



Shaw Lane Foundation is delighted to launch a new project for young adults in Barnsley



Outdoor Activities to Boost Mental Health

Date/ Time

Mondays Starting Monday 11 April 2022, 10.30am – 2.30pm

Venue

Shaw Lane Sports Club, Shaw Lane, Barnsley S70 6HZ

What is it?

A 16 week programme of outdoor activities including sports, gardening, grounds maintenance, DIY, and health walks

Who is it for?

Young adults - Target age 16-25, with disabilities, or mental ill health/ anxiety

Why?

Evidence shows that outdoor physical activity not only boosts the immune system, but also has positive impacts on mental health. This weekly session will enable participants to take part in a wide range of enjoyable activities, with other people, making friendships, and having an opportunity to share experiences, building resilience and confidence

Cost

This project has been funded by Green Social Prescribing for South Yorkshire and Bassetlaw, and is free of charge

Details

To register contact Fiona Hall foundation@shawlane.com or Peter Hague peter.hague1@nhs.net

