

sara Lee



T R U S T

Wellbeing Through Nature

What are Wellbeing Through Nature groups?

Held six times a year, these free 6 week programmes combine group support and creative therapy with a nature focus for people with cancer and other life-threatening illnesses.

Participants are invited to slow down and enjoy tranquil surroundings, paying attention to the seasons changes and their qualities. The group is sensitively facilitated to encourage sharing and personal reflection. There will be a short guided relaxation exercise and some breathing exercises. These are entirely optional and require no particular skill or previous experience.

Who is this group for?

Local people living with a cancer diagnosis or life-threatening illness, their partners, carers or close family and friends. The group provides an opportunity to meet with others in a supportive and confidential space.

You can access these groups either by referral from a health care professional or for existing Trust patients, booking through our Team.

For more information, please contact our team on **01424 456608** or **services@saraleetrust.org**

Where will the sessions take place?

At our Therapy Centre in Sidley, Bexhill-on-Sea. Our purpose designed group space provides a lovely calm, light and safe space.

How long is a session and what can I expect?

Each session lasts two hours on Tuesdays in six-week blocks. Either a morning group (10:30am to 12:30pm) or afternoon (2:00pm to 4:00pm). A list of the dates is available on our website: www.saraleetrust.org

There is a reception to sit and relax both before and after the session. Where possible please arrive 15 minutes before the group starts.



Our therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.