



Free activities to try across the UK

Mental health is something that should be taken seriously, but it's also important to have some fun and take a break from the stresses of everyday life. If you're looking for ways to boost your mental health without spending a lot of money, look no further! There are tons of free activities across the UK that can help you feel better. Whether you want to explore new places, meet new people, or just relax and unwind, there's something for everyone. So, what are you waiting for? Get out there and start exploring.

Formby Pine Woods, North West

This elegant trail of conifers, leading from the cobbly roads of Liverpool's Millionaires' Row to the lapping shores of the Irish sea, is a place to fully immerse in nature. One of the last places in the country to spot the elusive red squirrel – and you'll find plenty in this plush Merseyside suburb. Take the trail out to the coast, or lose yourself in its acres of woodland.

Quayside Sunday Market, North East

The Quayside Market has taken place in Newcastle every Sunday morning for almost 30 years and remains as vibrant and bustling as ever. See the best of local artists and jewellers and taste some of the best street food that the North East offers.

Stratford-upon-Avon Canals, Midlands

The shadow of Shakespeare looms large in Stratford-upon-Avon, but instead of seeing the usual tourist sights, try something a little different. Walk along the canals and experience the beauty that the Bard himself drew upon. The route takes you from the quaint town centre to the green fringes of the Forest of Arden, dotted with historic pubs and charming boathouses.



Ferens Art Gallery, Yorkshire

Often overlooked, Hull is a beautiful, welcoming city home to the Ferens Art Gallery, one of the finest art galleries in the country and free to all. It features a host of celebrated British artists, from the prolific pre-Raphaelite Sir Frederic Leighton to paintings from the Vorticists, the UK's only homegrown modernists.

Sculpture Trail in the Forest of Dean, South West

For over 35 years, visitors have flocked to the Forest of Dean to explore its Sculpture Trail, which remains as exciting and daring as ever. Follow its paths, and find breath-taking artworks crawling up trees and sloping through bushes, bringing the forest to life like few other places.

Windsor Great Park, South East

Royal Windsor feels every bit as regal as you might expect for the home of Her Majesty. Explore the grounds of Windsor Great Park that surround the castle. As parks go, few can match it for sheer drama, with towering statues, ornate lodges, and red deer, once reserved for the monarch's hunt.



Royal Opera House, Live at Lunch, London

Every Friday lunchtime, the Royal Opera House gives fans the opportunity to watch some of the world's most talented opera singers perform for free. Once the show is over, take yourself up to the opera house bar for one of the city's most beautiful viewpoints.

Electric Brae, Scotland

There are few places so sure to astound you than Electric Brae: a hill in Ayrshire where, due to the unique topography of the roads, a stationary car will look like it is being pulled upwards by some supernatural force, defying the laws of gravity.

St. Asaph, North Wales

Visiting this tiny city, the third-smallest in the entire United Kingdom, is like stepping back in time. St Asaph boasts one of the oldest cathedrals in the country and a charming old high street that you can easily spend an afternoon exploring.

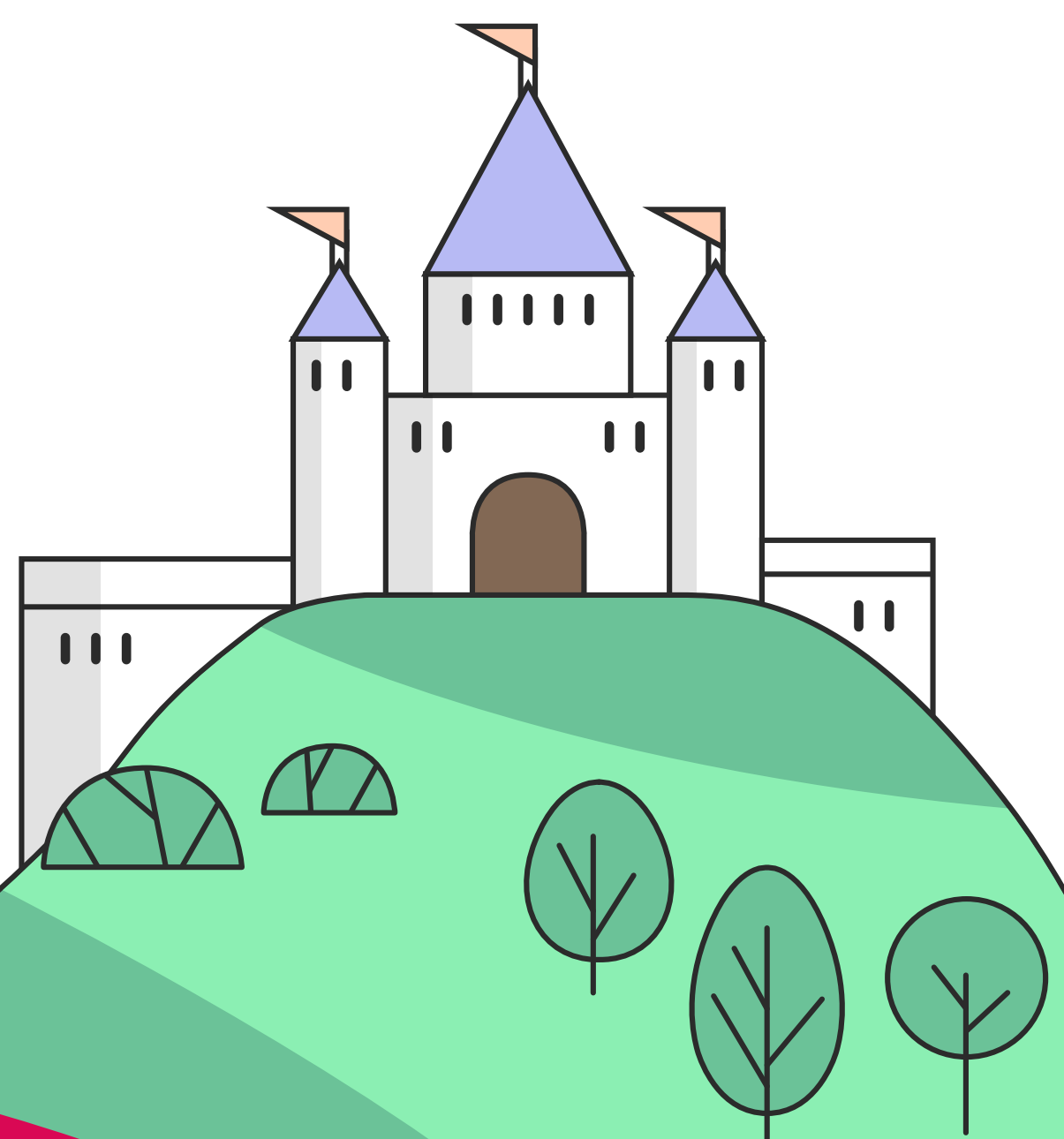


Ebbw Vale Owl Sanctuary, South Wales

The sanctuary was first for the rehabilitation and care for injured, abandoned uncared for wild owls, hawks and falcons. Stop by for a free tour where the sanctuary's passionate staff will teach you all you could ever want to learn about these beguiling birds.

Kinbane Castle, Northern Ireland

Get your hiking shoes on and visit Kinbane Castle, which is as dramatic and enchanting as any walk on the Causeway Coast, perched on the edge of the Irish Sea.



Contact us

If you're looking for a way to boost your mental health, why not try out one of the many free activities available across the UK? If you need some extra support, don't hesitate to contact the counsellors at Validium. We offer expert mental health support that can help you get your life back on track.