



MHST Wild Wellbeing

MHST, in collaboration with the National Trust, would like you to join us on a FREE Wild Wellbeing session in Cornwall during May half term.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Each session will last approx. 2 hours

Locations and dates

27 May 2026 - Tehidy Woods

**28 May 2026 - Lanhydrock in
collaboration with the National Trust**

**All sessions will begin at
10am. Please wear weather
appropriate clothing!**



**To request a place,
please complete the
online form
[https://forms.cloud.mi
crosoft/e/f1Vd5Y29rL](https://forms.cloud.microsoft/e/f1Vd5Y29rL)**



Scan to sign up

Please be aware that spaces are limited and assigned on a first-come, first-served basis. If you cannot attend after being allocated a place, inform us so we can give your spot to someone else.

**Follow us on Facebook for updates and upcoming events:
[Cornwall Mental Health Support Team \(MHST\)](#)**