

THE WEST OF ENGLAND
HEALTHIER
WITH NATURE
DIRECTORY

HEALTHIER WITH NATURE



Connecting with nature can enhance mental and physical health, increase social connections and foster our sense of purpose and belonging.

In the West of England, we are lucky to have a wealth of nature-rich spaces, from urban community gardens to majestic woodlands.

This directory provides information about projects that support people to connect with nature through activities such as food growing, arts, conservation, walking, swimming and nature-based therapies, all rooted in communities.



West of England Nature Partnership
Joining up the dots for nature

To request this booklet in an alternative format, please email bnssg.mh.greensp@nhs.net

To help you identify a project that best suits your needs we have separated them into the following types:



An opportunity to positively engage with nature, which is suitable for everybody. Provides a supportive environment where people can gain benefit from connecting with nature and others.



Nature-based opportunities delivered by a trained practitioner. Suitable for those who would benefit from specialist support and more focus on their health and wellbeing.

Some groups run courses and others you can join anytime or drop-in. For all types, we recommend contacting them in advance to let them know you are attending.

If you are referring or supporting someone else to attend a group, we suggest you contact the organisation directly to build your own connections and check suitability.

Many of the projects are held in various outdoors spaces with differing levels of accessibility. If you have specific accessibility requirements, we suggest you discuss these in advance with the provider.

This booklet has been produced by the West of England Nature Partnership and 'Healthier with Nature', the green social prescribing network for Bristol, North Somerset and South Gloucestershire Integrated Care System.

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www.carbonbalancedprint.com
CIP2240



Illustrations in this booklet are by Persephone Coelho (www.persephone-coelho.com) with graphic design by Sarah Lou Studio (www.sarahloustudio.co.uk).

KEY TO ICONS

The symbols provide an overview of each provider's accessibility and facilities. Please contact individual providers directly for full details of the activities and services currently on offer.

COST



FREE



FEE

ACCESSIBILITY



WHEELCHAIR ACCESSIBLE



ACCESSIBLE TOILETS



DEMENTIA FRIENDLY



CHANGING PLACES TOILET



VISUALLY IMPAIRED FRIENDLY



BRITISH SIGN LANGUAGE

TRANSPORT



NEAR BUS ROUTES



CAR PARKING



BIKE PARK



TRANSPORT PROVIDED



BLUE BADGE PARKING

FACILITIES



TOILETS



SHELTER



CAFÉ



REFRESHMENTS

LISTINGS BY LOCALITY

The organisations included in this guide are listed alphabetically and colour-coded by locality.



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BATH AND NORTH EAST SOMERSET



BEE WELL WITH ASHLEY COMMUNITY HOUSING

ASHLEY COMMUNITY HOUSING (ACH)

ACH delivers a range of well-being activities for its tenants and the wider refugee and migrant community. We aim to support integration and nature connection through activities such as foraging, hiking, picnics and sports days in the surrounding local parks. **Contact for more details.**



- 📍 Various locations in Bath
- 🌐 www.ach.org.uk
- ✉ jah.caballero@ach.org.uk
- ☎ 07398 230469

ECOWILD WELLBEING

ECOWILD

We run several courses for adult wellbeing including: Mind, Move Create: A 6 week programme of mindfulness, stretching and creative practices to build awareness and connectedness as part of nature; NatureWell: A 6 week programme based on pathways to nature connectedness; Men's Woodland Project; Nature, Craft, Connection; Willow Basketry for Wellbeing and Deep relaxation with Yoga Nidra. **Book a course. Contact for more details on accessibility and facilities.**



- 📍 Bath, Chew Magna and Radstock
- 🌐 www.ecowild.org.uk
- ✉ emily@ecowild.org.uk
- ☎ 07812 155659
- 🗣 French, Spanish, Punjabi, Urdu.

GROWING WELLBEING: RESTORING PEOPLE AND PLACE

THE COMMUNITY FARM

Growing Wellbeing courses are run at The Community Farm, a not-for-profit organic vegetable farm overlooking the Chew Valley Lake. We aim to grow community as much as we grow nourishing food. Our courses are designed for people facing mild to moderate mental health challenges. Further ongoing volunteering opportunities are also available. Grow and Make - 12-14 week therapeutic horticulture course Wednesdays, 10am-3pm. Wild Steps - 6 week therapeutic conservation course, Thursdays 11am-3pm. Lakeside Wellbeing (run by EcoWild) - 6 week mindfulness and movement course, Mondays 10am-3pm. **Book a course.**



GREENLINKS

BATH MIND

At Greenlinks, we focus on welcoming people who are experiencing mental or physical health problems. We have two beautiful gardens where we offer people the opportunity to connect with nature, garden, grow food, have access to fresh produce and to socialise and improve general health and wellbeing. **Tuesdays 11.30am-2.30pm and Thursdays 10am-1pm Monksdale Road. Wednesdays 10.30am-1pm Ammerdown. Book a course. £2 donation.**



- 📍 Monksdale Road BA2 2JD Ammerdown House BA3 5SW
- 🌐 www.bathmind.org.uk
- ✉ greenlinks@bathmind.org.uk
- ☎ 07946 233146 / 07399 297690
- 🗣 German



- 📍 The Community Farm BS40 5SZ
- 🌐 www.thecommunityfarm.co.uk/wellbeing
- ✉ daisy@thecommunityfarm.co.uk
- ☎ 07878 925567



"The course has really enabled me to truly be in the moment, to focus on my senses rather than being overwhelmed by a constant stream of thoughts"

ROOTS TO HEALTH

BATH CITY FARM

Roots to health: supports people with mental health difficulties to volunteer in nature, reduce isolation, learn new skills and add structure and routine into their day. Volunteers can choose between gardening, animal care or food prep and cooking (with a shared lunch to be enjoyed). Natural Pathways: a nature connection programme to support people with mild anxiety, depression and isolation. Roots to Work: supports people in long term unemployment to gain skills to get back into the work place. **Mondays and Wednesday 10am-3pm. Join anytime.**



-  Bath City Farm BA2 1NW
-  www.bathcityfarm.org.uk
-  sarah.davies@bathcityfarm.org.uk
-  01225 481269

ROOTS TO WELLBEING

YOUR PARK BRISTOL AND BATH

Roots to Wellbeing is a weekly health and wellbeing support group held in parks. We are a peer support group, helping people connect with nature and socialise with others. You can take part in mindful gardening, nature craft activities and we always finish with a short meditation. Open to all people over 18+ yrs. We offer free lunch and transport to and from site. **Tuesdays 12.30-2.30pm. Join anytime.**



