

# myplace

A natural way  
to wellbeing

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

**THE**  
*wildlife*  
**TRUSTS**  
Lancashire,  
Manchester &  
N Merseyside



Free, weekly sessions centred  
around enjoying nature, supporting  
local wildlife and living a healthier,  
happier life.

**Get in touch**

Tel: 01772 872007

Email: [myplace@lancswt.org.uk](mailto:myplace@lancswt.org.uk)



 [www.lancswt.org.uk/myplace](http://www.lancswt.org.uk/myplace)

 [@myplace2gr0w](https://twitter.com/myplace2gr0w)

 [@myplace2gr0w](https://facebook.com/myplace2gr0w)

 [@myplaceproject](https://instagram.com/myplaceproject)



Green Recovery Challenge Fund

