

Nurture in Nature

Free one-to-one outdoor mental health support



with Judy Jamieson

Do you live, work or study in or around Woodlands?

Are you struggling with your mental health?



Priority is given to people whose mental health has been impacted by financial pressures and rising cost of living.

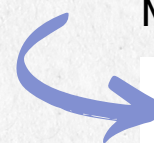
For more info call, text or email

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www.woodlandscommunity.org.uk/nature

More info



Usually up to 5 x 50minute sessions offered.



Woodlands Community