



**Lancashire &
South Cumbria**
NHS Foundation Trust

**PENDLE HILL
LANDSCAPE**
PARTNERSHIP



People Enjoying Nature: SEPTEMBER 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 8th Sept **The World of Trees** Back due to popular demand...at Wycoller we will learn about tree ID, their edibility, uses and benefits. Understanding 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 Wycoller country park BB8 7EQ (Pay & Display at Wycoller Rd, Trawden)

Thursday 15th Sept **Plant Craft at Clarion House** We will visit this special place again and see what has changed since last time in terms of flowering plants, fruits and wildlife. Join in our making of guides for future visitors and foragers or just relax.....
Meet at Roughlee village layby, opposite the school BB9 6NU

Thursday 22nd Sept **Waxcaps at Worsaw** Today we will be searching for these beautiful little fungi in all their various colours scattered amongst the grasses. A short walk and a climb are included, so bring your camera/sketch book and your boots!
Meet at Downham village car park (free) BB7 4BT

Thursday 29th Sept **PEN end of Summer party at Clarion House**
Come along to celebrate the end of our summer season, with storytelling and food. We will be joined by friends old and new. **Meet at Roughlee as above. BB9 6NU**



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