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# Green Wellbeing

## Free 4 week course

Being outdoors is more than just exploring new places and looking after your physical health.

The outdoors is known to be a great place to improve your mental wellbeing too.

Experience being in the moment and reveal how little we notice about the world and how we can use our bodies and senses to reconnect.



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Tune into the natural world in the beautiful surroundings of Cannon Hall, using techniques to boost our immune system, improve sleep and reduce stress.

Courses are suitable for adults with an interest in mindful connection to nature.

No experience necessary.  
Tea, coffee and materials provided.  
Free parking.  
£5 towards transport costs.  
Booking essential.

For further information or to book a place contact:

✉ [GreenWellbeing@Barnsley.gov.uk](mailto:GreenWellbeing@Barnsley.gov.uk)

### About the course leader:

Rachel Massey from Other Ways to Walk is a qualified mindfulness instructor and forest bathing guide with over 20 years experience of supporting people to improve their wellbeing through creativity and connection to nature.

### What to bring:

We will be spending time moving slowly or being still outside. Please bring clothing and footwear appropriate for the season.

### Further information:

The group size will be limited and the sessions will meet any social distancing guidelines.

### Course location:

Cannon Hall Museum, Park and Gardens  
Bark House Lane  
Cawthorne  
Barnsley  
S75 4AT

All courses are 1pm - 3:30 pm

Course 1	Course 2	Course 3	Course 4
11th July	8th August	5th September	3rd October
18th July	15th August	12th September	10th October
25th July	22nd August	19th September	17th October
2nd August	1st September	26th September	24th October

