

Wilder wellbeing

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

This is an opportunity for people to improve their wellbeing and personal resilience through learning green skills together, empowering and connecting people with nature.

Alongside the hands-on work, you will 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 as well as nature-inspired arts and crafts, citizen science projects, wildlife gardening and developing green skills.

Every third Wednesday of the month.

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