



Soldiering On Awards  
2021 **WINNER**  
Health and Rehabilitation

# Veteran Families Recovery College

Anxious Minds

**Free!**



**WinG Outdoor Activities**



**Free!**

Outdoor Therapy Activities helping you improve your well-being, learn new skills, meet new people and explore and connect with the wonder of nature.

Free to adults who wish to take part in various outdoor activities. Come and try Canoeing, Mountain Biking, Rock Climbing, Hill Walks & Map Reading and Bushcraft sessions. Free transport, equipment & instruction.

## Dates & Times

Every fortnight:

- |                     |            |                   |            |
|---------------------|------------|-------------------|------------|
| 1) Friday 22 July   | 10am – 5pm | 5) 16 Sept Friday | 10am – 5pm |
| 2) Friday 5 August  | 10am – 5pm | 6) 30 Sept Friday | 10am – 5pm |
| 3) Friday 19 August | 10am – 5pm | 7) 14 Oct Friday  | 10am – 5pm |
| 4) Friday 2 Sept    | 10am – 5pm | 8) 28 Oct Friday  | 10am – 5pm |

To book or find out more contact:

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Facebook: [WinG Outdoor Activities](#)



**Trusthouse**  
Charitable Foundation

