



Offering environmental and educational opportunities for individuals and groups of all ages and abilities



Caring for People,
Caring for the Land

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Wellbeing Weekends at Learning Fields Community Interest Company

Do your staff or the people you work with really need to recharge your batteries and take some time out?

Why not consider a Wellbeing weekend at Learning Fields CIC? Or even visit us for a day of activities tailored to meet your needs?

Our Bunkbarn will sleep 8 people and is fully disabled accessible and equipped with shower and kitchen facilities. There is also an adjoining Carers/ Support Workers bedroom, suitable for 2 people.

Visit our website to view pictures.

Overnight stay- £18/ head

Food provision or full catering by arrangement.

Activities tailored to meet your group's requirements.

Quality Badge awarded by



Learning Fields is a Community Interest Company
Company No. 6202856

The **Five Ways to Well-being** are a set of evidence-based actions which promote people's wellbeing. They are: **Connect, Be Active, Take Notice, Keep Learning** and **Give**. These activities are simple things individuals can do in their everyday lives. (New Economics Foundation)

Learning Fields CIC is the ideal venue to explore the 5 ways to wellbeing without costing the earth!

- **CONNECT** – A residential weekend at Learning Fields' comfortable Bunk Barn is a wonderful way to connect with a group of friends; time to relax and revitalise yourself.
- **BE ACTIVE** – Getting outdoors and enjoying a Woodland Walk while making a Journey Stick in a restful setting is a great way to improve your wellbeing.
- **TAKE NOTICE** - Getting outdoors, being active and enjoying the surroundings at Learning Fields can improve physical and mental wellbeing.
- **KEEP LEARNING** – Why not take the chance to explore Learning Fields and learn more about the countryside; carry out a John Muir Award or learn a traditional rural craft?
- **GIVE** – At Learning Fields CIC our Care farming approach allows vulnerable groups of people to enjoy a supervised, planned programme of farming-related activities in a safe environment. You can also give something back- think of something that you can do to support nature.

