

FREE WELLBEING IN NATURE GROUP



Get outside & feel better

Our supportive group is a wonderful way to help improve wellbeing, get outdoors and take time to connect with the local landscape. There is lots of evidence for the benefits of being outside in nature and how it can improve mental & physical health and confidence.

Who is it for? People who've experienced depression, anxiety, stress or another mental health condition. Places will be prioritised for those living in the coastal towns of Rottingdean, Saltdean, Peacehaven, Newhaven, Seaford and Eastbourne.

Venue: Seven Sisters Country Park Visitor's Centre. Free minibus transport from Newhaven/Seaford.

When: Attend a one-off taster session, Friday 13th October, 10.30am-2.30pm
After attending the taster, you can apply to join our 8-week group which runs Friday 20th October – Friday 8th December 2023, 10.30am – 2.30pm.

Typical activities include: guided walks, conservation, mindfulness, foraging, learning natural crafts and traditional skills.



Call 01273 234810, email info@bhfood.org.uk
www.bhfood.org.uk/events