



NHS Foundation Trust

People Enjoying Nature: FEBRUARY 2023

NB These sessions now run from **11.00am to 2.00pm** and are FREE Booking is essential. Free transport is also available.

Please email PEN@lscft.nhs.uk to reserve your place!



Thursday 2nd Feb Creative ways to feed the birds

Join us foraging for some things to make bird feeders, shelters and the like on our way to Clarion House, where we will craft with our finds.

Meet at Newchurch in Pendle, by St Mary's church at 11am BB12 9JR

Thursday 16th Feb Bird watching in Victoria Park, Nelson

We will take the treats we have made for the birds and see if we can identify and learn a bit about the birds that come and use them in the park

Meet at the Victoria Park car park off Carr Road, Nelson BB9 7SS at 11am



Please remember to dress for the outdoors: bring a hat and gloves plus boots/outdoor shoes and waterproofs!

BYO Drinks and snacks