



Cornwall Partnership  
NHS Foundation Trust

Come and join us  
at our **FREE Wild Wellbeing sessions**

**Join Us for a FREE Wild Wellbeing Outdoor Session during the October Half-Term!**

**MHST invites parents and carers along with their primary aged children (ages 5-11) to participate. No mental health concerns are necessary to join; the sessions will emphasise the Five Ways to Wellbeing through engaging nature-based activities.**

**Please ensure to register EACH child for a session below.**

**In collaboration with Natural England**

**Monday 28th October - Goss Moor  
Tuesday 29th October - Golitha Falls  
(with a Halloween theme)  
Sessions at 10am or 1pm**

**Each session will last approx. 2 hours**

**Limited spaces available, book early to avoid disappointment**

To request a place, complete the online form [HERE](#) or scan the QR code provided:

