

Ivel Valley Winter Wellbeing Conservation Project

Join us on our six-week conservation course - a chance to help support your mental health and wellbeing by getting active in nature.

FREE

We hope that the course will help you to:

- Improve your mood and lift your spirits
- Make a difference to your local environment
- Learn some outdoor conservations skills
- Build your confidence
- Get to know others

When: Thursday mornings 10am until 12.30pm

Dates: 16th and 23rd Feb, 2nd, 9th, 16th, and 23rd March

Where: Sandy – exact location tbc

For information email nicola.scholfield@bedsrcc.org.uk or call 07984 275652



**Beds
RCC**



Bedfordshire Rural Communities Charity

All are welcome. The group is free to join and will run for six sessions. Work gloves, equipment, hot drinks, biscuits and reasonable travel expenses are provided.

On the completion of the course you will be given a certificate of attendance and information about similar activities in the local area you can join if interested.

What to bring: Please wear clothes that will keep you warm, comfortable and dry, that you don't mind getting dirty.

Please let us know if you need any warm or waterproof clothing or footwear to take part in the project, because we may be able to provide these for you.

Places are limited so booking is essential. Please contact Nicola on nicola.scholfield@bedsrcc.org.uk or call 07984 275652 if you'd like to take part or know more. If you'd like to book a place, we'll send you a booking form to fill in and return.