-  Brickfields Park BA2
-  yourpark.org.uk/rootstowellbeing
-  roots@yourpark.org.uk
-  07521 754556

SOCIAL AND THERAPEUTIC HORTICULTURE

ROOT CONNECTIONS CIC

Volunteer Land Days offer social and therapeutic gardening sessions with our practitioners. We work in about 2 acres, sell veg boxes, cut flowers and host events. Our primary participants are our hostel residents, who have been homeless or rough sleeping. Anyone is welcome to join and we can accept referrals for people with more complex support needs. **Contact for more details.**



-  Manor Farm BA3 4QP
-  www.rootconnections.co.uk
-  sue.crossbourton@rootconnections.co.uk
-  07891 298360
-  Polish



WELLBEING WALKS AND CONSERVATION VOLUNTEERING

BATHSCAPE

Wellbeing Walks are gentle walks of up to an hour, covering 1 or 2 miles in central Bath. Aimed at people wishing to improve their physical or mental health and take some exercise in a friendly group. **Monday-Friday mornings. Join anytime.** Conservation Volunteering is aimed at anyone who wants to take exercise outdoors, be in nature and learn new skills. **Tuesdays and Wednesdays. Join anytime.**



-  Various locations in Bath
-  www.bathscape.co.uk
-  info@bathscape.co.uk
-  07816 641745



SOCIAL AND THERAPEUTIC GARDENING

GROW FOR LIFE

We help to look after beautiful gardens and greenhouses in and around Bath by running sessions led by friendly and experienced horticulturists and mentor volunteers. We run 3 sessions a week: Wednesdays 1-4pm: various private gardens in and around Bath, Thursdays 10:30am-1:30pm: at our walled garden on the outskirts of Bath where we plant and grow vegetables and share in the resulting harvest! Saturdays 10am-1pm: at a school in Odd Down where we plant and maintain a vegetable garden to provide produce for a Community Pantry. **Book a course.**








-  The Walled Garden BA2 9PZ
-  St Martin's Garden School BA2 2UN
-  www.growforlife.org.uk
-  info@growforlife.org.uk
-  07729 906223

WHYOUTDOORS AND WHYGROW

WE HEAR YOU

WHYOutdoors is a therapeutic, six week nature connection course for people living with or beyond cancer. **Wednesdays and Thursdays. Book a course.** WHYgrow is a monthly therapeutic gardening group for those bereaved by cancer or life threatening conditions. **Monthly on Tuesdays 10am - 12.30pm. Contact for more details.**



-  WHYOutdoors - various locations in Bath, Frome and surrounding areas.
-  WHYgrow - BA113PN
-  www.wehearyou.org.uk/whyoutdoors/
-  info@wehearyou.org.uk
-  01373 455255 / 01373 813103

BRISTOL - INNER CITY AND EAST



ADULT VOLUNTEERING

ST WERBURGHS CITY FARM

At St Werburghs City Farm we offer a range of volunteer and wellbeing opportunities that enable people to spend time in a green space, meet new people, navigate mental health difficulties or life challenges, learn new skills or get work experience.

Join anytime. Mondays - Cooking for wellbeing 11:30-2:30pm, Wednesdays - Landscaping & Conservation for Wellbeing 11-3pm, Animal Care for Wellbeing 10-2:30pm & 2-4.30pm, Gardening for Wellbeing 10:30-12.30pm.



- 📍 St Werburghs City Farm BS2 9YJ
- 🌐 www.swcityfarm.co.uk/programmes/adults-volunteering
- ✉ volunteers@swcityfarm.co.uk
- ☎ 01179 428241
- 🗣 Spanish, Italian, German, Scandinavian, Lithuanian and French

ACTIVETALK

ACTIVE BEING

We provide 1:1 mental wellbeing coaching for women, walking in local green areas with a direct focus on nature. We provide a safe non-judgemental space to talk and be heard, exploring strategies to improve mental wellbeing and developing simple Cognitive Behavioural Therapy and breathing tools. **Weekly or fortnightly 1:1 sessions for 8 weeks. Contact for more details.**



- 📍 Various locations in Inner City East Bristol
- 🌐 www.activebeing.co.uk
- ✉ charliehh@activebeing.co.uk
- ☎ 07764 744609



ALIVE WELLSPRING SETTLEMENT COMMUNITY GARDENING GROUP

ALIVE ACTIVITIES

In partnership with the Wellspring Settlement, Alive run an inclusive community garden project based in the centre of Bristol in Barton Hill. The group is led by a facilitator, with a team of trained volunteers. Together we grow vegetables, fruit and flowers and share green craft activities together. We end each session with tea and cake. **Thursdays 1.30-3.30pm. Join anytime.**



- 📍 Wellspring Settlement BS5 0AX
- 🌐 aliveactivities.org/what-we-do/services/alive-gardening/wellspring-settlement
- ✉ abi@aliveactivities.org
- ☎ 07379 498764

BARTON HILL ACTIVITY CLUB

BARTON HILL ACTIVITY CLUB

Barton Hill Activity club is the voice of Barton Hill community, the club aims to help improve quality of life by providing residents with support and activities. We offer a range of activities for all ages including football, nordic walking and after school social activities for families. **Thursdays and Fridays. Join anytime.**



- 📍 Barton Hill Urban Park BS5 9XE and Netham Park BS5 9RX
- 🌐 www.bartonhillactivityclub.org
- ✉ bactivityclub@gmail.com
- ☎ 07914 768023
- 🗣 Somali and Arabic

BEE WELL WITH ASHLEY COMMUNITY HOUSING

ASHLEY COMMUNITY HOUSING (ACH)

ACH delivers a range of well-being activities for its tenants and the wider refugee and migrant community. We aim to support integration and nature connection through activities such as foraging, hiking, picnics and sports days in the surrounding local parks. **Contact for more details.**








- 📍 Various locations in Inner City East Bristol
- 🌐 www.ach.org.uk
- ✉ jah.caballero@ach.org.uk
- ☎ 07398 230469

CONNECTING TO NATURE 

BRISTOL HORN YOUTH CONCERN

We work with people of East African heritage, bringing together local people from all walks of life, and helping them make a positive connection with nature. We offer a walking group for women to explore nature and learn how nature can influence our everyday lives. **Fridays 10am-12pm. Contact for more details.**



-  Bristol Central Quaker Meeting House BS2 9DB
-  Facebook: Bristol Horn Youth Concern
-  hornyouthconcern@hotmail.co.uk
-  07557 510546
-  Somali and Arabic

