## Volunteer with 'Wilder Wellbeing'

Help improve your wellbeing and give back to nature through practical and survey volunteering. The project offers a chance for you to:

**Get active** 



Socialise



Learn a new skill



**Enjoy the outdoors** 



Sessions are running throughout 2021 and 2022 at Hams Hall Environmental Centre, Wednesdays (1st and 3rd of the month), 10am - 1pm.

Contact Dan Loveard for more information and to register your interest.

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