

* Health and Wellbeing *

at Fordhall Organic Farm

Afternoon Amble - 1pm-3pm every Friday

Immerse yourself in nature

Join us on our friendly community owned farm for a guided walk aimed at reducing isolation and loneliness and a chance to bring people together for all the benefits being in nature brings. The first hour of the session, the walk, is led by an experienced, compassionate and supportive session leader. People of all ages and abilities are welcome to join, it is never a strenuous walk, ensuring it's accessible to all. We also have an all-terrain mobility vehicle available for hire which means those with mobility challenges will find the session fully accessible.

An opportunity to connect with others

The second hour of the session is now community lead, without a session leader. This means it's an opportunity for people to come together after the walk, enjoy a hot drink and perhaps a bit of cake. Attendees are very welcome (positively encouraged!) to bring along any crafting or personal interests they might like to work on as an individual or share with the group. In the past there have been seasonal decorations, wood whittling and photography (with some beautiful images being used in Fordhall's magazine and calendar).

Good to know

- * Weather depending the second half of the session will continue on outdoors or upstairs in our event space in the main building.
- * All sessions must be pre booked.* We welcome self-referrals or referrals through support services. Each new attendee will be asked to arrive a little earlier complete a brief wellbeing assessment, a simple form completed privately. This allows us to understand the impact of the project, help shape its future and ensure its sustainability.
- * Suggested donation of £2 is only for those that are financially able to contribute, we want to welcome as many people as possible to the farm who would benefit from time here.
- * Bring sensible footwear and waterproof warm gear, we are out in all conditions.
- * Dogs are welcome if on a lead.
- * Fridays don't work for you? Our farm trails are free to access and open to the public Tuesday to Sunday, why not pop along say hi and explore the farm?

*Contact Nicola on community@fordhallfarm.com or 01630 638696 for more information.
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