

## Wilder wellbeing

Every third Wednesday of the month.

Be part of the welcoming and supportive group at the beautiful Northumberlandia Nature Reserve!

Northumberland Recovery College and Northumberland Wildlife Trust are offering the exciting opportunity to help people improve their wellbeing and personal resilience through learning green skills together, empowering and connecting people with nature.

Collectively, we'll take positive action for nature by volunteering a bit of time to help care for the reserve, while also learning how to protect and nurture our local environment.

Alongside the hands-on work, we'll enjoy a range of fun and meaningful activities. Each session is shaped by the group's interests and needs, and might include exploring nearby green spaces, mindful walks and grounding exercises. There could be nature-inspired arts and crafts, citizen science projects, wildlife gardening and developing green skills.

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