

Silver Saplings

Health & Wellbeing in Nature

Growing Wild and Well, supporting wellbeing through nature Due to start in Dufftown in May

A free 8-week wellbeing programme for adults designed to support, Physical Health and Wellbeing, as well as skill development through engaging environmental activities in a woodland setting.



We will be offering our Introduction to Bushcraft Qualification Upon completion of the course participants will gain a NCFE level 2 accreditation.

Examples of our activities include:

- bushcraft skills
- animal and plant identification,
- safe fire lighting,
- tool use,
- shelter building
- and much more...



To Book your place please contact Viktoria (Dufftown and District Community Association) on 07498 151441 or viktoria@dufftowncommunity.co.uk.

We will be meeting on the following Fridays 6th, 13th, 20th, 27th May & 3rd, 10th, 17th, 24th June.

At the end of the programme there will be opportunities to volunteer with us across our other programmes and receive additional training

Visit our [website](http://www.wild-things.org.uk) for more information: www.wild-things.org.uk