



PENDLE HILL  
LANDSCAPE  
PARTNERSHIP



## People Enjoying Nature

**January 2022—March 2022**

These sessions are free but booking is essential for every session. Please contact Jayne Ashe (0777027643).

Transport is available for most sessions and we will also provide you with information of where the pick up points are for each session.

All sessions will begin at 11.30am, and finish at approx. 2.30pm, but transport will pick up 30mins before the session. Please be aware that some sessions involve a short walk.

**Date: Thursday 20th January 2022**

**Activity: Giving Nature a Home**

Session at Offshoots, Towneley Park, Burnley

Come along and help us make some bird boxes and bird feeders! No experience necessary and all tools and materials provided. Please bring a packed lunch and wear warm clothes suitable for the outdoors in January!

**Date: Thursday 3rd February 2022**

**Activity: Treasure Trail!**

Session meet at Downham Car Park

Come along and get involved in a Treasure Trail! Learn more about the local heritage of the area, work together as a team and find the answers to the clues. We will also be trialling a new treasure trail, so come and help us develop something that local families and groups can use themselves. P.S. no actual treasure involved!



Lancashire &  
South Cumbria  
NHS Foundation Trust

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**Date: Thursday 17th February (no minibus transport)**

**Activity: Clitheroe Castle Museum Trip**

Meet point Clitheroe

Explore Clitheroe Castle Museum and discover 350 million years of local history! Please note no free minibus transport available, but public transport expenses can be offered.

**Date: Thursday 3rd March**

**Activity: Mindfulness Walk and Forest Bathing**

Session starting at Barley Car Park

Join us and Stacey Mckenna-Seed, an outdoor counsellor for a relaxing mindfulness walk. We will immerse ourselves in some forest bathing and focus on our connection to nature. We will be welcoming in spring! Please wear suitable warm outdoor clothing and footwear. This session involves a walk of max 3 miles.

**All sessions free and tools/equipment provided.**

**Please wear outdoor clothing and footwear, suitable for winter and colder temperatures.**

To find out more and book on please email  
[jayne.ashe@lancashire.gov.uk](mailto:jayne.ashe@lancashire.gov.uk) or call 07770273643.