

# ***START MINDFULNESS Day***

## ***Connecting with Nature***

**Thursday 13<sup>th</sup> May 2021 – face to face and/or virtual session.**



### **Allington Woods 10:30am – 12midday**

An introduction to mindful movement; we will walk around Allington Woods, Bridport, DT6 5DR. Please bring your own refreshments, wear sturdy footwear and dress according to the weather forecast. Meet at the Allington Wood gates, opposite the bus stop, adjacent to Hospital Lane. Places limited, email Tanya at [tanya.remnant@nhs.net](mailto:tanya.remnant@nhs.net) to book your place.

### **Virtual Mindfulness via Microsoft Teams at 2:30 – 3:30pm.**

Join us for an introduction to mindfulness and a nature visualisation exercise to promote relaxation and mental wellbeing. Microsoft teams can be downloaded for free from most app stores. To book your place email Pam at [pamela.goddard@nhs.net](mailto:pamela.goddard@nhs.net).

For more information contact:

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Dorset HealthCare **NHS**  
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**START**

**Support, Transition and Recovery Team**

Dorchester and Bridport