



**Cornwall
Wildlife Trust**



**Cornwall Partnership
NHS Foundation Trust**

The Mental Health Support Team warmly
invite you to attend...

Wild Wellbeing

During October half term MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Halloween 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

Sessions available at:

Golitha Falls - Tuesday 28 October

Lanhydrock - Wednesday 29 October

Dipping Pond, Goss Moor - Thursday 30 October

Tehidy Woods - Friday 31 October

*Free parking at all sites

Activities will last approx. 2 hours

Please feel free to drop in from 10am, activities end at 1pm

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/fwtSJ59Cuv>



Follow us on Facebook for updates
and upcoming events:

Cornwall Mental Health Support
Team (MHST)

