











10-16th May 2021

Upper Swainswick Northend

Charlcombe Batheastor

14 Claverton

Freshford

Links to contributors:-

Bathford

Bathampton

St Catherine

Widcombe

Spend time in nature

Mental Health Awareness Week

Lansdown

Bath 12

City Centre

13

6



9 Monksdale Road

11 Ammerdown

10 Alice Park





EcoWild

Chew Magna

Take a mindful moment in nature to support your wellbeing

Think of 3 things that you are grateful for every day.

Write a letter, compose a poem or verse.

Stay in the moment. Look around and appreciate what you see.

Appreciate others. Think about someone who has been kind to you.

Imagine you have roots like a tree, helping to keep you strong.

Focus on your breath for a few minutes of calm.

Listen to the sounds of nature.

Find a quiet place to read without distraction.

Doodle, sketch, paint or draw. Focus on this alone.

For information and resources to help support your mental health and wellbeing, visit

www.bathmind.org.uk/ advice-and-support/ wellbeing-activities/



Local & Independent Since 1998 www.bathmind.org.uk

Chew Magna

25

South Widcombe

Chew Valley Lake

23

Ubley

24

Whitchurch

North Wick

Stanton Drew

Bishop Sutton

Temple Cl

Saltford 1 Compton Dando

Chelwood

Pensford

26

Clutton

Keynsham

2

Newton St Loe Twerton 8 Southdown Combe Down 15 Marksk

Farmborough

5

3

18

Monkton Combe Combe Hav

16 20 Wellow Hinton High Littleton Peasedown Charterhouse

Farrington Gurney 21 Paulton

Timsbury

Radstock 19 **11**) Our members panel recommend this

www.castlefarmmidford.co.uk www.bathscape.co.uk www.ecowild.org.uk www.thenationaltrust.org.uk https://anglingtrust.net/ www.jasondorleybrown.com https://bathriverline.co.uk www.bathnes.gov.uk/sydneygardens

Nature is on your doorstep: walk to Bath's parks, riverside walks and canal paths.









Park











Taste healthy natural foods







Chew Valley























website for planning walks in nature:

www.alltrails.com