

- **Planet - Care for the planet:** Participants will have the opportunity to contribute to essential conservation work carried out by the Trust. Activities on the day could include horticultural work.
- **People - Connect:** Participants will have the opportunity to take part in some nature-based team building activities, which will highlight the benefits of building trust, relationships and friendships. Activities on the day could include finishing the horticultural work and teambuilding activities.

Week 12 Celebration

The programme will conclude with a celebration event, designed to enable participants to reflect on what they have achieved. There will be an opportunity to share a meal – either a picnic or barbeque – and the programme will conclude with a certificate presentation to celebrate each person's participation.

Please note that the schedule of activities may be subject to change.

**The programme will be delivered
by the Wellbeing Team.
For more information you can
contact us on 01380 736 098
or by email to
wellbeing@wiltshirewildlife.org.**



Marlborough Wellbeing Programme

12 Week Activity Programmes in
Marlborough 2022

Supporting mental and emotional
wellbeing through nature

About Wiltshire Wildlife Trust

Our vision is to create a county rich in wildlife and to help people live sustainable lifestyles that protect the environment for the benefit of everyone.

We have more than 18,000 members, look after 38 nature reserves, are supported by hundreds of volunteers, and work with local communities, schools, businesses and public bodies to achieve our aims.

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[facebook.com/WiltsWild](https://www.facebook.com/WiltsWild) [@WellbeingWilts](https://twitter.com/WellbeingWilts)

The Wheel of Wellbeing was developed by the mental health team at South London and Maudsley NHS Foundation Trust.

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What is it?

The **Wellbeing Programme**, offered by Wiltshire Wildlife Trust provides a series of outdoor nature activities designed to improve people's wellbeing. Activities include conservation work, wildlife walks and nature-based crafts and all take place on Trust nature reserves or local green spaces. Research shows that taking part in these activities can improve mood and reduce levels of stress, anxiety and depression.

Is it for you?

- Are you looking for something to improve your mental and emotional wellbeing?
- Have you been – or are you at risk of – experiencing low mood, stress, anxiety or another mental health issue?
- Would you like to meet new people in a safe and supportive environment?
- Would you like to spend more time in nature?
- Would you like to learn some new skills?

When and where?

- Free weekly group activities for adults living in the Marlborough area.
- Minibus pick-up and drop-off from designated meeting points.
- Tea and coffee provided (but please bring packed lunch).
- Activities last 4 hours and are led by fully-trained facilitators.
- No previous experience necessary!



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Activity schedule

The activities offered are based on the **Six Ways to Wellbeing**, i.e. the six areas of our lives – Body, Mind, Spirit, People, Place and Planet – where we can make improvements to live more fulfilling lives, mentally, physically and emotionally.



Week 1 Welcome to the programme

The first of the 12 sessions will welcome participants to the programme and explain how the Six Ways to Wellbeing will be incorporated into the sessions. The activity on the first day could be a nature walk and team-building activity.

Weeks 2-6 Activities in the first half of the programme could focus on:

- **Place - Take notice:** Using sensory activities, participants will become more aware of the natural world around them. Activities on the day could include nature walks and mindfulness.
- **Body - Be active:** Participants will learn why regular exercise is essential for both physical and mental health. Activities on the day could include scrub clearance and conservation work.
- **Mind - Keep learning:** Participants will learn new skills. Activities on the day could include a whittling session.

Break week, no activity

Time for participants to reflect on what they have achieved so far.

Weeks 7-11 Activities in the second half of the programme could focus on:

- **Spirit - Give:** Volunteering your time and seeing yourself and your happiness linked to the wider community can be incredibly rewarding. Activities on the day could include a session run in conjunction with a local community group.