



Mental Health Support Team Wild Wellbeing

This summer please join MHST and other partners for a **FREE Wild Wellbeing session at various locations across Cornwall.**

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

The sessions will last approx. 2 hours and sign up will close one week before the event, or when sessions are full.

Locations and dates

All sessions begin at 10am

Tuesday 28 July - **Trengwainton Gardens**

Tuesday 28 July - **Golitha Falls**

Thursday 30 July - **The Core, St Ives Orchard**

Monday 3 August - **Tehidy Woods**

Tuesday 4 August - **Penrose Estate**

Wednesday 5 August - **Lanhydrock**

Wednesday 12 August - **Kennack Sands**

Thursday 13 August - **The Grove, Morrab Gardens**

Tuesday 18 August - **Lanhydrock**

Wednesday 19 August - **The Grove, Morrab Gardens**

Monday 24 August - **Tehidy Woods**

Tuesday 25 August - **Trengwainton Gardens**

Tuesday 25 August - **Dipping Pond**

To book a place please complete the online form or scan the QR code to sign up



<https://forms.office.com/e/XSQp0XRw5a>

Follow us on Facebook for updates and upcoming events:
Cornwall Mental Health Support Team (MHST)