



**Sheffield &  
Rotherham**  
Wildlife Trust



**Yorkshire**  
Wildlife Trust

# Wild Wellbeing

**Want to get outdoors and witness the  
springtime emerging?**

**Step away from screens and schedules, and into the  
calm of nature to support your wellbeing.**



**Thursday 5<sup>th</sup> Feb**

**Thursday 5<sup>th</sup> March**

**10.30am - 12.30pm**



**Meet at Priory Campus, Pontefract  
Road, Lundwood, Barnsley, S71 5PN**

**We are working with Zoe Fuggle from Roots OT to  
bring you nature-based wellbeing walks designed to  
ease stress and rebuild balance through the healing  
power of the outdoors.**

**FREE sessions, limited places so booking essential.**

**BOOK ONLINE NOW**

**Call:** Co-ordinator Cassa Townsend on 07761 201 864

**Email:** [greenprescribing@wildsheffield.com](mailto:greenprescribing@wildsheffield.com)

**We look forward to meeting you! (participants must be 18+)**

With thanks to the South Yorkshire Health & Growth Accelerator Fund

[www.wildsheffield.com](http://www.wildsheffield.com)