

Course/Group title: Wellies Project

Description of the course (including the number of sessions):

Therapeutic activities based in the countryside including cookery; walks; creative & practical crafts; looking after animals; horticulture.

Run by The WELLIES project – Growing Rural Enterprise Ltd.

5 Sessions

Dates & times: From Tuesday July 17th to August 14th 2018

10am-3pm Transport provided from St Oswalds Hospital in Ashbourne

Venue: The Old Chapel, Somersal Herbert, nr Sudbury

Benefits of attending the course:

To provide a range of physical/creative activities to develop confidence/improved mood & motivation/new skills/re-gaining old skills; to enable people to achieve individual goals; social inclusion.

Available to:

Service Users open to team at Dale Bank View

How to book a place:

Referral by member of clinical team at Dale Bank View

To be included in which section:

Keeping Well