

01 October 2017

Nature and Wellbeing Project **Feb 2016 – Aug 2018**

Funded by Somerset Public Health, Somerset's AONB Nature and Wellbeing Project aims to develop and coordinate a sustainable initiative that supports local people to improve their physical and mental wellbeing by participating in informal activities on the Blackdown, Mendip and Quantock Hills.

This may range from supporting people to tackle barriers that prevent them from experiencing the health and wellbeing benefits of these top quality natural environments, to setting up particular activities and events for specific groups.

The project will focus on targeting communities that lie geographically close to the 3 AONBs, specifically: Blackdown Hills: Taunton, Chard, Wellington Mendip Hills: Wells, Cheddar and Burnham-on-Sea Quantock Hills: Taunton, Bridgwater and Williton.

Nature and Wellbeing Officer - Kristen Lambert

Having worked on and coordinated outdoor play, community development and active travel projects for various different charities and associations, I am really excited about working to establish health and wellbeing partnerships across the 3 areas of the county and supporting more groups and individuals to reap the various health and wellbeing benefits of these natural landscapes. I am particularly looking forward to working in beautiful Somerset once again!

If you would like to find out more about the project, then contact Kristen:

Email: KLambert@somerset.gov.uk or Telephone: 01823 451884 / 07464 987813.

<http://www.mendiphillsaonb.org.uk/our-work/nature-and-wellbeing-project/>