

FREE COURSE



Warwickshire  
Wildlife Trust

# Nature Connection for Wellbeing

6 week course for adults living with chronic health conditions

Due to funding restrictions, places are for residents of Stratford and Warwick Districts

## You can expect to:

- Learn about the 5 Ways to Wellbeing and how they can help us spend more time in nature
- Try some nature photography using a camera phone
- Have a go at simple nature crafts
- Look at and learn about nature in new and gentle ways
- Discover new ways you can help nature
- Slow down and take time for us

## Course dates and times:

This course runs weekly on:

Fridays,

11am—1pm,

19th September - 24th October

## Location:

The Community Wellbeing Hub  
Ellen Badger Hospital,  
Shipston-on-Stour

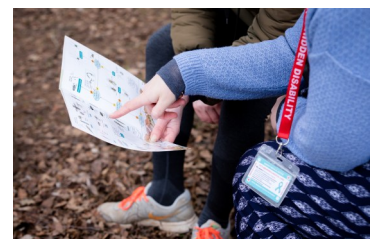
## Parking:

There is a free carpark at Ellen Badger

**Accessibility:** ramp access, sliding doors, accessible bathroom

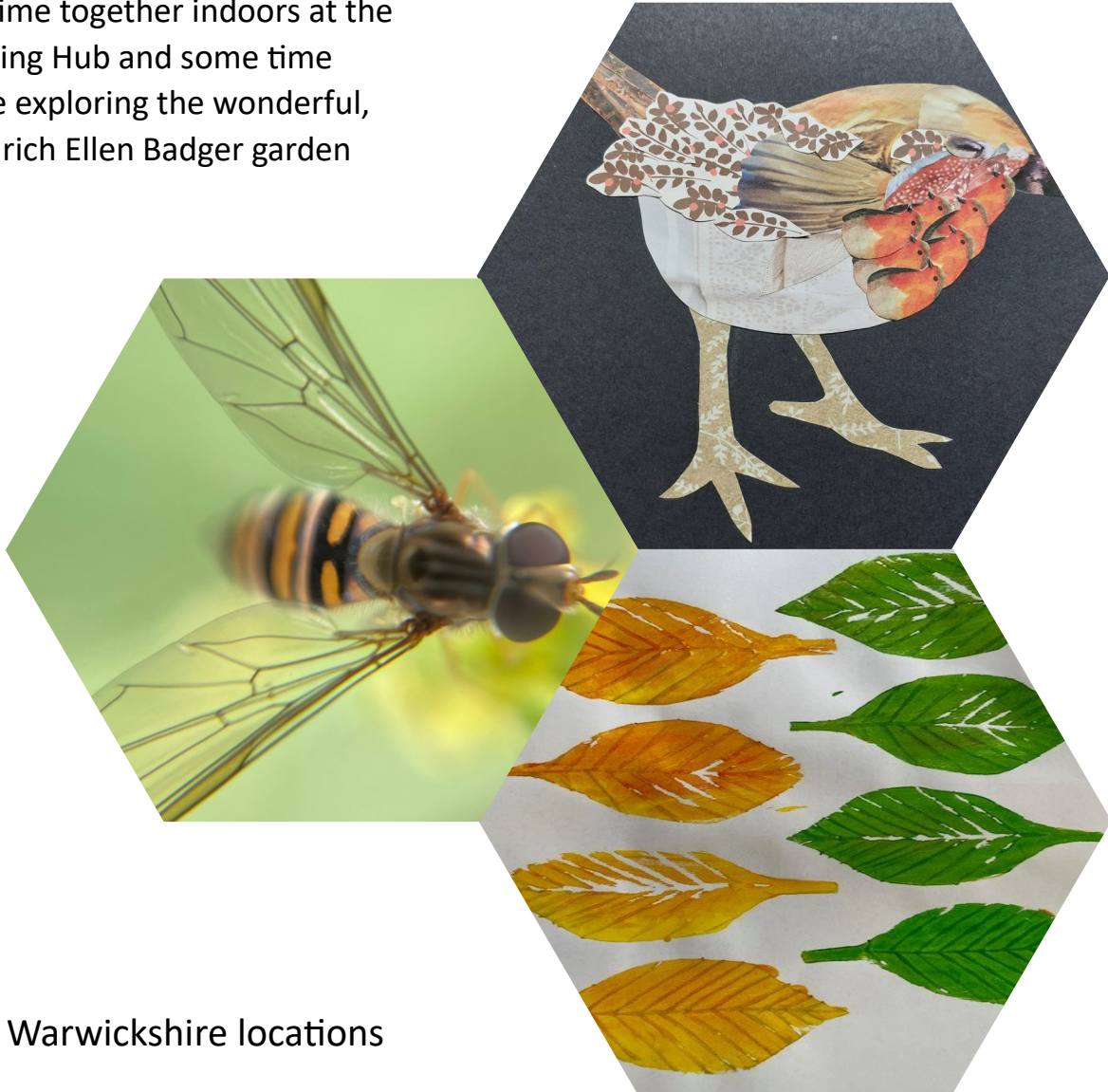
## For more information or to register directly,

contact Rosie Charter by: email at [rosie.charter@wkwtr.org.uk](mailto:rosie.charter@wkwtr.org.uk)  
call/text/WhatsApp: 07796 380 771



## What to expect

This course is a chance to learn some new skills, explore the outdoors in a gentle way, meet new people, and boost your wellbeing. We will spend some time together indoors at the Wellbeing Hub and some time outside exploring the wonderful, nature rich Ellen Badger garden



## South Warwickshire locations

This course is for adults (over 18) living in South Warwickshire.

That includes the towns and villages of;

Alcester, Barford, Bidford on Avon, Bishops Tachbrook, Bubbenhall, Fenny Compton, Hatton Park, Henley in Arden, Hunningham, Ilmington, Kenilworth, Leamington, Long Compton, Long Itchington, Lower Quinton, Norton Lindsay, Priors Marston, Shipston-on-Stour, Stoneleigh, Stratford on Avon, Tysoe, Warwick, Wootton Wawen, and the smaller conurbations between the larger villages and towns.

**This course is being delivered as part of a programme of courses. WWT is working with Achieving Results in Communities who are running 3 woodland wellbeing courses in Leamington. To find out more about their courses and to book a place please contact [info@arccic.co.uk](mailto:info@arccic.co.uk) or phone 07814 605245 <https://arccic.co.uk/adult-wellbeing/courses/>**