

Wiltshire Mental Health
Inclusion Service
Supporting improved mental
health and wellbeing

Greener Health Project

The Wiltshire Mental Health Inclusion Service invites referrals for a pilot project, connecting health with environmental sustainability.

The Greener Health project seeks to find out whether, and to what extent, making green lifestyle changes can improve our own health and wellbeing.

The Greener Health project is currently open to people aged 16 and over, living in the Bradford on Avon and Trowbridge Community Areas.

The project will be run and evaluated by an Occupational Therapist working within our Inclusion Team. Participants will be offered 1-2-1 weekly sessions, for up to 12 weeks, to facilitate green lifestyle changes at home or through local activity groups, with the aim of long-lasting and sustainable improvement to health and wellbeing.

GREENER HEALTH GROUP

The Greener Health group is a get together on the last Wednesday of each month: a chance to share experiences & ideas on green ways of improving our health!

The group will meet in Trowbridge and/or Bradford-on-Avon. For full details contact Louise Weissel: louise.weissel@rethink.org

in partnership with



FURTHER INFORMATION

If you wish to access this support or find out more, then please contact the Wiltshire Mental Health Inclusion Service via:

Telephone: 07467 764171

Email: WiltsMHIS@rethink.org



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Mental
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Wiltshire
Mental Health
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