



**FREE
minibus
service from
Bristol**

Conservation - Education - Wellbeing

We aim to improve lives by reconnecting people with nature at the Tortworth Arboretum, just outside Bristol. Thanks to funding from the National Lottery we have a variety of opportunities available to help participants improve their mental health and overall wellbeing.

We are particularly interested in working with people who wouldn't normally access a place or activities like these. We work with men and women aged 16+. The woodland does not have suitable access for wheelchairs, unfortunately.

Woodland Management Days

Tuesdays, 10am-4pm, year round

A safe, supportive and friendly environment for people to take part in arboretum restoration work. Spend a day outside, meet others, learn, and develop new skills.

We provide all tools and guidance, and usually have a female staff member on site.

We welcome referrals for people who are in recovery, unemployed, or experiencing mental health struggles.

referrals@tortwortharboretum.org

Help us build our network

Keep up-to-date with opportunities, and join our mailing list, by emailing referrals@tortwortharboretum.org

The Hawthorn Project

Wednesdays, term time only

The Hawthorn Project is a woodland wellbeing programme specifically for women who are in recovery from addiction.

Women need to be fully in recovery and able to commit to the full 6 week term.

www.thehawthornproject.org

bec@thehawthornproject.org

Sunday volunteer days

Third Sunday of the month

10.30am-4pm, year round

A monthly volunteer day for people with an interest in helping out with basic woodland tasks. Open to all.

volunteer@tortwortharboretum.org

