

Welcome to the WILD THERAPY COMMUNITY 'SCRAPS & MAPS'



WINTER SOLSTICE 2025 Edition



Welcome to the 3rd Edition of our Wild Therapy creative collation.

This e-news circulation is where we can share an eclectic mix of stuff from our personal wild scrapbooks of creative thought and imagery, map what's going on across the wild therapy community with events and offerings, and bring together anything else that you want to share.

The aim is that by 2026, this publication will be downloadable from our new community website and available to anyone that wants to find out more about wild therapy, or to join our community by becoming a trained wild therapist.

We hope you find this 'scraps & maps' a great way of keeping connected and in relationship with each other.





Thursday 24 - Sunday 27 September 2026 at Woodsell Rewilding Project Stalisfield, East Kent ME13 0JF

This Gathering is in service of the Wild Therapy Community. We don't make a profit from it and we're not selling anything. It is an occasion to meet up, hang out together and connect with others who have experienced the same Wild Therapy training.

We create the gathering between those of us who are there. You can be with yourself as you need to be and can choose to be involved in as much or as little as you like. We will have plenty of lovely indoor space including the cottages, separate lovely barn to cook, eat, gather and dance in as well as a swimming pool, free rein of 180 acres of re-wilding woodland, pasture, wild flower meadows, ponds, animals, birds, insects and space. Lots of space

It's a nourishing experience with good food which we cook together, good company and the beautiful land of East Kent.

It's not like coming on a course, there's no timetable, no hierarchy and no one is in charge.

Previous groups have agreed that it works better when everyone is there for the whole time, so there is an invitation to put aside the whole weekend to come and be wild together.

From the 2026 organising team

Louise, Fiona, Rachael, Sarah and Cindy

More info on the next page....

If you would like to get involved in our community and volunteer to be part of the organising team for 2027 - please let us know by return of email.

It's great when we can share the tasks around more of us!





Cost ~

It should be no more than £200 per person for all food and accommodation, and will very likely be less.

The costs of the accommodation are fixed so the charge per person will go down the more of us there are, or up if there are fewer. Food costs are estimated.

Sleeping ~

You can either bring your tent or camper, or there are two 1-bedroom cottages (1 double bed in each) and two 2-bedroom cottages (2 double beds in each) of which one cottage is accessible. We will ask for your preferences once you have booked.

Parking ~

There are separate spaces for camper vans and parking for cars.

Timings ~

You are welcome to arrive from 4pm on Thurs 24th - food will be prepared and ready for about 6pm. We need to leave the venue by 12 noon on Sunday 27th The rest of the timings in between will be up to us and negotiated as we go along.

Ready to book your place? See details on the next page ~





Booking ~

Please pay your deposit by the end of December 2025 to secure the dates as early bookings will help us plan ~ but ***you can still book to join us up until the end of July 2026.***

Secure your place by paying a (non refundable) deposit of £60 via bank transfer to:

Bank: Premier Bank

Account holder name: CINDY RICE

Account number: 20791040

Sort code: 20-25-41

Please use your name as a reference and email Sarah to let her know you have made a payment Sarahlondon64@gmail.com

If you would like more information on the venue the website is here <https://woodsell.org/>

or there's a clickable link to it from the heading on the page above.

For questions on any other aspect of the Wild Gathering please email Sarah (click this page to open an email box to Sarah!)

We look forward to being with you.





Doggy Wildness from Sarah London & Peggy



So, Stan, my dog died. I loved him deeply. Sounds like a sad thing, but simple enough. Yes there's the grief, yes there's the recognition and gratitude that he changed my life in many ways, and touched hundreds of people in our work. Yes there's the day to day thinking 'he would have loved' and just feeling the empty space where he was for almost 11 years, but 3 months on I'm aware that so much more is changing.



Many people have said 'Well you've still got Peggy'. Yes I have, and Peggy is a totally different dog, so things are totally different. She has her own history, preferences, drives, loves, habits, anxieties, size, shape, ways she expresses herself and communicates etc etc. Her own wildness. And so working with her in wild therapy is different. As it should be if we try to work truly relationally. She is an equal part of the (at least) 4-way relationship between therapist, client, environment and dog that is dynamic and ever changing and so who she is and what she brings is equally relevant and important.

