

## Wild Ways Well in Cumbernauld

Cumbernauld Living Landscape and The Conservation Volunteers are running a programme of fun and free outdoor sessions for adults. Join us and be guided through a range of activities designed to increase wellbeing by connecting with local, natural places. You'll be able to enjoy practical activities but also be given a chance to reflect on ways to improve your own mental wellbeing by being outdoors.



Taking notice of what's around you and learning something new

## Why should you join?

You'll discover hidden green spaces, relax and recharge your batteries, learn new skills, meet new people and enjoy being outdoors.

It is completely free and local!

## For more information contact:

Paul Barclay

Community Networks Officer

Phone:

07767112088

Email:

[pbarclay@scottishwildlifetrust.org.uk](mailto:pbarclay@scottishwildlifetrust.org.uk)

[www.cumbernauldlivinglandscape.org.uk/](http://www.cumbernauldlivinglandscape.org.uk/)

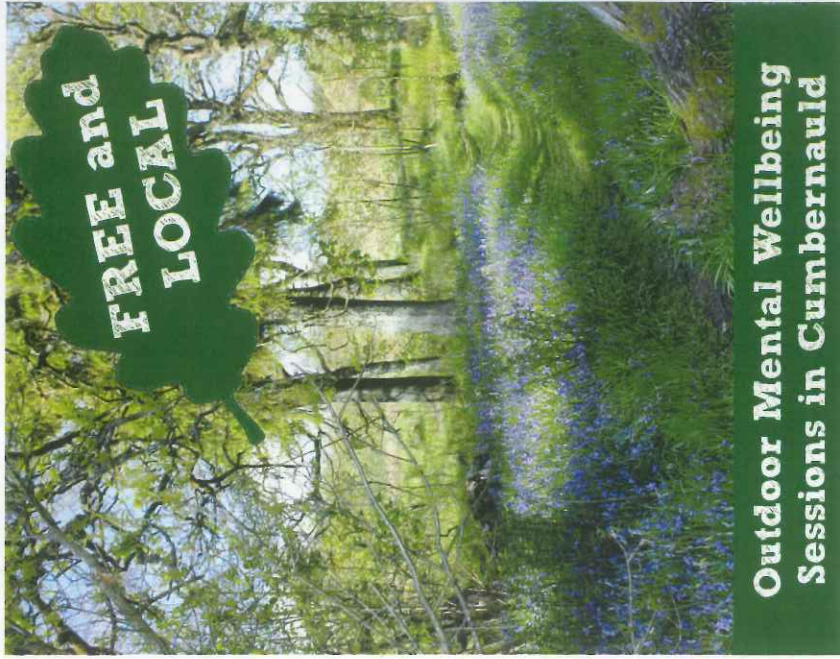
[project/wild-ways-well/](http://project/wild-ways-well/)

Cumbernauld Living Landscape is a partnership project led by the Scottish Wildlife Trust, North Lanarkshire Council and Forestry Commission Scotland. The project aims to restore, enhance and reconnect ecological networks in Cumbernauld and to connect local residents to their greenspaces. For more information go to: <http://cumbernauldlivinglandscape.org.uk/>

The Conservation Volunteers is a national charity that enables people to make a difference to their lives and improve the places around them. For more information go to: <http://www.tcv.org.uk/>



# Wild Ways Well



FREE and LOCAL!

## Outdoor Mental Wellbeing Sessions in Cumbernauld

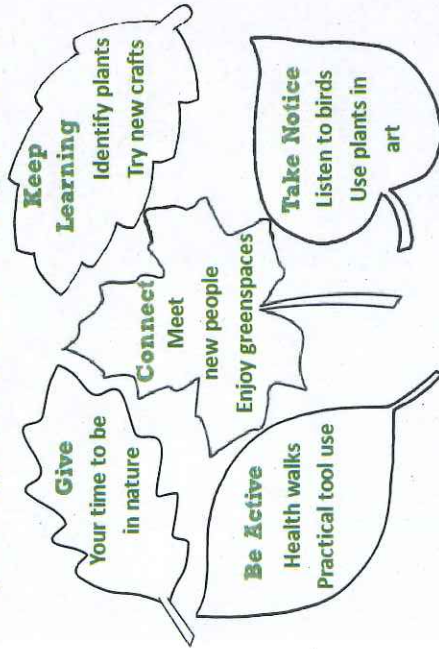




## What are the Five Ways Well?

The Five Ways Well is a simple way of thinking about our mental wellbeing. It gives five easy ways to improve wellbeing in our daily lives: **Connect, Get Active, Take Notice, Learn and Give.**

The Wild Ways Well project suggests ways that these can be achieved by spending time outside amongst nature.



## What's the Wild Ways Well project?

We're offering a series of sessions in Cumbernauld to give you a chance to test this out for yourself and learn how you can use it in everyday life to improve your sense of mental wellbeing.

You'll get a chance to try fun and easy outdoor environmental and conservation based activities structured around the Five Ways Well.

## Is it for me?

Yes! The Wild Ways Well pilot is very inclusive and welcomes adults (over 18) from all areas of the community. It's particularly aimed at people who are interested in improving their mental wellbeing.

Everything we do can be taken at your own pace and if you've got any questions, there will always be a leader on hand to answer them.

Please come prepared for the likely weather conditions on the day and wear suitable work clothes. We provide all the tools and equipment, and the tea, coffee and biscuits!



Getting a brew outdoors using a Kelly Kettle

## What can I expect?

- Gentle paced walk to a local nature reserve, which will take about 20 minutes and include some gentle slopes
- Time to sit and chat over a hot drink brewed on an outdoor kettle. Space to think and connect with the outdoors.
- Creative and reflective activities such as environmental art, leaf printing or sculpture making.
- Wildlife activities like mammal tracking, listening to bird song or learning to identify trees and plants.
- A chance to explore and learn about the natural environment.

