

Woodland Pathways

A supportive woodland programme for adults who are currently out of work, finding life difficult due to health, confidence or personal circumstances.

A calm, low-pressure woodland space where you can take part in your own way, with no expectations.



Welcome to Eden's Forest —
our established woodland
base for the programme

WOODLAND SESSIONS



Optional light woodland tasks
at your own pace

CRAFT ACTIVITIES



Cuppas crafting and conversation
around the fire



WHAT TO EXPECT

- Five Weekly 4-hour woodland sessions
- Bushcraft, greenwood work and seasonal crafts
- Sensory-friendly environment
- Occupational Therapist support



BUILDING CONFIDENCE

- Support with wellbeing & regulation to help with focus, clarity and everyday tasks, so everyday things feel more manageable
- Gentle pathways into volunteering, learning, community activity or employment



PRACTICAL SUPPORT

- Free travel support and warm outdoor clothing if needed
- No experience required — you're welcome to join us.
- Sessions from Nov 2026 - March 2027

THIS ACTIVITY IS PART OF HEALTHY WORKING LIFE, A JOINT PROGRAMME OF THE WEST YORKSHIRE COMBINED AUTHORITY AND NHS WEST YORKSHIRE INTEGRATED CARE BOARD.



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire



How to join

Email: info@edensforestcic.org

Tel: 07734 898650

We'll walk through the programme and check eligibility together, it's a simple, friendly process.