

Nature on Prescription

A pilot programme in Partnership with Forest Green PCN

A six-week course for people who are feeling low or anxious, because research shows that getting connected to nature can help improve your mental and physical health.

Over the six weeks, we teach you skills for getting in touch with nature to help cope with life's ups and downs

Is it For me?

I want to feel happier

I get stressed and anxious

I need some 'time-out'

I want a better balance in my life

I'd like to feel more confident in getting out in nature

When?

Sessions run weekly for 6 weeks in a row- 11.00 am to 1.00 pm

- Course 1 starts Wednesday 15th October 2025

Where?

We meet outside Forest Health Care and then move to the woodland to the side of the practice

For more information and to register your interest:

Email Andrew and Honey at: hello@wildeearthjourneys.org

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