



A blueprint for recovery

@thebayblueprint
 @thebaywellbeing
 www.thebay.org.uk



FREE!

SESSION DETAILS

TIMINGS: 4-Week session block
Tuesdays 1.30pm - 3.30pm

VENUE: Fork to Fork, Wyresdale Rd,
Lancaster, LA1 3EA

Booking & pre-registration essential

Please contact Alex - Nature & Wellbeing
Officer ablomfield@edenproject.com or
07884 605256



Nature & Wellbeing:

Help us to create a bird feeding and viewing area in the Fork to Fork woodland garden.

Experience the benefits that time outdoors can have for our wellbeing.

Meet new people, learn skills and grow confidence!

CONNECTING LOCAL COMMUNITIES TO NATURE TO PROMOTE WELLBEING AND TACKLE ISOLATION