My choice to bring Stan in to my life totally reshaped my work because of our relationship and who he was, not just as a dog but as Stan, his unique, amazing and challenging self and it is changing now because Peggy is her unique, amazing and challenging self, and not Stan, and not just 'a therapy dog'. Therefore our relationship is different.

I love Peggy deeply, but differently. Her wild domestication and domesticated wildness are only hers, (often expressed through a love for fresh fox poo and a black stinky pond), and that changes much, much more than which lead I pick up when I leave the house or taking Stan's pictures off the website.



Wild therapy with dogs is it's own complicated, messy, amazing variety of wild. Bring it on!



Wild Therapy Dog-Pack!

We have an online meeting coming up to get together and share our thoughts/feeling/ideas about working with dogs in Wild Therapy on Thursday evening 15th January at 7.00pm.



Please let me know if you would like to join us. Sarahlondon64@gmail.com. Everyone welcome, including dogs.





Stories of the Wild

An invitation to take part in MSc research on the Wild Archetype

I've long been captivated by the wild; inner, outer, and everything in-between and beyond. Even as a child, hearing *Where the Wild Things Are* lit up something in me, a quiet spark that has stayed ever since.

I'm now in the final year of my MSc in Consciousness, Spirituality and Transpersonal Psychology with Alef Trust and Liverpool John Moores University, and I'm conducting a research study for my dissertation. I'm reaching out to invite you, and anyone in your community who feels called to take part.

This project explores the wildness of being human within a culture shaped by domestication. More specifically, it looks at how people experience and express their own sense of "the wild" as an archetype: the instinctual, animal, untamed layers of human life. I'm hoping to connect with those who feel a resonance with these themes and might be curious about sharing their lived story; a study that weaves together queerness, myth, ecology, and psychology.

For more information please see:

<https://sites.google.com/view/stories-of-the-wild/home>

If you or someone you know feels a connection to these themes and are interested in taking part, I would be grateful to hear from you. Please feel free to share this email or post it online, I'm hoping it can gather momentum through word of mouth.

With Wildness and Gratitude,

Abi Newman



Photo contributed by Sean Turner

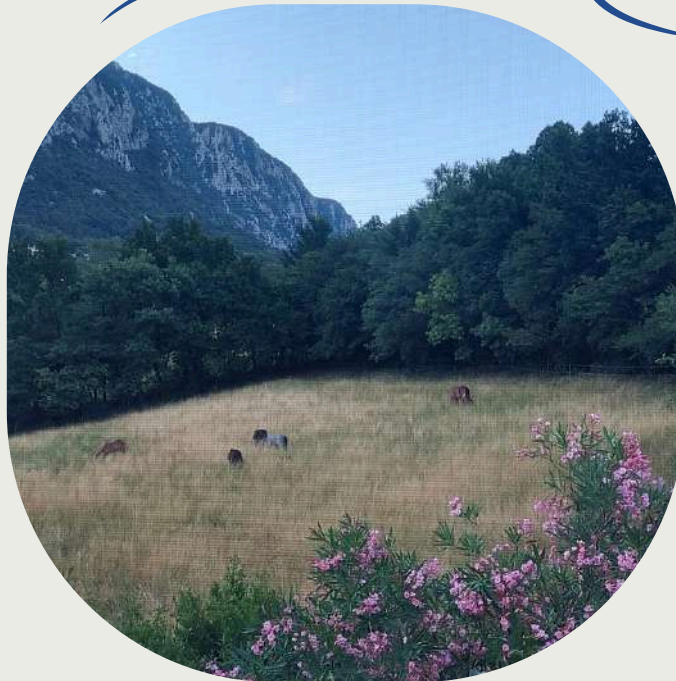




Reflections from a newcomer to the Seeds & Weeds group

Strange & Wild in Slovenia

The view from
my bedroom
window in
Vipava



After my first Wild Therapy Seeds & Weeds online meeting, my thoughts started running...jumping around.

My feelings ranged from contentment to fear—fear of even thinking I could write something for the newsletter.

So, I decided to do it.
Fuck it.

It won't be in my native language, and all of you are so far away.
It was a strange feeling after the meeting.

I'm here in Vipava, Slovenia, surrounded by beautiful nature, both wild and not so wild, but I don't feel connected.

