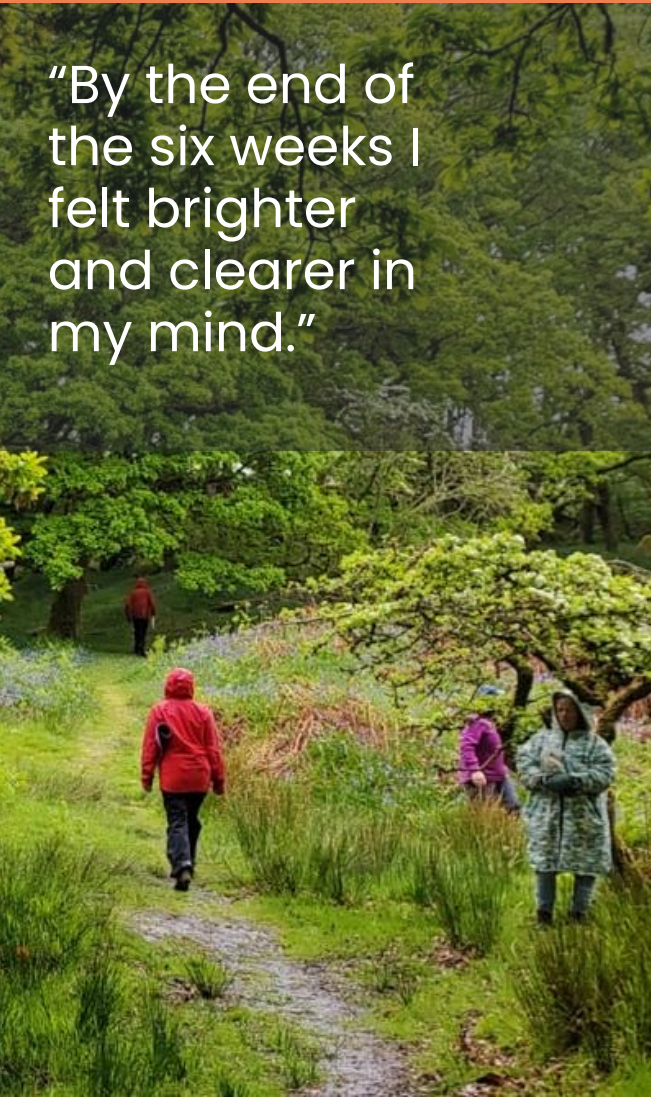


Nature 4 Health

with Kingskerswell & Ipplepen Health Centre
and Nature & Therapy CIC



"By the end of
the six weeks I
felt brighter
and clearer in
my mind."

Discover the Benefits of Nature for Mental Health

Six weekly sessions in nature for people with anxiety and depression, rooted in research that shows nature connection improves mental and physical health.

Is it right for you?

Reduce stress and anxiety, increase confidence and self-esteem, find direction and purpose in life.

How it works

Simple nature-based practices with experienced facilitators. Suitable for everyone, including those with low mobility. We meet at **Kingskerswell Health Centre** and move into accessible nature nearby.

Starting Thursday October 23rd, 10am-12.45pm.

To register your interest, email Natalia at
natalia@natureandtherapy.co.uk

Or you can self-refer through our intake form:
www.natureandtherapy.co.uk/intake-form



If you need **support** with the self-referral form, please get in touch with **Jo**, Social Prescribing Link Worker at Kingskerswell & Ipplepen Health Centre: email d-icb.nwwellbeingteam@nhs.net or ask at reception.