

# 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 Welcombe Hills and Clopton Park, Wednesdays (2nd and 4th of the month), 10am - 1pm.

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

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