I don't feel like myself (giving birth eight months ago surely has something to do with it).

I've been avoiding meetings because I felt I wasn't wild, or whatever other fucking reason my mind came up with. There were also misconceptions about what "wild" even is or isn't. For Christ's sake, I had a baby! Can it get any wilder than that?





Strange & Wild contd...

But no, I kept avoiding meetings, thinking there was nothing wild in my life. I felt disconnected from everything.

Then, just five minutes into the meeting, I felt like I was home. I felt connected, like these were my people. They speak the same language as me, even though I speak Croatian and they speak English.

So yeah, another misconception of mine.

The internet, Zoom meetings...how can there be anything wild or that you can feel all of that?

I don't know... five women, quite a bit older than me, but definitely not in spirit!

I kept wondering how that generation of my mom and my granny is made of a different kind of material.

And that my generation feels somewhat lost. That different threads are inside us... and who knows, maybe feeling lost isn't so bad. Maybe that's another misconception. It's probably just me feeling a bit lost, and it was nice to be found, even on Zoom for an hour.



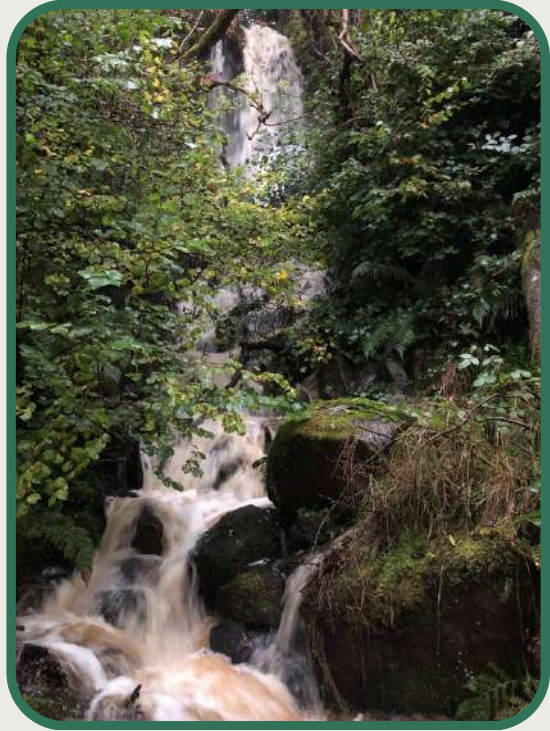


Northwinds wild therapy Training & Experiences 2026

Year-long Practitioner training update

Here are some photos from the September 2nd residential at Middlewood! The group enjoyed a wind-fallen apple and tea light labyrinth experience as we asked them to turn their attention to the inward journey connecting with the their wild and domesticated selves reflecting on what they encountered!

They also got well and truly soaked in their therapeutic sessions! & the waterfall was so fierce it was flowing over the road and could be heard from the study centre it was that loud!



from Jo Fowler
& Lindsey
Moses
training
facilitators @
Middlewood
2025-26





Experiences are all open for bookings from the general public & wider community so please pass on along your tendrils & branches to anyone who may be interested.

An exciting new offering from two of our Northern wild therapists Jayne & Sean - these sessions are for couples, and are offered in a beautiful Cumbrian dale.



Wild Couples

Growing Relationships



Come and discover how being with nature brings unique and dynamic insights into how to nurture couple relationships.

This weekend will provide a space to gain understanding around what supports and inhibits your growth as individuals and as a couple. We'll be exploring how those dynamics impact the wider world and how to bring this awareness back into your everyday life together.

- Love nature but wonder how it could help re-frame your relationship challenges?
- Curious about how intimate relationships work?
- Want to explore how to unstick the stuck?
- Frustrated by the same arguments cropping up again and again?

With highly experienced wild couple therapists:
Jayne Johnson & Sean Turner

Date: 17th, 18th & 19th April 2026
(start 7pm Fri - finish 4pm Sun)

Venue: Thirlmere Recreation Hall, Keswick, CA124TH

Cost £450 per couple

for more details click the QR code or
Contact Sean: imago.therapy@btinternet.com



Jayne & Andrea are coming together again with their blend of creative movement & making, and their shared passion for bringing wild therapy to a wider community with this new series of workshops for 2026.



