

Fine Fettle



Wentworth
Castle
Gardens

Build your confidence, improve your skills, and enhance your wellbeing in the beautiful Wentworth Castle Gardens woodland.

Fine Fettle supports adults with a lived experience relating to mental health to engage in outdoor activities including forest skills, wildlife identification, nature-based arts, folklore, mindfulness and much more.

During the programme participants will meet new people, develop new interests or rediscover previous joys in life, as well as being offered the support to progress onto new opportunities that interest them. Following the Forest School philosophy of learning, people are at the heart of the programme, helping to shape the course content and discover opportunities to explore peer mentoring beyond the course.

Fine Fettle takes place each Wednesday during term time, between April and November.

The activities include:

- Whittling
- Cooking on an open fire
- Making Charcoal
- Mindfulness
- Working with Rangers
- Den Building
- Forest Celebrations



For more information please contact:

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