



**Canal &
River Trust**

Making life better by water

Canal & River Trust

Waterways Wellbeing South Leicestershire



Instagram: [Waterways_Wellbeing_Leicester](#)

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The Canal and River Trusts, Waterways Wellbeing project in South Leicestershire started in 2022 and runs in Oadby/Wigston, Blaby and Market Harborough.

Research shows that being near or on water improves wellbeing making you feel happier and healthier, whilst giving you the confidence to deal with daily challenges.

Since the project started we have organised general wellbeing walks, sensory walks, creative mobile phone photography, crafting sessions, beginners birdsong walks, narrow boat trips, birdbox building, canoeing and paddleboarding.

Our general sessions are open to over 18s and participants can be referred onto them via social prescribers, link workers, community and faith groups or through other charities. We also take self-referrals.

Bespoke activities can be organised for community groups/charities/families or for young people. (sessions can be designed to meet specific requirements)

Our waterways are making a difference to millions of lives every year. We want as many people as possible to feel the difference by making canals and rivers part of their daily lives.

To be referred onto our activities please speak to your GP, social prescriber link worker or local area co-ordinator. Alternatively you can contact your Canal & River Trust, Wellbeing Coordinator to find out more or get involved.

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