



**Lancashire &
South Cumbria**
NHS Foundation Trust

**PENDLE HILL
LANDSCAPE**
PARTNERSHIP



People Enjoying Nature: JULY 2022

These sessions run from 11.30am to 2.30pm and are FREE
Booking is essential. Free transport is also available. Please call
01282 657210 or email PEN@lscft.nhs.uk to reserve your place!



Thursday 7th July 2022 Sabden meadows We will be exploring wildflower meadows and finding out more about farming and the beautiful landscape around Sabden. **Meet at Sabden village car park, BB7 9EW**

Thursday 14th July 2022 The World of Trees

We will learn about tree ID, their edibilities, uses and benefits. Understanding and developing our connection to trees through getting to know the trees, learning about how the woodlands are connected, Mycelium, Folklore, Shinrin-Yoku and the benefits of forest bathing. **Meet at Whitehough outdoor centre—visitor carpark BB12 9LH**

Thursday 21st July 2022 Balsam Assassins at Spring Wood

Join us for a couple of hours pulling up Himalayan Balsam before refreshments in this magical woodland, also with a live performance from Chantelle Barrow, amazing singer and musician. **Meet at Spring Wood picnic site, Whalley BB7 9XJ**

Thursday 28th July 2022 Archaeology Dig Day

We will be helping excavate a section of the Roman Road, working with professional archaeologists. **Meet at The Calf's Head pub car park, Worston, BB7 1QA**



Please remember to dress for the outdoors: bring a hat and sunscreen plus boots/outdoor shoes and water-proofs! BYO Drinks and snacks