



Warwickshire
Wildlife Trust



Gardening for wellbeing



Taster sessions

Interested in gardening and how it can boost your wellbeing?

Join us for some **free** sessions this winter.

Each session will include:



A simple gardening activity and nature craft



Something for you to take home



A hot drink, biscuit and a chance to chat



The opportunity to tell us what kind of gardening and nature activities you like

The session dates and times are:

Tuesday 11th November 1pm—3pm

Tuesday 18th November 1pm—3pm

Wednesday 26th November 1pm—3pm

Wednesday 3rd December 1pm—3pm

Monday 8th December 10am—12pm

Monday 15th December 10am—12pm

**Who is running the sessions? Can I attend?
How do I book on?**

The sessions are being run by Anna and Rosie from Warwickshire Wildlife Trust in partnership with Nuneaton and Bedworth Primary Care Network and WCAVA.

To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form.

The sessions will be at:



The Newtown Centre, Newtown
Road, Nuneaton, CV11 4HG

The centre is very close to the bus station.
There is no parking at the venue itself.

****You can book your place by**:**

Email: Wellbeing@wkwt.org.uk

Call/text/Whatsapp Anna on 07464 486278

Book online scan QR:



Sessions delivered in partnership