

- Groups on Tuesdays and Wednesdays, 10.30am-2.30pm
- Groups to start in August/September, November/December February/March (specific dates TBC), from 2025 to 2029
- Pick up and drop off from Swindon train station

"The programme has opened my eyes to local green spaces; being in nature is better than being on medication."

