

Meads and Marshes Health and Well-being

Autumn / Winter Programme

Health Walks

Mondays, 2 pm until 3 pm

Mental Health and Blue Spaces (Online Course)

Thursdays, 11 am until 1 pm (2 hours) for 6 weeks total

Next course starts Thursday 7th October

The Meads and Marshes Well-being Course (in-person)

Fridays 10 am until 1 pm (3 hours) for 6 weeks total

Next course starts Friday 15th October (with half term break on the 29th). This course is provided through Somerset Recovery College, so please sign up through their site or get in contact to support referral onto the course

Community Willow Weaving

An exciting project to weave new life at Steart Marshes.

A combination of drop-in and booked group sessions.

Across 3 days - November 3rd, 4th and 7th.

Food truck from Hill House available (Sunday 7th)

For more information please contact Will Freeman:

Email: blueprescriptions@wwt.org.uk

Tel: 07920272054

To access information and referral system please visit:

www.wwt.org.uk/bp-programmes

