



Nature 4 Health

with Kingskerswell & Ipplepen Health Centre
and Nature & Therapy CIC

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

Nature 4 Health aims

- reduce stress and anxiety
- increase confidence and self esteem
- find direction and purpose in life
- explore the benefits of nature for health and connection
- create a supportive community of people and nature

Starting **Thursday July 17th - 10am-12.45pm**, weekly for 6 weeks.
We will meet at **Kingskerswell Health Centre** then move into nature that is easily accessible nearby.

To find out more and register your interest email **Stefan** from Nature & Therapy at info@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 contact the surgery to get in touch with Jo, Social Prescribing Link Worker at Kingskerswell & Ipplepen Health Centre by email at d-icb.nwwellbeingteam@nhs.net or ask at reception.