

Woodland Wellness at Tamar Lakes



Would you benefit from spending more time outside in nature?

Based at Upper Tamar Lake, we run weekly wellness sessions which offer a small group experience and safe space. There is the opportunity to chat and cook together around the fire, learn woodland crafts, and take care of the land and ourselves. Lunch and beverages are provided. Assistance with transport can be arranged.

If you are interested contact Rick Lockwood (Connecting Communities Project Lead) by phone 07739 428180 or email rlockwood@swlakestrust.org.uk.

You can also ask your doctor or social prescriber about referral and social prescribing for nature. Experience for yourself the physical, mental, and social benefits of spending time in nature.



Green Recovery Challenge Fund



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