



Warwickshire
Wildlife Trust

SOUTH WARWICKSHIRE
PLACE



Taking some time out

Free 6 week course for adults living with any long term health conditions

You will get the chance to:



Spend time outside during each session, gently exploring nature



Learn about the 5 Ways to Wellbeing



Have a go at simple nature crafts and photography



Discover new ways to help nature where you live

How to book on:

You can find out more and book on by contacting course leader Rosie Charter



rosie.charter@wkwt.org.uk

Call/text/WhatsApp: 07796 380771

Or scan the QR code and book via Eventbrite



Course dates and times:

This course runs for 6 weeks.

Wednesday 9th September

Wednesday 16th September

Wednesday 23rd September

Wednesday 30th September

Wednesday 7th October

Wednesday 14th October

From 10:30—12:30 each week



Location:

Ken Kennett Centre,
100 Justins Avenue,
Stratford Upon Avon, CV37 0DA

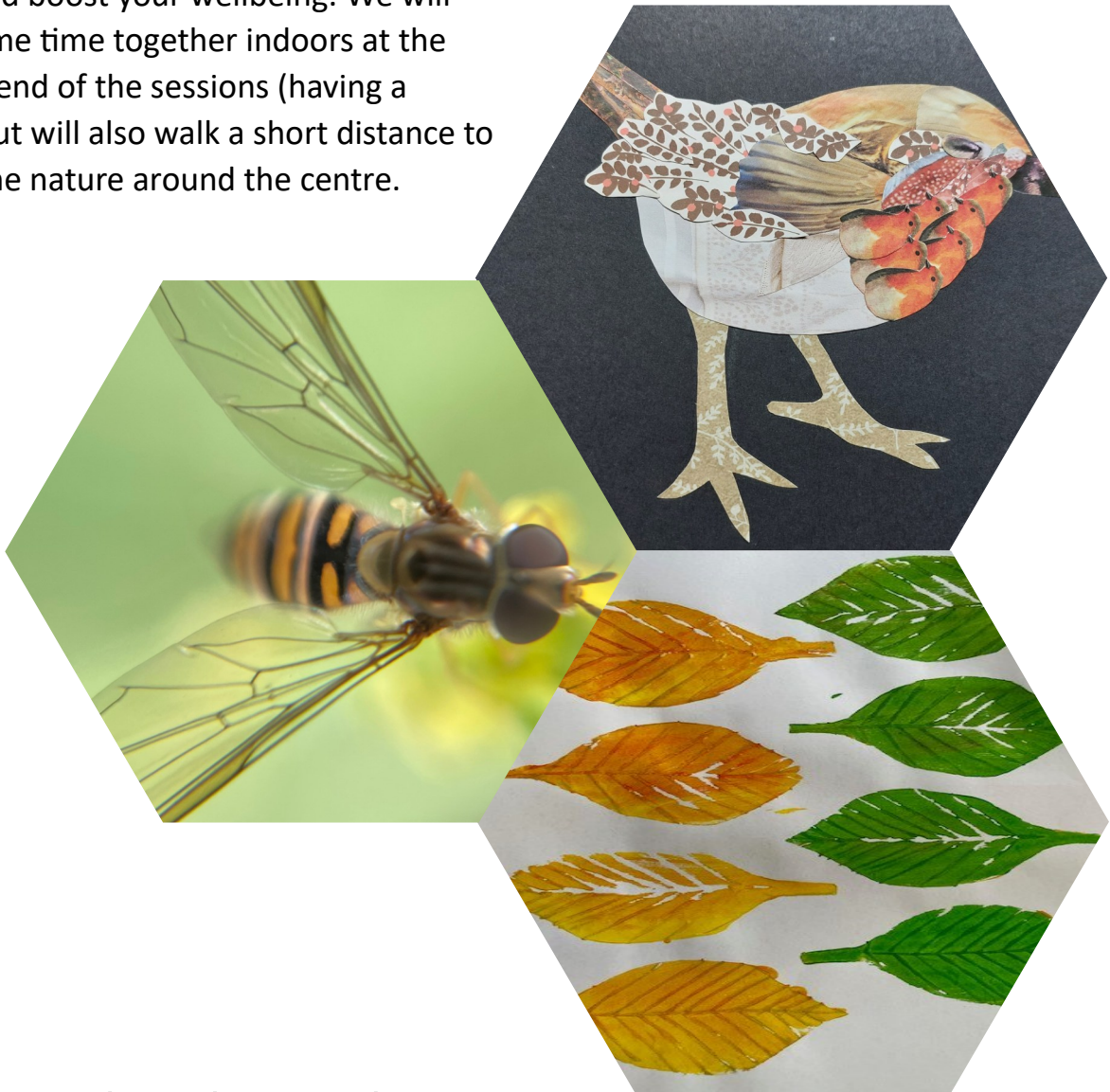


Parking:

Limited free parking at the centre.
Some parking on residential roads.

What to expect

This course is a chance to learn some new skills, gently explore the outdoors, meet new people and boost your wellbeing. We will spend some time together indoors at the start and end of the sessions (having a cuppa), but will also walk a short distance to explore the nature around the centre.



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 Waven, 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 woodland wellbeing courses in Leamington. To find out more about their courses and to book a place please contact info@arccic.co.uk or phone 07814 605245.