FELIX ROAD ADVENTURE PLAYGROUND 

EASTSIDE COMMUNITY TRUST

Felix Road is a green oasis for children and families in the heart of Easton. Open 6 days a week after school, weekends and holidays, Felix Road is not only a great play space but is also a community garden. **Monday - Friday, 3.30-5.30pm (term time) 12.30-5pm (school holidays). Sundays. 1-5.30pm. Join anytime.**



-  Felix Road Adventure Playground BS5 0JW
-  eastsidecommunitytrust.org.uk
-  tom@upourstreet.org.uk
-  01179 541409
-  Somali and Urdu

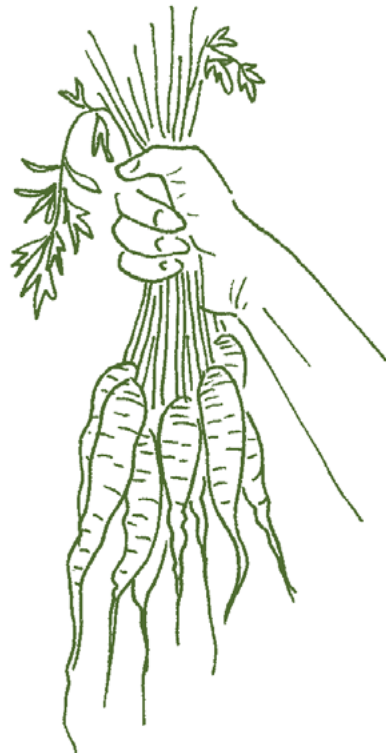
FRESH AIR THURSDAYS  

THE BIRCH COLLECTIVE CIC

A land-skills and nature-based wellbeing group for 16-25s. Suitable for those with low-moderate mental health difficulties. Activities include; craft, horticultural therapy, natural building, cookery, foraging and stress reduction techniques. **Thursdays 1-5pm. Join anytime.**



-  Strawberry Lane Community Garden BS5
-  www.thebirchcollective.co.uk
-  amy@thebirchcollective.co.uk
-  07871 843893 / 07936 784637



GREENSPACE PROJECT 

BRISTOL MIND

Our project aims to improve mental wellbeing by connecting refugees and asylum seekers to greenspaces within a community group setting. The sessions, set in St Werburghs City Farm, provide the opportunity to learn English, make new friends, share and learn cookery skills as well as exploring and walking in greenspaces around Bristol. We also focus on signposting our participants on to other charities and relevant services available to them locally. **Wednesdays 11am-2pm. Book a course.**



-  St Werburghs City Farm BS2 9YJ
-  bristolmind.org.uk
-  jessica.beeston@britolmind.org.uk
-  07932 632569
-  Arabic



Hillfields Community Garden

GARDENING FOR WELLBEING AND WILD WOMEN 

HILLFIELDS COMMUNITY GARDEN

Gardening for Wellbeing is for adults who feel that gardening, nature connection, creative activities and learning relaxation techniques would support their mental health/feelings of isolation.

Various weekly groups. Join anytime.

Wild Women is a monthly group for women with a focus on nature connection and well-being, edible plants and relaxation in a natural environment. **Monthly Wednesday evenings. Join anytime.**



-  Hillfields Community Garden BS16 4EP
-  Facebook: Hillfields Community Garden
-  hillfieldscommunitygarden@gmail.com
-  07709 053290



Bristol Horn Youth Concern

IMPACT 

IMPACT GROUNDWORK SOUTH

IMPACT (Integrating Migrant People through Activities to Connect and Thrive) is a holistic programme working to support refugees and non-EU migrants settle, connect with and thrive into their communities in Bristol. The programme aims to provide a relaxed and friendly environment to support refugees and non-EU migrants in Bristol. We have sessions available throughout the week including community-based activities, English classes and employment support. **Contact for more details.**



-  Various locations in Bristol
-  www.groundwork.org.uk/projects/impact-bristol
-  anne.conde@groundwork.org.uk
-  07734 605303
-  Cantonese, Arabic, Russian, Spanish

NORDIC WALKING 
WELLNESS PROGRAMME

LET'S WALK BRISTOL CIC

We use the combination of Nordic walking and nature connection activities to support people's mental and physical health. Nordic walking is a fun, easy group outdoor activity based on regular walking. Our classes are led by qualified instructors and are suitable for most fitness levels. We prioritise people who are visibly minority ethnic. **Tuesdays 10-11am St George Park, Wednesdays and Fridays 10-11am Eastville Park. Join anytime.**



-  Eastville Park BS5 6QL
St George Park BS5 7AW
-  www.letswalkbristol.org
-  subitha@letswalkbristol.org
-  07721 711687
-  Hindi, Urdu, Punjabi, Mandarin, Cantonese, Somali, French and German



Let's Walk Bristol CIC
Photo credit: Paul Blakemore



"I feel SO much better in so many ways- emotionally and physically and this has given me a new lease of life."

ROLL AND STROLL 

BRISTOL DISABILITY EQUALITY FORUM

Accessible walks for Disabled people and their carers led by Disabled people. One walk is for those who need frequent rests throughout the walk (including self-propellers) and the other walk is for those who don't need lots of rests and can go over grass and/or un-tarmacked surfaces. You are welcome to join whichever walks are suitable for you. **Book in advance.**



-  Various locations in Bristol
-  www.bristoldef.org.uk
-  bristoldef@gmail.com
-  07552 680678

ROOTS TO WELLBEING  

YOUR PARK BRISTOL AND BATH

Roots to Wellbeing is a health and wellbeing support group in parks for those struggling with low mood and/or loneliness to help people connect with nature and socialise with others. We are a peer support group where you can take part in mindful gardening and nature craft activities, and we always finish with a short meditation. Open to all people over 18+ yrs and any people who support them. We offer free lunch and transport to and from site. **Wednesdays 1-4pm. Join anytime.**






-  Eastville Park BS5 6XA
-  yourpark.org.uk/rootstowellbeing
-  roots@yourpark.org.uk
-  07510 659215

SOUL TRAIL WELLBEING  

SOUL TRAIL WELLBEING

We offer nature-based activities and walking groups for people who want to improve their wellbeing or currently have mental ill health. **Contact for more details.**



-  Various locations in Inner City Bristol
-  www.soultrailwellbeing.com
-  info@soultrailwellbeing.com

STAY CONNECT, STAY ACTIVE



BRISTOL SOMALI YOUTH VOICE

The programme works with disadvantaged young people and adults from deprived areas who are underrepresented in nature and disproportionately affected by the challenges of deprivation, poverty and housing inequality. We offer different outdoor activities such as walking, jogging and group activities in Netham Park and Eastville Park. **Thursdays, 12-2pm. Join anytime.**



