



## Axholme Camera Club

# Mental Wellbeing through Photography Project

1. Connect
2. Be Active
3. Take Notice
4. Learn
5. Give



## My Photo Walk

The idea of this exercise is to go on a walk of your choosing, either alone or with friends. While on the walk aim to take 10 photos which show the essence of your walk.

Try and take the images at regular intervals, for example, at regular distances or time intervals.

Take your time to appreciate what is around you. Include images of wildlife (animals, plants, trees, etc), views, buildings, or anything else that draws your interest.

Once you have finished up load your images to [AxholmeCC Mental Wellbeing Facebook Page](#) with comments added to your images. In the MEDIA section create an ALBUM and upload your images. If you wish, add some comments about your images and walk.

### AxholmeCC Mental Wellbeing

[AxholmeCC Mental Wellbeing | Facebook](#)

If you are not familiar with walks in your area, then please visit Walking Escapes – North Lincolnshire

[Walking Escapes | Visit North Lincolnshire](#) where you will find details of a variety of walks to suit all abilities.

Finally, please enjoy and comment of other people's uploaded images – be kind!