



**FREE**  
COURSES!  
Transport can  
be arranged

# GROWING WELLBEING

## Restoring people and place

Are you experiencing low mood, anxiety, depression or stress?

Would you like to support your wellbeing and mental good health in a beautiful countryside setting?

Connecting with food, wildlife and nature is known to support wellbeing. Join us on a working vegetable farm overlooking Chew Valley Lake and get to know more about how to grow food, look after wildlife and connect with your wider environment.



Funded by



Quartet  
Community  
Foundation

**EcoWild**  
You are Nature



## Grow and Make

Therapeutic horticulture programme, 10am–3pm on Wednesdays.

A Gardening for Wellbeing course, underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden. Together, we will nurture and be nurtured by our vegetable patch.

Email Ellie at [growandmake@thecommunityfarm.co.uk](mailto:growandmake@thecommunityfarm.co.uk) or call 07878 922 424

## Lakeside Wellbeing

Therapeutic mindfulness, movement and creativity programme, 10am–3pm on Mondays.

Run by our longstanding wellbeing partner, **Ecowild**, this six-week course will support your physical and mental health through nourishing practices for body and mind in a beautiful setting.

Email Emily at [emily@ecowild.org.uk](mailto:emily@ecowild.org.uk) call 07812 155 659 or register on [ecowild.org.uk/book-now](http://ecowild.org.uk/book-now)



## Wild Steps

Therapeutic conservation programme, 11am–3pm on Thursdays.

A Practical Wildlife Management for Wellbeing programme will provide you with an opportunity to learn skills in practical nature conservation, try something different, and discover ways to help care for wildlife, on the farm and at home.

Email Jason at [wildsteps@thecommunityfarm.co.uk](mailto:wildsteps@thecommunityfarm.co.uk) or call 07878 925 642



Even if a course has started, do get in touch.

All courses are held in a relaxed and supportive environment at The Community Farm, Denny Lane, Chew Magna, BS40 8SZ



Photography by MAH Photographs

For further information about the courses and taster days and to register your interest, visit [thecommunityfarm.co.uk/wellbeing](http://thecommunityfarm.co.uk/wellbeing)



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