

## Location & Dates

**When:** Mondays, 11 am - 2:30 pm

**Where:** Salisbury and surrounding areas

**How:** Minibus pick up from Salisbury train station

**Starting:** February/March 2024

"This has been an absolute life saver for me. It is so important to have people who can just listen to you, to ask you how you are, and listen to the answer. The staff are amazing."



## Find out more

For an application pack or more details, please contact Wiltshire Wildlife Trust's Wellbeing Team:

**Call:** 07702 802 961

**Email:** [wellbeing@wiltshirewildlife.org](mailto:wellbeing@wiltshirewildlife.org)

**Visit:** [www.wiltshirewildlife.org/mens-wellbeing](http://www.wiltshirewildlife.org/mens-wellbeing)



Wiltshire Wildlife Trust Limited is a registered charity. No. 266202.  
Company Registration No. 730536, VAT No. 927 2051 39

# Men's Wellbeing through Nature

A free 12-week programme to boost your mental  
and physical wellbeing



Wiltshire Council