- 📍 Eastville Park BS5 6XA
Netham Park BS5 9RX
- 🌐 www.bristol-youthvoice.com
- ✉ bristolsomaliyouthvoice@hotmail.com
- ☎ 07576 738583
- 🇸🇴 Somali and Arabic

WALK AND TALK



CHANGES BRISTOL

Walk and Talk is a weekly opportunity for people to take a leisurely stroll around a local park/area and connect with others. These groups are for anyone 18+ struggling with their mental health. **Wednesdays 10-11am and 11.30am-12.30pm. Join anytime.**



- 📍 Various locations in Bristol
- 🌐 www.changesbristol.org.uk
- ✉ info@changesbristol.org.uk
- ☎ 01179 411123



Changes Bristol

WALK AND TALK FOR UNPAID CARERS



CARERS SUPPORT CENTRE

Our 'walk and talk' sessions aim to improve carers' health and wellbeing through gentle exercise, being outside in nature and connecting with other carers. The groups take place over 6 weeks for carers aged 16+ in a green space within their community. There are different groups: some for carers on their own; some for carers with the person they care for; and some for young adult carers. **Book a course.**



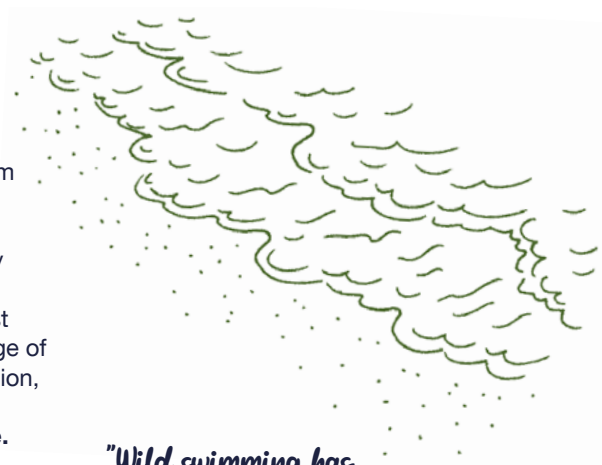
- 📍 Various locations in Inner City East Bristol
- 🌐 www.carerssupportcentre.org.uk/welcome-to-walk-and-talk
- ✉ walk@carerssupportcentre.org.uk
- ☎ 07742 291073

WILD SWIMMING AND WELLBEING



OPEN MINDS ACTIVE

We use wild swimming as a tool to promote social connection, positive mental health and wellbeing. Our team run wild swimming programmes for people in inner city Bristol, who live in very urban communities, and rarely have the opportunity to access green spaces let alone wild swimming. Most participants are struggling with a range of challenges including anxiety, depression, chronic pain and social isolation. **Thursday mornings. Book a course.**



- 📍 West Country Water Park BS36 1RY
- 🌐 www.openmindsactive.org
- ✉ referrals@openmindsactive.org
- ☎ 07940 026939
- 🇩🇪 German, Italian and Arabic

"Wild swimming has helped significantly reduce the quantity and intensity of suicidal thoughts I was having."



Open Minds Active

BRISTOL - NORTH AND WEST



AVON GORGE AND DOWNS WILDLIFE PROJECT

AVON GORGE AND DOWNS WILDLIFE PROJECT

Our walks, workshops, activities and sessions are designed to engage the general public and educational establishments with the plant and animal wildlife of the Avon Gorge and Downs in a positive and beneficial green environment. The purpose is to help people understand their part in the natural world, join with other likeminded people and provide wellbeing to attendees. **Book a course.**



Avon Gorge and Downs BS8 3HA
www.avongorge.org.uk
astevens@bristolzoo.org.uk
 01179 030609

ACTIVETALK

ACTIVE BEING

We provide 1:1 mental wellbeing coaching for women, walking in local green areas with a direct focus on nature. We provide a safe non-judgemental space to talk and be heard, exploring strategies to improve mental wellbeing and developing simple Cognitive Behavioural Therapy and breathing tools. **Weekly or fortnightly 1:1 sessions for 8 weeks. Contact for more details.**



Various locations in North West Bristol
www.activebeing.co.uk
charliehh@activebeing.co.uk
 07764 744609

DEMENTIA-FRIENDLY COMMUNITY ALLOTMENT

ALIVE ACTIVITIES

We offer dementia-friendly gardening and green craft activities at our purpose-built, fully accessible allotment in Brentry. Our allotment is a peaceful sanctuary away from the hurley-burley where people can connect with nature and enjoy the social side of gardening around shared activity, tea and cake. We have a trained team of volunteers join us for each session. The sessions are as beneficial for carers as participants, all of whom are welcome to join us. **Mondays and Tuesdays 1.30-3.30pm. Join anytime.**



Charlton Road Allotment BS10 6JZ
aliveactivities.org/dementia-friendly-allotment-community-sessions
guy@aliveactivities.org
 07423 719088



HENLEAZE LAKE - SOCIAL PRESCRIBING GROUP

SOUTHMEAD DEVELOPMENT TRUST

Access time in nature at Henleaze Swimming Club for swimmers and non-swimmers. This is a closed group for social prescribing participants in participating North Bristol practices, delivered by Southmead Development Trust in partnership with Henleaze Swimming Club. The group usually runs between May and September. Participants can access one session per week on an ad-hoc basis throughout the season.



Henleaze Swimming Club BS10 5HG
www.southmead.org
info@southmead.org
 01179 503335

NURTUREWILD

NURTUREWILD

We run wellbeing education workshops integrating nature connection, mindfulness and crafts with natural materials. Our workshops are run outdoors when possible. **Contact for more details.**



Blaise Castle Dairy Garden BS10 7QS
www.instagram.com/nurture_wild/
hello@nurturewild.org
 07774 700301
 Spanish and Portuguese

PARKOUR FOR MENTAL HEALTH

FREE YOUR INSTINCT

Free Your Instinct offer parkour to support people's mental health and help redefine their relationship with their environment, linking to the psychological benefits of nature based physical activity. **Book a course. Contact for more details.**



 Greenway Centre BS10 5PY
 www.freeyourinstinct.org
 info@freeyourinstinct.org
 07731 971851



SOUTHMEAD EXPLORERS

SOUTHMEAD DEVELOPMENT TRUST

Southmead Explorers is a wellbeing forest school for children aged 7 - 12 years, delivered in Badock's Wood, by Southmead Development Trust (SDT) and Mud Pie Explorers. The group is for children with social, emotional and mental health needs who have accessed 1:1 Social Prescribing support from SDT. Through accessing their local green space, children can build confidence and learn about nature as a tool in emotional resilience. **Thursdays 4-6pm term time. Referrals via SDT Social Prescribing Link Workers.**



 Greenway Centre BS10 5PY
 www.southmead.org
 vickywall@southmead.org
 07951 824619



SOUTHMEAD HOSPITAL ALLOTMENT - SOCIAL PRESCRIBING GROUP

SOUTHMEAD DEVELOPMENT TRUST

Weekly gardening group at the Southmead Hospital allotment for social prescribing participants via the Southmead Development Trust. An opportunity to grow food, meet others and spend time in nature.







