



# Feeling Good Week



5th to 9th February 2024



This year's Feeling Good Week theme is **Regrown**.

**Reuse. Ecosystem. Green. Recycle. Outdoors. Wildlife. Nature.**

Time spent outdoors reaps enormous rewards for our mental health and emotional wellbeing, so this year, you are invited to apply for up to £500 to deliver ideas that promote and educate others to care for the environment, support biodiversity, address climate change, and show kindness to our natural world.

[Click here to apply.](#)

