

# NEWSLETTER



SOUL TRAIL

FEB-APRIL  
2026

Soul Trail Wellbeing

## Welcome Back!

We have had a winter and hope everyone has found warmth over these months. As the Sun returns it's glow to this part of the world - we are have some more sessions to offer.

**If you are interested message the activity to Melissa on: 07534368743**



## Foraging Trail

**When:** Saturday 28th Feb  
**Where:** Snuff Mills  
**Time:** 10:30am-12:00pm



## Mindfulness Trail

**When:** Thursday 5<sup>th</sup> Mar  
**Where:** Snuff Mills  
**Time:** 10:30am-12:00pm



## Parent/Carer Trail

**When:** Wednesday 11<sup>th</sup> Mar  
**Where:** Snuff Mills  
**Time:** 10:30am-12:00pm



## Parent/Carer Trail

**When:** Friday 27<sup>th</sup> March  
**Where:** Snuff Mills  
**Time:** 10:30am-12:00pm



## Photo Trail (6-Weeks)

**When:** Wednesday 18<sup>th</sup> - May 6<sup>th</sup> (Weekly Weds)  
**Where:** Snuff Mills  
**Time:** 10:30am-12:00pm



## Parent/Carer Trail

**When:** Wednesday 1<sup>st</sup> April  
**Where:** Abbots Pool  
**Time:** 10:30am-12:00pm