

# Inside Out



**European Union**  
European  
Social Fund

## Family Wellbeing Day

“The sun shone and we enjoyed. What a beautiful day we had at the Tremeneheere Sculpture Gardens in Gulval, near Penzance.”

Maria Adams from CLEAR reflects on the day:

“Our Wellbeing Wednesday meet was elevated to a wonderful family day at the gardens. Nine adults and seven children weaved their way around some beautiful sculptures that fitted seamlessly into the surrounding landscape. There were climbs up and down and encouragement from the younger ones in the group to keep moving and to really see and engage with the environment.”

“The guiding principle of the garden is designed to blend the landscape with art and continued planting, thus providing a space that stills and soothes the mind whilst also inciting wonder. It did that.”

“Those that have completed the Connect 5 training were encouraged to utilise the five ways of being, whilst exploring the terrain and sharing their knowledge with others – connect, keep learning, give, be active, take notice. Positive connection with each other took place in this group activity, with a great deal of support shown, along with a strong connection to the environment. We learnt through our exploration of sculptures and the information provided on the surrounding fauna and flora. We gave time and energy to each other, walking and talking with those we knew and with those we had not met before. We also shared our food in a communal picnic of ‘goodies’. We actively moved through the wonderful environment, and we mindfully noticed the gifts before us, with children and adults learning and supporting each other, alike. Great fun was had at the ‘Wall of Taps’ and the ‘Companion’.  
It was an uplifting experience, and we would like to thank Doctor Armstrong for his gift of entry and for his support of Inside Out’s work at his Morrab surgery in Penzance.”

