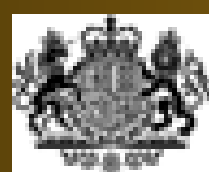




Newbattle Abbey
College

Colaiste Abaid a'Bhatail Nuaidh



Funded by
UK Government



Prescribe Nature Programme

Newbattle Abbey College are running a fully funded Prescribe Nature programme for adults who would benefit from the opportunity to:

- Enhance their well-being
- Improve their mental health
- Reduce social isolation
- Enhance learning and employability

During the course participants will have the opportunity to participate in a range of therapeutic outdoor activities including:

- Forest Bathing
- Natural Crafts and Woodcraft
- Nature Discovery
- Woodland Workout and Conservation



Participants will also achieve an accredited Forest and Outdoor Learning Award (FOLA) Level 4 award, which will help with going onto further study and employment.

Students must be a resident of Midlothian to be eligible for the course

Course information

Date: Thursdays, starting August 28th to October 23rd (no session on Thursday 16th October)

Time: 10:00 am - 2:00 pm

Location: Newbattle Abbey College

Refreshments and lunch are included. Waterproof clothing and boots are also provided.

For Further Information Contact Us

fola@nac.ac.uk