



Come and join us  
at our **FREE Wild  
Wellbeing  
sessions**

Join Us for a **FREE Wild Wellbeing Outdoor Session** during  
the **October Half-Term!**

MHST invites parents and carers along with their primary  
aged children (ages 5-11) to participate. No mental health  
concerns are necessary to join; the sessions will  
emphasise the Five Ways to Wellbeing through engaging  
nature-based activities.

Please ensure to register **EACH** child for a session below.

In collaboration with Natural England

**Monday 28th October - Goss Moor**  
**Tuesday 29th October - Golitha Falls**  
**(with a Halloween theme)**  
**Sessions at 10am or 1pm**

**Each session will last approx. 2 hours**

Limited spaces available, book early to avoid disappointment

To request a place,  
complete the online form  
[HERE](#) or scan the QR code  
provided: 