In-Between-Out

co-weaving - dreaming - journeying - transforming

7th March, 9th May, 12th September 2026

9.30am-4.30pm each day

at TCR The Hub, Barnard Castle DL12 8TD

Cost: £95 per day or £260 for 3

for bookings & queries contact

Jayne at mail@jaynejohnson.co.uk

come and join Jayne Johnson & Andrea Hobbs for one or more of these transformative soul-growth days



Come with us to this warm community venue where cosy indoor corners flow into wide open spaces by the lake, with hidden nooks & crannies - a place woven with laughter, stories, and quiet spots that invite the wind and water to join the conversation.

We invite you to these wild transformation days of shelter & sky, where you will find:

- ☉ Ritual & symbolic earth traditions
- ☉ Exploring presence through dreaming, music & movement
- ☉ Soul tending & listening through stillness
- ☉ Creative practice and journaling
- ☉ Sitting with complexity
- ☉ A sprinkle of the unexplainable &
- ☉ Optional wild swim!
- ☉ Hot drinks & a bring-&-share lunch

Each day can be experienced on its own, or together as part of a longer journey of story, body, creation, and transformation.

Weaving stories together...

we will be calling in mythical story & ancient memory 'in-between-out', through earth, water, fire & air. Join us for this series of day workshops through the elemental cycles to connect with your wild, embodied, soul-growth.

- 💧 Seal Skin - Earth & Water - 7 March
- 🔥 Snake Shedding - Earth & Fire - 9 May
- 🦅 Phoenix Rising - Fire & Air - 12 Sept

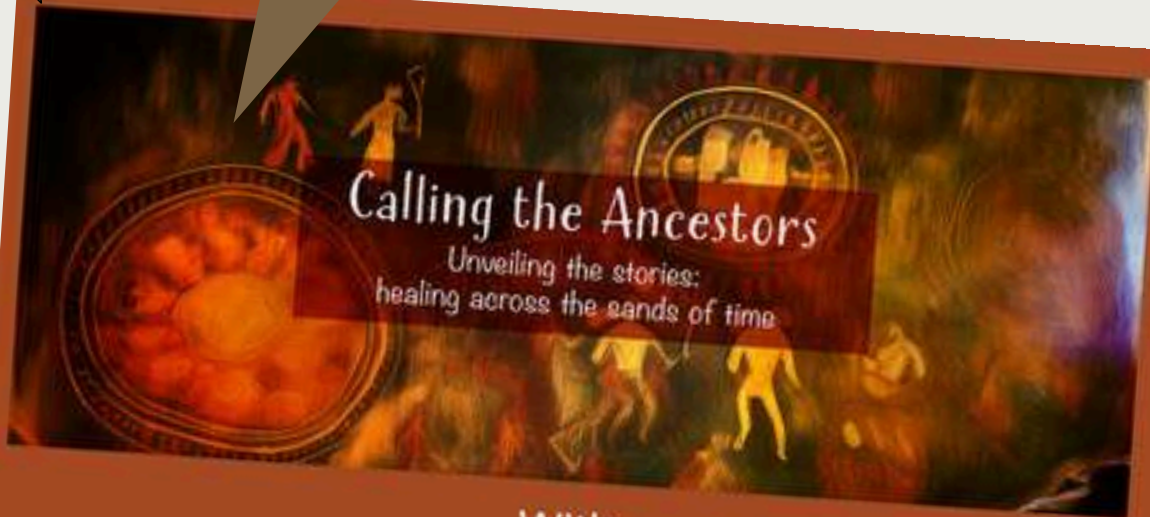


Please pay as close to our request as you can, or opt to pay a little extra to make it easier for others to join. Please ask if you need a concession or payment plan to support your arrival to this offering.

Jayne & Andrea are both locally-based wild therapists. To find out more about these days and us, scan the QR code.



