

# Fine Fettle



Wentworth  
Castle  
Gardens

**Build your confidence, improve your skills, and enhance your wellbeing in the beautiful Wentworth Castle Gardens woodland.**

Fine Fettle supports adults with a lived experience of mental health to engage in outdoor activities including forest skills, wildlife identification, nature-based arts, folklore, mindfulness and much more.

During the programme people will meet new people, develop new interests or rediscover previous joys in life, as well as being offered the support to progress onto new opportunities that interest them. Following the Forest School philosophy of learning, people are at the heart of the programme, helping to shape the course content and discover opportunities to explore peer mentoring beyond the course.

Fine Fettle takes place one full day a week, for six weeks, from March to August.



# Fine Fettle



Our six week programme:

## Week

- 1 Welcome to Fine Fettle – Getting to know you
- 2 What a lot of whittling...
- 3 Forest Folklore
- 4 Forest Camp
- 5 Forest Art
- 6 Forest Celebrations

For more information please contact:

**Danielle Wright**

email: [annadaniellewr@gmail.com](mailto:annadaniellewr@gmail.com)

**Angela Wright**

email: [adventuringangels@outlook.com](mailto:adventuringangels@outlook.com)

mobile: 07759 878011

\* Note on referral routes – participants should be referred by a professional such as a GP or support worker. We can help arrange this. If you are interested, please get in touch.

