

Thu 09/04/2026

Dear Colleagues,

Help us to test and promote a new Wellbeing nature retreat at Blencathra – 22nd to 24th May 2026

We're running a pilot programme at Blencathra to test a new product we're developing. Staff are invited to enjoy a nature connection experience while helping us shape something we're really proud of, and that will sell well.

As part of the pilot, we'll ask everyone to:

- Take part in short interviews
- Help us capture videos and photos
- Share the experience on social media and through your networks
- Pay £30 to contribute towards food and any additional instructors
- Make your own way to Blencathra and back

We are currently finalising the programme, but to help you get a feel for what's involved, here is a taste of the activities being discussed:

Nature Connection & Wellbeing

- Forest bathing and sensory woodland exploration
- Outdoor yoga

Creative & Hands-On Activities

- Nature journaling workshop
- Bushcraft skills: fire lighting, shelters, knots, and water filtering

Food Experiences

- Foraging walk to gather ingredients for lunch
- Wild cooking around the campfire

Exploration & Reflection

- Guided nature hike
- Group reflection on the final day

Your insight, enthusiasm, and honest feedback will play a huge role in helping us refine this new offer, and help us promote it more widely. We would love to welcome a mix of colleagues from across the Field Studies Council. There are 15 spaces available on a first come, first served basis. You can book on the intranet [here](#) and will be invoiced later.

Reminder: Any Questions?

There's still just time if you thought of a question to ask relating to my presentation but didn't get round to doing so during my visit or in the online sessions. These will be addressed in the next Occasional Staff Newsletter. Please email Joy with "Question for the Occasional Staff Newsletter" in the subject box by Friday.

Welcome to Field Studies Council

Bryony Agar has joined the team at Castle Head as Seasonal Assistant Instructor/Tutor

Best regards

Mark