# North East Wilds

North East Wilds is a not-for-profit organisation aiming to get people of all ages spending more time outdoors and immersed in nature to improve their mental health and wellbeing. They run long-term woodland wellbeing programmes, gardening and food growing projects that are evidence-based and community-led.

They also run adventurous, social, creative and educational clubs and events for all ages based on the forest school model of outdoor experience.

Look out for:

- herb growing kits
- the virtual garden
- kitchen gardens and lunch clubs

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