

# Can't See The Wood For The Trees...?

The Woodland Project is a newly funded initiative offering small groups of men the opportunity to spend some practical and purposeful time exploring local woodlands. There is increasing evidence that spending time in a natural environment is good for the soul and enjoying time in a native woodland setting can be especially therapeutic.

The twelve week nature-immersive programmes aim to promote and support wellbeing in a friendly and safe, but structured environment. They are jointly organised by The Nurture Project and MensCraft.

The project is based in Kettlestone, near Fakenham, and is staffed by experienced facilitators.



For more information please contact:

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