



WELLIES PROJECT

Wellness.
Education.
Learning.
Laughter.
Inspiration.
Environment.
Skills.



The WELLIES Project offers therapeutic learning activities with animals, plants, creativity and the countryside for people recovering from mental ill health such as social anxiety and depression.

- 6 and 12 week courses running throughout the year
- People attend one day per week

Participants take part in a variety of activities including countryside skills, gardening, horticulture, woodwork, cookery, crafts, fishing and floristry.

WELLIES is a recovery focused project that aims to help people to progress onto further learning, volunteering or employment.

We have days out together and aim to help people to develop confidence, connection, creativity and self belief.

Informal, Friendly & Fun!

Minibus Pick up times:

Burton on Trent town hall
9.30am

Lichfield bus station
9.30am

Tamworth car park in
Spinning School Lane
9.00am

Ashbourne Leisure Centre
9.30am

Swadlincote bus station
9.30am

Courses run from 10am until
3pm from WELLIES HQ in
Sudbury and on Tuesdays in
Leek and Wednesdays at the
Heath Community Centre in
Uttoxeter.

FREE OF CHARGE

For further information please visit our website

www.welliesproject.org.uk

office@growingruralenterprise.co.uk

Steph 07751 116918 or Julie 07971 666474



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What people say:

“Be brave and try it, hardest part is the first day getting on the bus, but it’ll be worth it. You will be among people who understand and you can be yourself without any judgement.

You will get to learn so much and this in time will increase your confidence in more ways than you can imagine.

It’s a safe place with supportive tutors and volunteers who have been exactly where you are now.

It’s a place you can leave your worries behind for the day and give your head space for enjoyable things instead of worries.”

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