Wild Therapists Jayne & Nicola are offering Calling the Ancestor retreat for the 4th time in March 2026. As a progression from this, for anyone who has completed Calling the Ancestor retreat, there is an opportunity to deepen into the exploration of Becoming an Ancestor in June 2026 (see 2nd flyer below). There are plenty of wild therapy connections through these retreats"



With
Jayne Johnson and Nicola Smalley

Friday 20th - Monday 23rd March 2026

This retreat is a unique opportunity to honour the past, connect with the present, and prepare for the future through Shamanic Journeying, Ritual, Movement, Community, Round the Fire, Ancestor & Nature Connections.

at

Rookhow, Rusland, nr Ulverston, Cumbria, LA12 8LA

Cost: £510 (super early bird before 31st Oct 2025)
Full Price £585

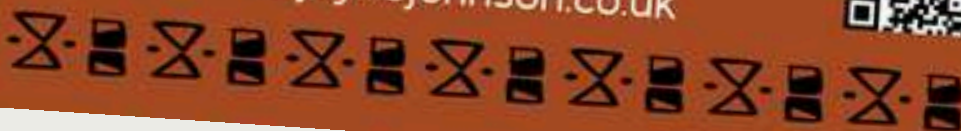
Payment instalments available

This retreat includes 3 nights accomodation and 2 meals each day

For more information click the QR code

or contact:

Jayne: mail@jaynejohnson.co.uk





Feedback from participants on previous retreats

"It felt amazing that we created such a community in such a short space of time! A safe space where people could trust to be heard and nobody giving advice!"

"Being part of our community was nourishing, nurturing, healing and safe. It was incredible. I have grown so much in confidence and strength as a result of this retreat"

"I feel so connected and loved with this group of stranger's who were only stranger's for 5 minutes then felt I knew them forever. I felt safe to speak my truth and felt heard as everyone understood as they themselves had similar experiences. I will cherish this community for the rest of my life "

"I found the weekend surprising, deeply touching, joyous and transformative"

"I loved the retreat and the work that we did, plus the healing and learning that took place. I felt that it was facilitated brilliantly and I really appreciated you holding space for us and enabling me to be taken out of my comfort zone but being held and guided in the liminal space I then found myself. I absolutely trusted yourselves as facilitators and appreciated the wisdom and safety that you brought and so freely gave. Thank you so very much... "

"Thankyou Nicola and Jayne for all you did to make the retreat happen. You both poured so much of your creativity love and intention into it. Building this kind of community is the most healing thing we can do... and it feels GOOD. Like coming home to how it should be"





Becoming The Ancestor

*Shifting patterns:
past, present and future*

With
Jayne Johnson and Nicola Smalley

Friday 26th to Monday 29th June 2026

This retreat is an invitation to those who have already begun the journey of ancestral healing to step deeper into their role within the lineage: no longer as passive inheritors, but as conscious ancestors in the making.



at

Rookhow, Rusland, nr Ulverston, Cumbria, LA12 8LA

Cost: £510 (super early bird before 23rd Jan 2026)

Full Price £585

Payment instalments available

This retreat includes 3 nights accomodation and 2 meals each day

**For more information contact:
Jayne: mail@jaynejohnson.co.uk**



Join us to explore what it means to live not just as a descendant, but as an ancestor in the making. This retreat invites you to recognise where ancestral patterns are still making choices in your life and to begin choosing differently to:

- » Explore what it means to live as if you are already an ancestor
- » Slow down and create space for what needs to come through to emerge
- » Reflect on how your everyday choices shape the legacy you are leaving
- » Weave connections between past, present, and future generations
- » Land more deeply in yourself, in your life, and in your place within the lineage
- » Gather in community to root, reimagine, and begin shaping a different future

Held in community, with ceremony, with nature, and with story, this retreat is an opportunity to root yourself in the present while shaping the future. It is the next layer of the work: not just healing what was, but becoming the ancestor who can shape what will be.



Prerequisites:

This retreat is the next step in the journey. It is **open only** to those who have already sat with us in *Calling the Ancestors*, and who feel ready to step into the deeper work of **Becoming the Ancestor**.

For more information and to register your interest contact Jayne:

mail@jaynejohnson.co.uk





more Northerly updates & goings-on
from the wide & wild community....

Wild Studies @ Bishop Auckland College ~ Lindsey Moses

The MA in Psychotherapy Studies at Bishop Auckland College (which has a module in working wildly) had its first cohort graduation at Durham Cathedral.

The programme is growing in popularity with this years new cohort being a group of 16.

