

Forest & Outdoor Activities

Anxious Minds - WinG Outdoor Club - Your Homes Newcastle

FREE Forest and outdoor activities for adults who wish to connect with nature, improve your well being, in peaceful woodland setting. Plus cycling and canoeing activities.



Cost: FREE

Where: Prudhoe - Northumberland

Times: 10am – 4pm

When: Weekdays in July, August, Sept & October

To book contact WinG Outdoor Club:

Telephone: 07506 176 888

Email: nickcoates.wing@gmail.com

Messenger: WinG Outdoor Club

Website: www.wingoutdoorclub.org

