

B more PROJECT

CARE & SOCIAL FARMING IN THE
YORKSHIRE DALES FOR HEALTH,
WELLBEING & PERSONAL
DEVELOPMENT



Do you or someone you know suffer from ill health, (physical or mental), PTSD, depression or anxiety, or are recovering from addiction, long-term unemployed/sick, feel lonely or possibly socially isolated, or have you been in the forces?

Would you like some **FREE** friendly informal support to improve your health and wellbeing, reduce your feeling of isolation, have fun, make new friends, learn new skills, gain a qualification and references with possible further support and volunteering opportunities?

Do you like being outdoors in all weathers?

If you can answer yes to any of the above questions, then we have an opportunity for you.

Between February and March 2018, over 10 days, the **Bee More Project** will be creating a new native wood and wildlife corridor. Participants will gain an accredited qualification in Practical Countryside Skills and will be provided with all personal protective equipment, refreshments and transport from pick-up points within the Keighley and Craven areas.

For more information or to make a referral, call or text the **Bee More Project** on 07850 941465.

This project has been made possible by the generous support of:



The **Bee More Project** is a registered charity, number **1164787**

