

September 2020

Hello

FSC Slapton Ley, alongside South Hams Area Wellbeing (SHAW), are pleased to announce that they will be running two Wellbeing Courses, starting the week of 28th September 2020. The course will be run by a tutor, over the course of 10 weeks, based at the field centre in Slapton.

Attached is a leaflet to give an idea of what will be covered in the course. The aim of the course is to increase wellbeing in nature by engaging in activities in this area of outstanding natural beauty (AONB).

Key information:

- Sessions will be weekly, approximately 2 hours long, 11am – 1pm.
- Sessions will be held on a Monday and Thursday. When registering participants will need to state which day they would like to attend.
- Group size will be a minimum of 6, maximum of 10.
- Sessions will be held outside. If weather is inclement the centre has the facilities to deliver the course indoors, adhering to COVID-19 guidelines.
- All sessions are free.
- Sessions are open to those who feel that they would benefit from the programme; needs could be, but not limited to, those suffering with anxiety and depression, those who have been recommended physical and mental activity, those experiencing loneliness.
- Referrals can come from; self referral, GP or practice staff, or those from other organisations.
- The tutor will call participants prior to the sessions beginning to confirm attendance and ensure any queries / concerns can be addressed – please ensure that on the information sheet the box is ticked to enable this phone call to happen.

In the first instance, please complete a referral form and send back to Helen Hamilton, SHAW Community Builder, hhamilton@southhamsareawellbeing.co.uk.

For any further information please contact Helen.

Kind Regards

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