**Somerset Wildlife Trust **

**https://www.somersetwildlife.org/**

## Somerset Nature Connections

Somerset Nature Connections project aims to tackle some of the barriers that prevent people experiencing the health and wellbeing benefits of Somerset’s spectacular natural environment.

<https://www.somersetwildlife.org/wildlife/nature-wellbeing/somerset-nature-connections>

## FREE Nature and Wellbeing Course in the Quantocks AONB

This 6 week course will be **running weekly on a Tuesday from 22nd February until Tuesday 29th Marh from 10am until 2pm.** Sessions will be held at various locations across the AONB.

We'll explore the 5 Pathways to Nature Connectedness; these are: contact, beauty, emotion, compassion and meaning.

This course is for you if you are **feeling socially isolated and/or are experiencing mild to moderate depression, low mood, anxiety or stress.**All activities have been fully Covid risk assessed and group sizes will be limited.

[**https://www.somersetwildlife.org/media/5344**](https://www.somersetwildlife.org/media/5344)

## FREE Nature and Wellbeing Course in the Mendips AONB

This 6 week course will be **running weekly on a Wednesday from 23rd February until Wednesday 30th March from 10am until 2.30pm.** Sessions will be held at various locations across the AONB.

We'll explore the 5 Pathways to Nature Connectedness; these are: contact, beauty, emotion, compassion and meaning.

This course is for you if you are **feeling socially isolated and/or are experiencing mild to moderate depression, low mood, anxiety or stress.**All activities have been fully Covid risk assessed and group sizes will be limited.

[**https://www.somersetwildlife.org/media/5345**](https://www.somersetwildlife.org/media/5345)

## FREE Nature and Wellbeing Course in the Blackdowns AONB

This 6 week course will be **running weekly on a Thursday 24th February until 31st March from 10am until 2.30pm.** Sessions will be held at Newhaven Coppice.

We'll explore the 5 Pathways to Nature Connectedness; these are: contact, beauty, emotion, compassion and meaning.

This course is for you if you are **feeling socially isolated and/or are experiencing mild to moderate depression, low mood, anxiety or stress.**All activities have been fully Covid risk assessed and group sizes will be limited.

[**https://www.somersetwildlife.org/media/5346**](https://www.somersetwildlife.org/media/5346)