



FSC Slapton Ley & SHAW Wellbeing Programme

Would you like to connect with nature in an area of outstanding natural beauty?

FSC Slapton Field Centre, in partnership with SHAW are pleased to offer a free 10 week programme, starting 28th September 2020.

Through engagement with activities such as; listening to birdsong, identifying trees and walks, participants will discover the benefits of the natural environment and the benefits that this can bring to health and wellbeing.

To find out more please go to:
www.southhamsareawellbeing.co.uk/latest-news
or contact Helen Hamilton, SHAW
Community Builder on: 07578 726 989

