



**Lancashire &
South Cumbria**
NHS Foundation Trust

**PENDLE HILL
LANDSCAPE**
PARTNERSHIP



People Enjoying Nature: AUGUST 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 4th August Meet Hafsah Bashir Hafsah is a poet and spoken word artist in residence with PHLP and In-Situ this summer. Bring something special with you that you can talk about, it needs to be small enough to fit it in your pocket!

Meet at The Pavilion at Victoria Park, Carr Rd, Nelson BB9 7ST

Thursday 11th August Nettles in Newchurch Pete will show you how to pick a nettle safely and tell you lots of amazing ways the humble stinger can be eaten, or used for loads of helpful things.

Meet outside St Mary's Church, Newchurch in Pendle BB12 9JR

Thursday 18th August Harvesting native wildflower seeds Today we will be collecting wildflower seeds while discussing and learning about the plants we collect them from. We will then make some seed bombs for people to take home.

Meet at Roughlee village layby, opposite the school BB9 6NU

Thursday 25th August Mindfulness at Whitehough woodland

Stacey McKenna will join us again and we will be practising mindfulness techniques in the woods, and connecting to nature for our wellbeing.

Meet at Whitehough outdoor centre, visitor car park BB12 9LH



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