

Ant's Story

My time at Tallis Wood has been life changing. Being seen, heard and understood is a real gift. Having a beautiful and peaceful place to come to each week is a real anchor and a privilege. The facilitators are amazing and so caring and compassionate. The course is a real gem and I'm so thankful to have found it. It has given me a way to connect with myself better. To understand what I am feeling and express it. I love what I have learnt on the course, it feels really special and important. It has really sparked and rekindled my love of the outdoors, being in nature and connecting with others. People really listen here and care. Since attending the course myself I have been volunteering on other courses and also with the Wildlife Trust. This has massively improved my confidence and I feel able to connect with people. As my wellbeing has increased so has my feeling of being part of a community. I have a clearer sense of what I would like to do with my life, and now I want to find ways to contribute and give back to my community and to the environment.