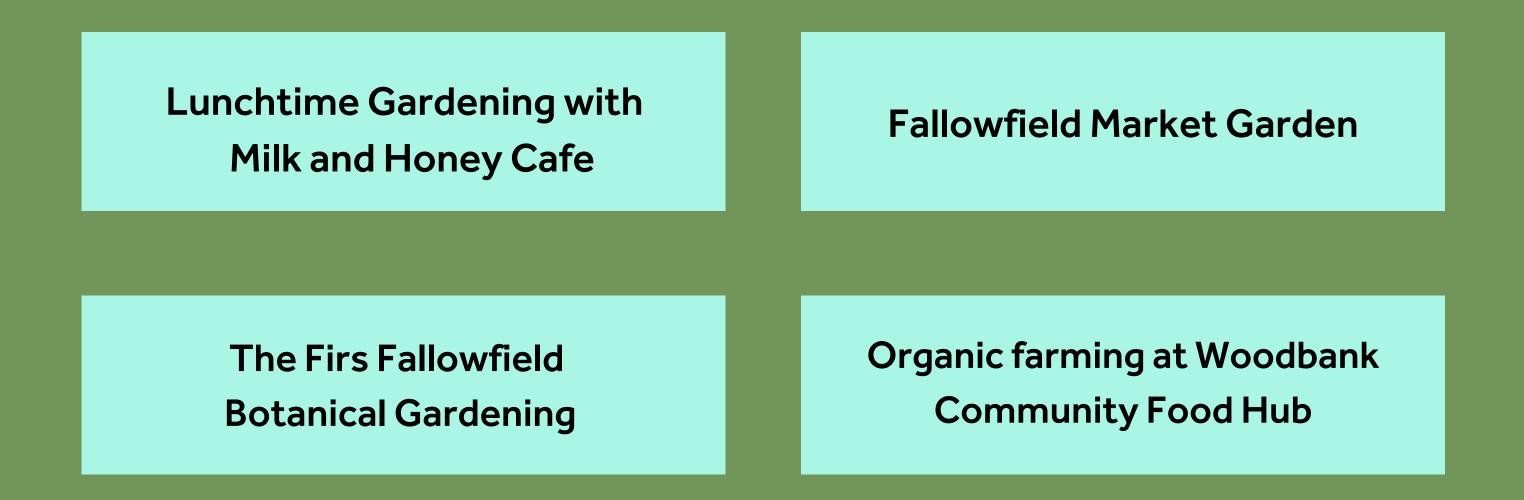
Eco Wellbeing

Interacting with nature by gardening, seed sowing or conserving is a great way of handling any stress and anxieties. Gardening and interacting with nature can also be a great way to Take Notice of your surroundings and how you are feeling. Click on the opportunities below to find out more and how to get involved!



Saturday morning gardening at Ladybarn Park 'Volunteer Days' at green spaces in Greater Manchester

<u>Midweek Woodland Management</u> with the Conservation Volunteers Footpath Inspectors with the Peak and Northern Footpaths Society

