

Moving Forward



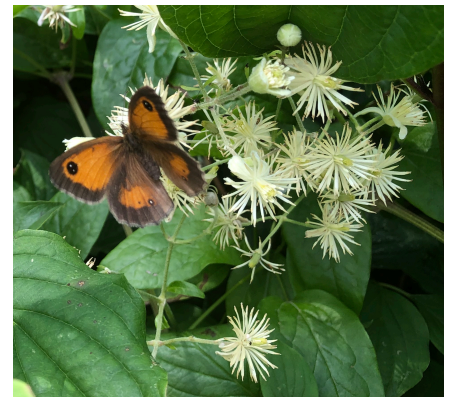
Moving Forward is a **free** six week course for women who are living with and beyond cancer. The course does not focus on cancer and it is not a patient forum but it is a chance for you to give yourself some well deserved time and space after what may have been a long and challenging period of treatment. You are welcome to join a course at any point after diagnosis, whether it is before or quite some time after your treatment.

"Real
sense of
wellbeing and
time to stop"

Moving Forward has countryside themes, with a combination of gentle activity, new learning and an opportunity to spend time with other people who have a shared experience. There is a light-hearted but supportive atmosphere.

The course takes place at Stokehill, a small, peaceful farm near Wincanton, where there are wildflower meadows, orchards, hedgerows, Shetland sheep and other animals.

Stokehill is a place for wildlife, for learning and for wellbeing. A whole range of workshops and courses take place there, for people of all ages.



Each week, the session begins with a gentle walk around the farm, with plenty of time to chat about nature and the farm. After the walk, there is a practical activity, such as making natural dyes, or a simple craft activity, followed by refreshments in the barn.

We cover seasonal nature themes, including wildflower meadows, trees and hedgerows, orchards and wildlife. The course is suitable for any level of knowledge or skill and the walks are adjusted to suit the mobility of the group.

As well as being good for your physical health, **Moving Forward** has been designed to benefit your wellbeing.

"Beautiful,
uplifting,
relaxing"

Autumn courses from September 2020 onwards: **Mondays, Tuesdays or Wednesdays**
10.00 a.m.-12.00 p.m. - Ask about the next start date.
Ask about **Moving Forward Online** if you are unable to come to Stokehill.



"Give yourself some time to appreciate the sights and sounds of nature.... slow down your thoughtsconnect with the present moment."