 Southmead Hospital Allotment BS10 5NB
 www.southmead.org
 info@southmead.org
 01179 503335

WALK AND TALK FOR UNPAID CARERS

CARERS SUPPORT CENTRE

Our 'walk and talk' sessions aim to improve carers' health and wellbeing through gentle exercise, being outside in nature and connecting with other carers. The groups take place over 6 weeks for carers aged 16+ in a green space within their community. There are different groups: some for carers on their own; some for carers with the person they care for; and some for young adult carers. **Book a course.**



 Various locations in North West Bristol
 www.carerssupportcentre.org.uk/welcome-to-walk-and-talk/
 walk@carerssupportcentre.org.uk
 07742 291073



WALKING GROUP

MFCH CIC-HORFIELD STROLLERS

We offer 2-3 mile walks in Horfield and further afield, all ages and abilities welcome. **Every other Tuesday 10am. Join anytime.**



 Horfield, Lockleaze and further afield.
 anna@agtrans.co.uk
 07851 430080

WOODLAND WELLBEING

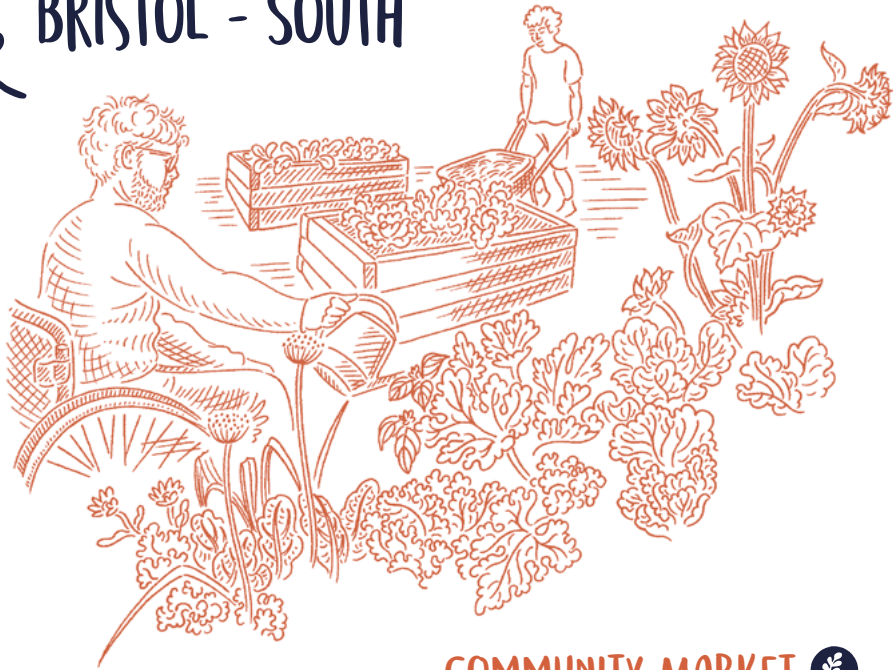
FOREST OF AVON

Woodland Wellbeing is an opportunity for people with dementia and those who support them, to enjoy time together in the relaxing environment of a local woodland. We offer short walks, foraging, art or crafts or simply listening to the birds. **Thursdays fortnightly 10.30-12.30. Join anytime.**



 Kingsweston Estate BS11 0UR
 www.forestofavontrust.org
 rachel.tomlinson@forestofavontrust.org or helen.gray@forestofavontrust.org
 07375 842730 / 07443 554049

BRISTOL - SOUTH



ACTIVETALK



ACTIVE BEING

We provide 1:1 mental wellbeing coaching for women, walking in local green areas with a direct focus on nature. We provide a safe non-judgemental space to talk and be heard, exploring strategies to improve mental wellbeing and developing simple Cognitive Behavioural Therapy and breathing tools. **Weekly or fortnightly 1:1 sessions for 8 weeks. Contact for more details.**



- 📍 Various locations in South Bristol
- 🌐 www.activebeing.co.uk
- ✉ charliehh@activebeing.co.uk
- ☎ 07764 744609

COMMUNITY MARKET GARDEN VOLUNTEERING



LUSH GREENS

We host a volunteer day at Lush Greens community market garden. Activities include sowing seeds, transplanting, weeding, hoeing, watering, site maintenance and more. Snacks and lunch will be provided. It is suitable for people looking to spend time outside with others, helping to grow seasonal vegetables. **Thursdays 9am-4pm. Join anytime.**



- 📍 Lush Greens BS14 0ST
- 🌐 www.lushgreensbristol.org.uk
- ✉ lushgreensbristol@gmail.com
- ☎ 07774 911836

HARTCLIFFE CITY FARM AND WINDMILL HILL CITY FARM



HARTCLIFFE CITY FARM AND WINDMILL HILL CITY FARM

An opportunity to get involved with animal care or gardening in a supportive and friendly group. We welcome volunteers experiencing a range of mental health challenges or who want to improve their general wellbeing. **Wednesdays and Thursdays - Hartcliffe City Farm, Mondays, Wednesdays and Thursdays - Windmill City Farm. Join anytime.**



- 📍 Hartcliffe City Farm BS13 0QH
Windmill Hill City Farm BS3 4EA
- 🌐 www.hartcliffecityfarm.org.uk
www.windmillhillcityfarm.org.uk
- ✉ sara.chapple@windmillhillcityfarm.org.uk
- ☎ 01179 471194



"Being in nature helps me put everything into perspective, the sun will always rise no matter what's happening for me"



KNOWLE WEST HEALTH WALKS



KNOWLE WEST HEALTH PARK COMPANY

We host four different walking groups for people of varying levels of ability, mobility or fitness. Some of the benefits of joining a walking group include meeting other people from around south Bristol, exploring parks and green spaces with others in a safe way, fun exercise with others to keep you motivated...not to mention the health benefits of walking, which include reducing the risk of heart disease, high blood pressure, depression and anxiety. **Mondays, Tuesdays, Wednesdays and Thursdays. Join anytime.**



- 📍 Knowle West Health Park BS4 1WH
- 🌐 www.knowlewesthealthpark.co.uk
- ✉ info@knowlewesthealthpark.co.uk
- ☎ 07739 649844



