

GO WILD, STAY WELL - THE NEWSLETTER



in Taunton and West Somerset



The 'Go Wild, Stay Well' project commenced on June 11th with small group heading to the national trust property Fyne Court. The aim of this is for people who have experienced mental distress to boost their overall well-being through being outdoors and helping the environment.



LATEST NEWS

LAUNCH EVENT: -

The launch event for our Go Wild, Stay Well project will take place in Vivary Park, Taunton on Monday 5th July. It will be attended by a number of local mental health professionals and volunteers as well as a couple of media representatives, our grant officer from the national Mind office and hopefully local TV/radio gardening and wildlife presenter Rebecca Pow. This will be a picnic style event with some tasty local organic food and will give people the chance to learn more about the project and meet some of the people who will be involved. If you do not have an invite and think you would benefit from attending please e-mail project manager David Topham at davidt@mindtws.org.uk.

SPONSORED SWIM: -

Chris Quinn has recently completed his sponsored swim. He swam the distance from London to Brighton (45 miles) via Taunton Swimming Pool and has raised over £100 for the 'Go Wild, Stay Well' project. I think you will agree that this is a fantastic effort and will join me in thanking Chris for all of his endeavours.

For the latest news updates join the [Go Wild, Stay Well](#) group on Facebook



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THE PROJECT: -



On Friday 11th June project manager David Topham took two volunteers out to Fyne Court for the initial ecotherapy session. The next session there are likely to be four or five volunteers, and it seems that the initial session went well. This was basically an introductory session designed to ease people in, and involved a walk around the grounds of Fyne Court, which was enjoyed by those who took part. There were some initial concerns over the weather forecast but those who attended were rewarded with some bright sunshine.

HOW TO CONTACT US:

If you have any questions about 'Go Wild, Stay Well' or would like to learn more about the project you can do so in any of the following ways:

Visit the Mind in Taunton and West Somerset website at www.mindtws.org.uk

Call the Mind in Taunton and West Somerset office on
01823 334 906

E-mail project manager David Topham at davidt@mindtws.org.uk

For all the latest updates you can join the group on
Facebook - search for **Go Wild, Stay Well**



This newsletter was produced by Dave Urwin, who is the project champion for 'Go Wild, Stay Well.' If there's anything you'd like to see in the newsletter please e-mail Dave at djmixjagger@hotmail.com