In their working wildly module the group has worked in relationship with nature at Hamsterley Forest, Windlestone Scout Camp, Frog & Ferrett Nature reserve, Middlewood, at Seaton Carew beach, and in Durham City.

They have also undertaken sessions in foraging, ancestors, seasons, rituals and ceremonies, medicine walk, mask work, fire-making, shelter-making and personal development sessions in 'wild mind' as well as working alongside, or having visits from, Nick Totton, Jayne Johnson, Leonie Guest, Alison Priestman, Stephen Tame, Claire Pearl, and Steve Lewis.



Lindsey Moses - talking in the wild

I will be attending Outdoor Therapy/Nature Therapy conferences next year to promote the MA and our Wild Therapy programmes and community to a larger/wider audience - if anyone wants me to specifically take anything along to this? This is on the back of me doing my Outdoor Wilderness Therapist qualification currently.

Contact me at
lindsey.moses@bacoll.ac.uk



Jo Fowler & Lindsey have also completed their outdoor first aid training



...& I am adding to my knowledge with an Outdoor Wilderness Training course - learn about fatwood, axe skills - & using a flint & steel for firemaking! - Lindsey M





My Many Companions

Northerly goings-on contd...

- an upcoming event with Steve Lewis



Deep Cabaret has been Wild Therapist Steve Lewis' shapeshifting brand for over 20 years. 'My Many Companions' is his latest dreaming. An epic folksong to hear, an album of enchantments to download, a concertina zine to look at and an intimate, outdoor event coming live to Land near you.

Deep Cabaret has dropped to the Lower world, quested for Vision and for Soul and come back with stories to tell and songs to sing. And if that's all a bit too 'away with the fairies' for you, well he has a song about that too. These personal myths, enchantments and living prayers are recorded in 'How Terribly Strange' and his new Bandcamp release 'My Many Companions'.

My Many Companions : The Event

...is an experiment in co-promotion. Knowing he needed to share this work in nature, Steve contacted his 'wild' tribe, the people he loves and respects who love and respect the land. He asked if they knew of places that might be suitable for 10-20 people to gather for an evening of incantation and enchantment.

And so it comes to be. Music as an offering, in the intimate wild, that aims to serve the ecosystem of nature, community, and creativity. All present moving between audience, witness and congregation.

Solo authentic voice and guitar, played as only a drummer could, telling stories, straightforward and allusive, of deep questing, shamanic journeyings and mythopoetic encounters with Mystery and the Others.

Offering this set of 'enchantments' in deeply cherished wild spaces, inviting listeners back to loving the living world, is Deep Cabaret's way of sharing a highly personal, animistic response to our environmental crisis.

An offering of reciprocal attention that might just be a remarkable and unforgettable for all concerned.

Event dates 2026:

- 01/3 Ottergear Bridge, Bowland Fells, nr Lancaster.
- 15/3 Deep Dale Woods at Cat Castle, nr Barnard Castle
- 29/3 Windlestone Scout Site nr Bishop Auckland
- 10/5 Silverdale, Lancs
- 24/5 Ulverston, Cumbria



For more details contact steve@deepcabaret.co.uk



Southwinds Wild Therapy

Training & Experiences

**Update from the new Intro weekend
Acorns, Donkeys, and wild winds**

A Weekend on the Woodland Floor



This weekend marked the beginning of a significant threshold for us—a leap not only from north to south, but from one shape of the Wild Therapy training into another. Our intention in moving south was to make the training more accessible to a wider diversity of humans, and shifting to a “stitched-through-the-year” rhythm, reducing the need for long periods away from work and family. Yet with this shift comes some apprehension: can the rhythm of weekends still hold the depth and integrity that many of us cherish in the longer northern residentials? We hope that this different cadence will find its own flow, and the five-day immersion in the north still honours the deep dive into dreaming with the land at Middlewood.

This intro weekend was our first step into that unknown, carrying both the excitement of possibility and the tenderness of protecting something precious. In many ways our intentions to improve diversity worked, and we were a rich group of different bodies, ancestral histories, lived realities and therapeutic backgrounds. Most of the group had travelled from relatively nearby—London and the South East—with one participant coming from further afield.