Your Park Bristol and Bath

ROOTS TO WELLBEING

YOUR PARK BRISTOL AND BATH

Roots to Wellbeing is a health and wellbeing support group in parks for those struggling with low mood and/or loneliness to help people connect with nature and socialise with others. We are a peer support group where you can take part in mindful gardening and nature craft activities, and we always finish with a short meditation. Open to all people over 18+ yrs and any people who support them. We offer free lunch and transport to and from site. **Tuesdays 1-4pm Withywood Park, Wednesdays 1-4pm Stockwood Open Space, Thursdays 10am-1pm Hartcliffe Millennium Green. Join anytime.**



 Hartcliffe Millennium Green BS13 0BQ
Stockwood Open Space BS14 8DQ
Withywood Park BS13 8PL

 yourpark.org.uk/rootstowellbeing
 roots@yourpark.org.uk
 07510 659215






"Being outside in the natural world is helping me cope with some of my stresses as I discover the healing powers of art and nature in a safe and caring environment."

4TOUTDOORS

4TOUTDOORS

We offer tailored sessions with an occupational therapy approach, including social gardening, nature-based crafts and outdoor cooking activities to increase connection with the land, and support wellbeing. We also work in partnership with local farms to complete land-based tasks to improve confidence and skill acquisition such as planting, weeding, watering and other working farm tasks. **Contact for more details.**



 Various locations in South Bristol
 4totoutdoors@gmail.com
 07957 736114

WALK AND TALK FOR UNPAID CARERS

CARERS SUPPORT CENTRE

Our 'walk and talk' sessions aim to improve carers' health and wellbeing through gentle exercise, being outside in nature and connecting with other carers. The groups take place over 6 weeks for carers aged 16+ in a green space within their community. There are different groups: some for carers on their own; some for carers with the person they care for; and some for young adult carers. **Book a course.**



 Various locations in South Bristol
 www.carerssupportcentre.org.uk/welcome-to-walk-and-talk/
 walk@carerssupportcentre.org.uk
 07742 291073



Redcatch Community Garden



Redcatch Community Garden

WELLBEING IN THE GARDEN

REDCATCH COMMUNITY GARDEN

Come to our free weekly gardening group to support your well-being, enable you to meet people and enjoy being outdoors. **Thursday 10.30am-12pm. Join anytime.**



 Redcatch Community Garden BS4 2RD
 www.redcatchcommunitygarden.com
 heather@redcatchcg.com
 07858 630507

NORTH SOMERSET



COLERIDGE ROAD CARERS GROWING TOGETHER PROJECT



ALLIANCE HOMES

An allotment project offering nature-based activities for Young and Adult Carers at Coleridge Road Allotment. All activities will support carers to learn new skills and knowledge whilst building friendships, improving mental wellbeing and confidence in a beautiful and engaging allotment environment. **Book a course. Contact for more details.**



📍 Coleridge Road BS23 3UJ
 🌐 www.alliancehomes.org.uk
 ✉ carersupport@alliancehomes.org.uk
 ☎ 03000 120120

CREATE TOGETHER WITH NATURE



CREATE TOGETHER

We offer nature-based creative arts and crafts courses to support positive health and wellbeing. Our 10 week courses provide a safe space for people to connect and have fun with others, outside in nature. **Fridays 1:30-3pm (future courses may vary). Book a course.**



📍 Coleridge Road BS23 3UJ
 📍 Great Rhyne Community Garden BS23 3UR
 ✉ createtogether1@hotmail.com
 ☎ 07719 439920

GROW FERAL: OPEN RETURN GARDENS



GROW FERAL CIC

A scrap of land on platform 2 of Weston-Super-Mare train station has been turned into a community garden and growing space. Weekly sessions to learn how to grow food (and take it away with you), help maintain and develop the garden space and create a diverse natural habitat for all to enjoy and benefit from. **Wednesdays 10am-3pm. Contact in advance.**



📍 Weston-Super-Mare train station BS23 1XY
 🌐 www.growferal.co.uk
 ✉ growferalprojects@gmail.com
 ☎ 07990 823874



Grow Feral CIC
 Photo credit: Paul Blakemore



"Fresh air always helps me feel better and being outside improves my mood"

GROWING TOGETHER



ALLIANCE HOMES

Join our Community Gardening Team for friendly sessions where you can get your fresh-air fix, share skills, and take home your "own grown" fresh veggies, fruits and flowers every session. We run sessions at three sites in Weston where you can come along and join in with some relaxed friendly gardening. Our sessions welcome everyone, whether you've got 10 green fingers or you've never put on gardening gloves! **Mondays 1-3pm, Tuesdays 10am-1pm, Thursdays 10am-1pm and 2-4.30pm. Join anytime.**



📍 Coleridge Road Community Gardens BS23 3UJ, Great Rhyne Community Garden BS23 3UR, Lonsdale Ave BS23 3SQ
 🌐 www.alliancehomes.org.uk/growing
 ✉ rachel.clarkson@alliancehomes.org.uk
 ☎ 07711 373607

NORTH SOMERSET

OSPREY OUTDOORS

OSPREY OUTDOORS

A range of inspiring nature-based courses and inclusive activities that are open to all adults. Guided cycling (Mondays), Gaining Confidence through Conservation Volunteering (Tuesdays), Horticulture for Wellbeing (Tuesdays), Walking & Exploring the Landscape (Wednesdays), Building Confidence through Bushcraft and Creative Activities in Nature (Thursdays). **Join anytime. Contact for more details.**






 Clark's Field Allotments BS23 3NP or arranged pick-up points
 osprey-outdoors.co.uk
 ospreyoutdoors@gmail.com
 07778 913192 / 07888 719423

4TOUTDOORS

4TOUTDOORS

We offer tailored sessions with an occupational therapy approach, including social gardening, nature-based crafts and outdoor cooking activities to increase connection with the land, and support wellbeing. We also work in partnership with local farms to complete land-based tasks to improve confidence and skill acquisition such as planting, weeding, watering and other working farm tasks. **Contact for more details.**



 Various locations in North Somerset
 4totoutdoors@gmail.com
 07957 736114

ROUND THE FIRE: NATUREWELL FOR MEN AFFECTED BY CANCER

NATURAL ACADEMY

A series of outdoor focused days and courses exploring ways to support the health and wellbeing of men and to build a community of support. Facilitated by trained ecopsychologists and nature based practitioners, you will have time to be outdoors together learning about nature, doing outdoor crafts and developing tools and practices that can be brought into everyday life. We will be using our evidence-based NatureWell approach. **Book a course. Contact for more details.**



