



Creed Outdoor Learning Trust
Millennium Woods, Castletwood
Farm, Conyer Road, Teynham,
ME9 9EA
A few minutes' walk from
Teynham railway station



Using the 6 ways 2 well-being to improve your mental health	
Be Active	Take part in a physical activity, a walk, a sport, gardening or snowed
Be Grateful	Try something new to build confidence and challenge yourself
Be Connected	Engage in acts of kindness, volunteer time or help a community group
Be Resilient	Build new relationships, have meaningful conversations or be there for someone
Be Mindful	Awareness of surroundings, have a hot drink, a walk in nature, conversation
Be Well	Put up screens in the community, grow food

WELL-BEING WEDNESDAYS

Calling any adults in the Swale area that want to improve your mental Health and Well-Being? Or if you just want to come along and help others or help out?

Starting Wednesday 5th November, you can come along anytime between 10am and 2pm, get outside, sit around the fire, have a hot drink, socialise, connect with nature and have a chat, learn new skills

Being outdoors in nature, taking part in physical activity, socialising, learning new skills and being more aware of your surroundings are all proven ways of building self esteem and improving you mental health and well-being.

THE BEST PART IS, IT'S FREE