

Care for Nature

Longdendale Environmental Centre, Tintwistle, SK13 1HS

Come and join us to connect with nature in our free fortnightly sessions in the beautiful woodlands and wildlife area at the Longdendale Environmental Centre in Tintwistle. Help us to look after this special place, spend time with like-minded people and learn some new skills. Sessions include activities to learn about nature, conservation tasks, natural crafts and plenty of tea, snacks and friendly chats.

Dates: January—April

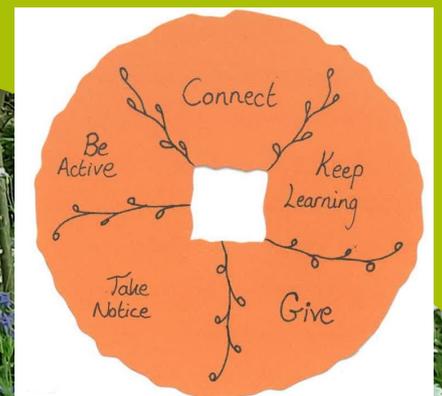
(sessions run from 1pm—3.30pm, but drop in for a shorter time if that suits you better)

3rd, 17th and 31st January

14th and 28th February.

13th and 27th March

10th and 24th April



What to expect

These wellbeing sessions are based at one of our classrooms and nature areas on the edge of the National Park.

The sessions are led by friendly National Park Rangers, who are keen and happy to share their knowledge and love of the natural world. We will be outside for the majority of the session, so waterproof clothing and sturdy footwear will be needed. There are toilet facilities at the site. Sessions run from 1:00 to 3:30 but stay as long as you like. There will be a variety of activities to choose to take part in during the sessions, and you can set your own pace and level of activity.

Access to the sessions through referral from a social or healthcare provider/ link worker/community navigator.



Naomi &
Mack



Jo



Matt

Meet the team