Freshwinds itself is a working regenerative farm; they have planted 2 kilometres of wildlife-friendly hedgerows, added a pond and created 3 acres of ‘new’ woodland by planting over 1500 native trees. It is a very different feeling to Middlewood, but it is not without its wildness.



On arrival your luggage is taken down to the field by the very genteel Anne, in something akin to a golf buggy that chugs along in a leisurely manner—a far cry from the mud-slinging bounce of the quad bikes we are all used to!





Acorns, donkeys & wild winds contd...

The walk from the car park to the Woodland yurts takes you past a fairy garden and along some old gnarly trees complete with miniature dinosaurs; there may be donkeys hee-hawing with satellite-dish ears, eager to make your acquaintance.

The yurts are in a secluded wild field bordering a small stretch of ancient woodland rich in bluebells and wild anemones in spring, but this autumn the forest floor was awash with fungus and acorns. There were many encounters including oak, chestnut, alder, dragonflies, moss, robin and buzzard. A field of large horses straddles the end of the camping field, bringing snuffles and hooves to those dreaming nearby.



From the yurt and the camping area, there is a threshold to cross over into the woods—a little ditch followed by a gap in the fence with an oak and sweet chestnut holding the boundary. It proved to be a very potent place to work for some of the participants, and we hope to spend more time exploring all that is alive on this edge between the wild and the domesticated.

We also hope to run some of the dream matrices on the other side of the threshold to dream with the wild, under a canopy of trees. This time, however, the winds were so strong we'd have needed hard hats to sit under all the acorns raining down! Indeed, we really understood why the farm has the name of Freshwinds.

On the second night the wind was so strong one tent nearly blew away. The rescue was intense—quite an adventure in the dark with driving, howling gusts straight off the coast. The tent itself had set its sights on the English Channel, a great escape for a morning coffee on the French Riviera. The wind meant the fire was raging and roaring, and we sat burning our knees under a star-filled sky sharing poetry and life stories. The force of the wind and fire mirrored some of the process that emerged within the group—echoing the intensities that can arise when different ancestral lineages meet—yet all of it was met and held with great compassion and wisdom. By Sunday morning the sun and the gentle breeze were a welcome relief as we packed down and prepared to leave.





Acorns, donkeys & wild winds contd...

We are beginning to dance with the land here, to listen and be in relationship with all that is present in this community of life on the south coast. We were struck, from the very first time we went to visit, that there is longing for this connection. A longing for our ears and skin and bone to be in intimacy and wonder with all that is alive here, a longing to be met and delighted in, and a longing to be loved. We hope that as we move into ever deeper moments of connection we will find that Wild Therapy can belong here too, in this valley of the strong and wild winds that are fresh off the sea.



Words & pictures contributed by Leonie Guest.

The WT South training is being offered and facilitated by Leonie Guest and Milou Pohast.

For more information contact Leonie at leonieguest@zohomail.eu





Lucy and Andrea met at the WT training 2022/23

and formed a partnership that offers wild therapy group retreat experiences for women. They ran their first successful retreat in Devon in 2024 and are offering more starting with this one near Salisbury in 2026.

Blossoming You is for any woman who feels she's at a fork in the road, or at a threshold – because of menopause, loss, or other life-change. Perhaps seeking a space to rest into the rhythm of becoming. If this resonates deep inside your mind, heart, body and soul, then this offering is for you.

If you are interested, or have clients or friends who might be up for a residential deep-dive into the magic of the woods, please signpost them to Lucy and Andrea.

The Early Bird price of £457 ends 16th February.

Full price £487

Optional 'Gift Forward' price £507



Andrea



Lucy



wildwayretreats.com
wildwayretreats@gmail.com

Event Highlights

Nature Connection: Being still and connecting deeply with the natural surroundings, inviting a sense of inner peace and growth and entering into the liminal dream space

Holistic Activities: Engage in a variety of creative and somatic activities to bring you into connection with yourself and the support that arrives from nature, working with grief, loss, and letting go as well as opening to new possibilities.

Shared Spaces: Immerse yourself in safe, warm and comfortable spaces - the perfect setting for supportive and restorative group experiences with women who share this journey.





Heron's Beak

by Fiona Hancock

Along the shoreline as you creep
I wonder, do you hurt your beak?
When lunge and stab you miss a morsel,
then head shake you stumble forward.