 Ham Green House BS20 0HH
 www.naturewell.info
 info@naturalacademy.org
 07714 209579



NORTH SOMERSET

STRAWBERRY LINE CYCLES - COMMUNITY CYCLING

STRAWBERRY LINE CYCLE PROJECT

Activities include cycle fitness, well-being and confidence sessions for all. We have a variety of bikes for adults and children - regular bikes, trikes, ebikes, handcycles, tandems, e-trikes, veloplus, adaptive tandem and more. Based on the Strawberry Line Cycle Path with direct access to traffic-free cycling and a wonderful natural environment. **Group sessions on Wednesdays and Fridays. 1:1 sessions can be arranged any day. Join anytime.**



 Yatton Train Station BS49 4AJ
 www.strawberrycycles.com
 strawberrylineprojects@gmail.com
 07983 816426
 Ukranian, Makaton and BSL



Strawberry Line Cycle Project

THE HUMAN NATURE PROJECT

LIGHTBOX PROJECT CIC

We provide free, professionally led forest therapy sessions, open to the general public aged 16+. The project aims to promote feelings of connection between participants and the natural world and explore actions we can all take to invest in personal resilience. **Fridays am/pm. Join anytime.**



 The Green Barn BS8 3QB
 www.wearlightbox.co.uk/humannatureproject
 info@wearlightbox.co.uk
 07814 094222



VOLUNTEERING FOR WELLBEING

FRIENDS OF GROVE PARK

We work to improve Grove Park in Weston-super-Mare for the local community. We offer volunteering with a focus on connection to nature and community. Volunteers help maintain conservation areas, community vegetable beds and support workshops and events for the community. **Mondays, Thursdays and Fridays 9am-3pm and one Saturday a month. Join anytime.**



 Grove Park BS23 2QJ
 friendsofgroveparkwsm@gmail.com
 07894 723094



Willow Community Gardens



"Can't explain how much this course has helped me, its exactly what I needed for my healing and to get me out of the house."

WALKING GROUP

NORTH SOMERSET PEOPLE FIRST

We are an advocacy charity. Our walks offer the opportunity to connect with nature and talk with others, supporting your path to self-advocacy. Walking groups are held in Weston, Clevedon and Portishead, for people with a learning disability/difficulty, autism, who are neuro-diverse and/or with mental health difficulties. **Contact for more details. Join anytime.**



 Various starting points in Weston-super-Mare, Clevedon and Portishead
 www.nspf.co.uk
 info@nspf.co.uk
 01934 426086

WELLBEING IN NATURE

UNCLE PAUL'S CHILLI FARM

Following a group well-being day, we develop personalised long-term programmes of support for individuals to improve their mental health and wellbeing, leading to positive outcomes. This will include forestry projects, horticulture, basic animal care, developing and harvesting an allotment, at our farm overlooking the Mendip hills. **Mondays to Fridays, to be arranged with individuals.**



 Butcombe Farm BS40 7UW
 www.chillicharity.org.uk
 jacqui@chillicharity.org.uk
 07596 336717



Uncle Paul's Chilli Farm

WILD DAYS

OUTDOOR COLLEGE

Held in a relaxed and supportive way, Wild Days give us time to "be" in nature through the seasons. Shelter is provided by roundhouses, with an open fire for warmth, a simple soup lunch and refreshments included. We can provide a taster before joining a course, a standalone event or a regular nature top-up to suit you. **Last Friday of the month. Join anytime.**



 Outdoor College BS21 6RT
 www.outdoorcollege.co.uk
 info@outdoorcollege.co.uk
 07464 025646

WILLOW COMMUNITY GARDENS

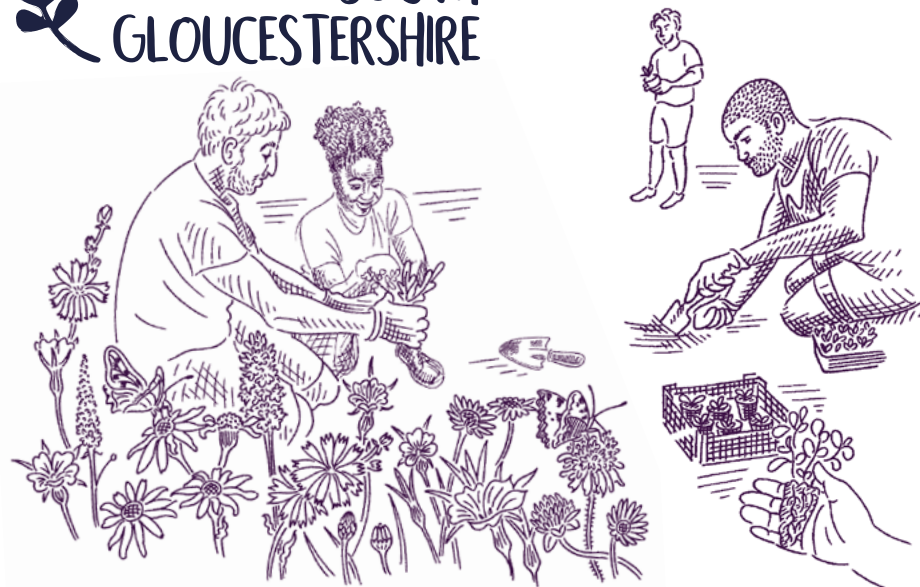
WEBNET

Building community and relationships through gardening. Sessions for adults, children and families, of all ages and abilities including family workshops for primary school children. **Wednesdays 10am-12pm. Family sessions in school holidays Wednesdays 2-4pm. Join anytime.**



 Portishead Medical Centre Garden
 www.willowcommunitygardens.co.uk
 portisheadgarden@outlook.com
 07483 932608

SOUTH GLOUCESTERSHIRE



BRISTOL WAVE PROJECT

THE WAVE PROJECT BRISTOL

The Wave Project is a Registered UK Charity dedicated to transforming the lives of vulnerable youth struggling with their mental health. Through surf therapy and 1:1 mentoring, we help young people overcome personal challenges, improve mental health, confidence and overall wellbeing enabling them to fulfil their true potential.

Wednesdays. Book a course.



📍 The Wave, Washingpool Farm BS35 5RE
 🌐 www.waveproject.co.uk/project-locations/bristol/
 ✉ timt@waveproject.co.uk
 ☎ 07376 319351

FROME VALLEY GROWING PROJECT

FROME VALLEY GROWING PROJECT

We grow food, care for community and increase local biodiversity using permaculture growing methods. Volunteer sessions are for people looking to learn more about food growing, get involved in practical activities and also to become a valued part of our thriving community.

