



MAKING WELL

HEALTH & HEALING THROUGH GREEN CRAFTS

“The course gently awakened me, stirring feelings and knowledge long forgotten and unpractised, helping me to find belonging, hope, and the strength to continue, to dare to believe.”

IMPROVE YOUR CURRENT HEALTH AND WELLBEING BY CULTIVATING SKILLS, FRIENDSHIPS AND A DEEPER CONNECTION WITH NATURE

Our team of experienced facilitators will be on hand to offer the compassion and guidance needed to meet you at your own pace.

For further information and to arrange a conversation with our Making Well Coordinator, please send an email to:
office@fathomtrust.com

The course takes place over six weeks at Llanfelle in Bwlch, LD37JL

We welcome referrals from local GPs, community mental health teams and from charities such as Brecon & District Mind.

