

**Could you benefit from a therapeutic day outdoors?**



Then try a **FREE** taster day with  
The Wiltshire Wildlife Trust's  
Wellbeing programme



**Booking required (Max 12 people per day)**

**Activities On Mon. 3rd at Stanton Park or Mon. 10th Nov. at Coate Water**

**For conservation work, green woodworking and craft activities,  
No experience required. Wear sturdy footwear & outdoor clothing**

**Transport available. Bring a packed lunch.**

- 10.30am pick up at Swindon Bus Station (New Bridge Close)
- Drop off at around 3pm at Swindon Bus Station

To book or for details please email

[wellbeing@wiltswildlife.org](mailto:wellbeing@wiltswildlife.org)

or ring Wellbeing on 01380 736099 or 736098

Supervision, tools,  
tea coffee and  
biscuits provided.