Wednesdays 12-4pm and first Sunday of each month 10-2pm. Join anytime.



📍 Swan Lane, Winterbourne
 🌐 Facebook: Frome Valley Growing Project
 ✉ thegrowingproject123@gmail.com
 ☎ 07708 758370

GREEN SPACE PROJECT

KINGSMADOW @ MADEFOREVER

We offer a variety of gardening activities and nature walks for people who feel lonely, isolated and those who struggle with their emotional health and wellbeing. Bringing together the community to learn about and connect with nature and to socialise and share ideas. **Mondays-Fridays 10am-2pm.** **Contact for more details.**



📍 Kingsmeadow Community Hub BS15 4RQ
 🌐 www.kingsmeadowmade4ever.org.uk
 ✉ referrals@kingsmeadowmade4ever.org.uk
 ☎ 0117 3018734



Natureworks Training and Organic Blooms

MUD PIE EXPLORERS

MUD PIE EXPLORERS

We create a sense of freedom and belonging for children through woodland adventures, cooking over the campfire, tool use, tree climbing, nature crafts and heaps of FUN! Our sessions are for children in years 1-6 in mainstream education and are in one or more of these groups: autistic, ADHD/ ADD, Dyspraxia/ DCD, and other social, emotional and mental health needs. **Monday - Saturday. Book a course.**



📍 Downend BS16 2RW
 🌐 www.mud-pies.co.uk
 ✉ office@mud-pies.co.uk
 ☎ 07538 547151

NATUREWORKS TRAINING AND ORGANIC BLOOMS

NATUREWORKS TRAINING AND ORGANIC BLOOMS

We run a 9 acre certified organic flower farm and plant nursery, offering anything from a few hours to a long term intervention for people in receipt of health care services. People thrive within our environment, which is productive and strongly focused on work, yet accessible, welcoming and healing.

Monday - Thursday, 9.30am-3.30pm.

Contact for more details.



📍 Organic Blooms, Latteridge BS37 9TS
 🌐 www.organicblooms.co.uk
 ✉ jo@organicblooms.co.uk
 ☎ 07766 023921 / 01454 300300

NORDIC WALKING WELLNESS PROGRAMME

LET'S WALK BRISTOL CIC

We use the combination of Nordic walking and nature connection activities to support people's mental and physical health. Nordic walking is a fun, easy group outdoor activity based on regular walking. Our classes are led by qualified instructors and are suitable for most fitness levels. We prioritise people who are visibly minority ethnic. **Mondays 10-11am. Book a course. Join anytime.**



- 📍 Page Park BS16 5LB
- 🌐 www.letswalkbristol.org
- ✉ subitha@letswalkbristol.org
- ☎ 07721 711687
- 🗣 Hindi, Urdu, Punjabi, Mandarin, Cantonese, Somali, French and German

SOUTHERN BROOKS COMMUNITY GARDENING

SOUTHERN BROOKS COMMUNITY PARTNERSHIP

We have three community gardening sites where we deliver wellbeing activities based around growing food and flowers, and mindful nature connection. All the groups offer a sociable opportunity to learn new skills and contribute to the creation of gardens for the benefit of the local community. **Join anytime.**

Orchard Gardening Group - Tuesdays, 10am-12. Pound Road Community Allotment - Wednesdays, 12-1pm. Mindfulness workshops, 2-4.30pm. Gardening, Trinity Food Garden - Thursdays 11am-1pm.



- 📍 Various locations in Kingswood
- 🌐 www.southernbrooks.org.uk
- ✉ georginagreen@southernbrooks.org.uk
- ☎ 07814 288916



Southern Brooks Community Partnership

WALK ON SISTON COMMON

FRIENDS OF SISTON COMMON

A gentle walk on Siston Common which is wheelchair friendly to observe the rich biodiversity of the Common. **Thursdays 1pm. Join anytime.**



- 📍 Kingsmeadow Community Hub BS15 4RQ
- ✉ james_hackett@me.com
- ☎ 07588 622372
- 🗣 French

WILDPACE

WILDPACE

We offer sessions and courses that develop a healthier and closer relationship with nature, refreshing and reconsidering how we interact with the natural world, rediscovering the mutual benefits. These sessions support health and wellbeing and allow people to participate in ways that naturally suits them. **Join anytime. Contact for more details**



- 📍 BS30, BS31, BS15, BS16 postcodes
- 🌐 www.wildpace.co.uk
- ✉ nick@wildpace.co.uk
- ☎ 07768 822340

WOODLAND WELLBEING

FOREST OF AVON

Woodland Wellbeing is an opportunity for people with dementia and those who support them, to enjoy time together in the relaxing environment of a local woodland. We offer short walks, foraging, art or crafts or simply listening to the birds. **Wednesdays fortnightly 10.30-12.30 (Brimsham Park). Thursdays fortnightly 10.30-12.30 (Conham River Park). Join anytime.**



- 📍 Brimsham Park BS37 7XZ
Conham River Park BS15 3AW
- 🌐 www.forestofavontrust.org
- ✉ rachel.tomlinson@forestofavontrust.org or helen.gray@forestofavontrust.org
- ☎ 07375 842730 / 07443 554049



WOODLAND WELLBEING PROGRAMME

TORTWORTH FOREST CENTRE CIC

Our projects support people's wellbeing by reconnecting them with nature and people. They are designed for people who might be struggling due to social isolation and poor mental health. Depending on the project, tasks include chopping firewood, opening up pathways, plant identification, foraging, nature based crafts, mindfulness and cooking. **Tuesdays, Wednesdays, Thursdays and Saturdays. Book a course.**



- 📍 Tortworth Forest Centre GL12 8HH
- 🌐 www.tortwortharboretum.org
- ✉ referrals@tortwortharboretum.org
- ☎ 07719 317170

WOODLAND WELLBEING

KRUNCH SOUTH WEST

Forest therapy and bushcraft activities for children, young people and families with the aim of building resilience, confidence, feeling happier and supporting family relationships using forest wellbeing activities. **Saturdays 11-12:30pm and Tuesdays 4-5:30pm. Book a course.**



- 📍 Thornbury Wood Skate Park, BS35 3JB
- 🌐 www.krunch.org.uk/southwest
- ✉ penny@krunch.org.uk
- ☎ 07735 405175



West of England Nature Partnership
Joining up the dots for nature



West of England
Healthier with Nature



2nd Edition, 2023



Bristol, North Somerset
and South Gloucestershire
Integrated Care Board



This directory provides information about projects and opportunities that support people to connect with nature and support health and wellbeing in the West of England.

