

Based at Ham Hill, near Yeovil

# Ecotherapy winter programme

- 10.00** Meet at the car park on Mondays for hot drinks and chat.
- 10.30** Walk 20 minutes to our woodland shelter, a great opportunity for some winter forest bathing.
- 11.30** Woodland activities, such as hazel coppicing, or other more gentle conservation activities.
- We'll light the fire for the kettle, make more tea and prepare a warming lunch, which we'll eat together by the fire.
- 3.00** Walk back through the woods to the car park. (You can leave earlier if you want or need to.)



## Free for those who are struggling with their mental health

Groups led by experienced outdoor practitioners Kate Hathway and Nick Truman. Your GP or support worker can refer you, or you can refer yourself. If you prefer, you can sign up for our summer programme of gentle fireside crafts, foraging and wildlife identification walks. Contact us to find out more.

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