If with your beak, you hit a rock
Does it come with awe and shock?
Does it scrape and scar and hurt
As with tides and shells you flirt.

Will you find a fish for tea?
For the fish, ultimate calamity
What if round sea vegetation
Appears curlew, is it agitation?

Or do you dip and pass on by
Acknowledge other with your beady eye
No need to put on airs and graces
Such magnificent hooters upon your faces!

*Inspired by Seal shore
beach, Isle of Arran at
dawn. August 2025*





Wild Therapy website news

from the Wild Webbers group

Jayne, Milou, Rachael & Andrea

Hi everyone.

So... an update on the website. What on earth is happening? Why is it taking so long? We have been asking the same questions, have felt stuck, frustrated, been pulling our hairs out at times.

The challenge has been, and still is, how to translate what wild therapy is into binary code. The website is our window to call new people in, to come work with us, to train as wild therapists, to come along to all offerings from within the community. Within our wild webber's team we came up with many ideas of how we might be able to reach people through a screen, speak to people through the undergrowth. We then put our ideas to our web developer Lisa. Thing is, we speak different languages! Our language was more round, wild, complex, creative, her language is more linear, domesticated, goal orientated. Makes sense of course and yet it took us some time to start to communicate with each other better and change the initial 'output' into something more to what we had initially dreamt up.

We are hoping that we are getting there.. soon. When it's done, it will be a better platform, with a map of practitioners, more easily accessible listings of trainings and events, space for writings and for signing up to a newsletter to wild ones out there waiting to join us at the edges.

Best Wild Love from Andrea, Milou, Rachael & Jayne



Please also remember that payment contributions towards the development & upkeep cost of the website are no longer paid to Nela Geuer, but Rachael Sharrad. If you have a standing order set up, please change. You can contact Rachael for her bank details at rachaelsharrad@gmail.com Thank you.

If you want to be included on the Wild Therapist practitioner map, please contact Rachael Sharrad.





←.....

Top of the Oakwood

by Andrea Hobbs

Oak birch holly rowan
Ash hawthorn hazel crabapple.

Trees.

Humble.

Tall, short, round

Tangled.

Sentries guarding the boundary

Old wall cleaved to trunks

Barbed wire embedded in bark

Old veterans surviving

Winds storms droughts snows.

Sheep shelters

Faithful orderly damaged

Imperfect detached whispering

Greedy half-dead stunted

Fidgeting in the wind

Silver birch tinkles

Oak like an organ all stops out

Ash like the sea

Rowan is hand bells

Hazel a Chopin sonata

Hawthorn like crickets

Crab Apple silent as death

creaking waiting biding it's time

Holly clacking, tap-tap.

Original artwork detail from 'Tree Woman' by Andrea Hobbs 2019

.....→



Wild Therapy Groups & Meet-ups

Seeds and Weeds – online general get-together

Next Seeds & weeds meet-up dates - all timings are BST UK time on zoom.

Hosted by Marina – Monday 12th January at 20.00-21.30

Hosted by Lucy – Tuesday 10th Feb 09-15-10-45

Please email to wildtherapyuk@gmail.com for details and how to join in.

Want to take a turn at hosting?

As long as you have a zoom account and can send out an invitation, you're welcome!

Wild Therapy Peer Supervision

For more information please email

contact@lucyfurniss.co.uk or miloupothasttherapy@gmail.com

Editorial and contributions

Andrea Hobbs is currently weaving the threads of this collation & circulation and is very happy for more collaboration and help, including design, technical aspects, content collation, & feedback

Inspired or challenged by something you see?

Send me something of your own!

Next Spring Equinox edition deadline 1st March 2026

The newsletter will eventually be downloadable from the new website and available for a wider audience with the aim of growing our community.

Please email Andrea at support@andreaobbs.co.uk

Anything goes so don't be shy!

If you are sending text or want us to include some blurb about your event or happening, a Word doc is best for flexible editing.

If you are sending pictures, drawings, or photos, PNG or JPEG are fine.

If you would like us to include your flyer, please do so - word docs, PNGs, and JPEGs please.

****We may have to edit down your contributions!**

Thanks to all our solstice newsletter contributors

~cover photos courtesy of Andrea Hobbs and Lucy Furniss~

Andrea x

