

IMPROVE YOUR MOOD & WELLBEING

There's now a large body of literature that evidences the positive association between good health, wellbeing, and time spent in nature.

We work with adults in Fife aged 26 to 65 years old. Flourish with Nature is for you if you're feeling socially isolated and/or experiencing mild to moderate depression, low mood, anxiety or stress.

Funded by the Communities Mental Health and Wellbeing Fund, our 2023 green health programme is designed to help you connect with nature, connect with others, and connect with self.

www.fassaction.org.uk

FIFE CURNIE CLUBS

Beating Isolation Transforming Lives

FLOURISH WITH NATURE

2023

"I thought I was in touch with nature but there's a whole world out there still to be explored. It definitely helps with mental health. The highlight for me was doing the whole course in a safe environment."

Service User, 2022

"This course has been very beneficial for me, I have felt calmer when doing my sit-spots, which has been good for my mental health."

Service User, 2022



What's Involved?

We'll explore the 5 Ways to Well Being with Nature; these are: connect, take notice, give, be active, keep learning.

Core sessions include:

- nature crafts
- mindfulness walks
- sit spot invitations
- conservation activities
- mindful photography
- nature journalling
- reflective practice
- self development

Core sessions will be every Thursday, 10am to 2.00pm and include trips to nature spaces across Fife.

Group sizes will be limited. Transport and lunch will be provided.

When is it happening?

This is happening now so if you do nothing else today call us on **07748631417**



How do I get referred?

We want to keep it as simple as possible. You can self-refer and get in touch with us yourself.

Or if you have a support worker or healthcare professional ask them to contact us on your behalf.

Call or text Donald on **07748631417**

Or email Donald at donald.grieve@fassaction.org.uk

DM @CurnieDonald or @CurnieKaren on Messenger



Don't forget to follow us on Facebook @FifeCurnieClubs

Fife Communities
**Mental Health
and Wellbeing Fund**



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