

# Go Wild at Hudnall!

Do you know a young person or group of young people that may be at risk of poor emotional wellbeing?



Sessions are free



Services for Young People



Herts and Middlesex



HERITAGE FUND



# Discover the benefits and positive impact on young people's emotional wellbeing by connecting with nature.

YC Hertfordshire, in partnership with Herts and Middlesex Wildlife Trust and funded by The National Lottery Heritage Fund are excited to present the Go Wild at Hudnall Project!



We are delivering a fantastic range of free nature-based activities to help improve young people's emotional wellbeing which include Wild Wellbeing, Wild About and Forest School sessions.

All Go Wild sessions are delivered at Hudnall Park in Little Gaddesdon, a beautiful 85-acre estate comprising of woodland, grassland, hedgerows and pond habitats.

Activities may include mindfulness, wood whittling, nature-inspired art, survival skills, wildlife and plant exploration and identification, creating habitats for wildlife, traditional crafts and much, much more!

Find out more at [www.ychertfordshire.org](http://www.ychertfordshire.org)  
or contact us at [GoWild@hertfordshire.gov.uk](mailto:GoWild@hertfordshire.gov.uk)  
to book a session.

