

NATURE WORKS

NATURE WORKS' WEEKLY 18-25 DROP-IN @ NEW ROOTS GARDEN!

At nature works we believe that connecting to others and the natural world is an important part of supporting your mental health.

New Roots Garden is a beautiful green oasis in the middle of the city, founded over 10 years ago by a group of volunteers as a community garden.

These Nature Works drop-ins will run rain or shine and you can expect to meet regular and experienced OTR staff and volunteers in a relaxed and friendly environment.

Activities you can expect will be as varied as pizza-making and natural building, to mindfulness practices, vegetable growing, pickling and preserving.

Equally, just being in the outdoors, around a fire (with a cuppa!) is also very much encouraged. No previous experience needed whatsoever!

“I don't feel as stressed in nature. I feel I have as much time as I want”

Nature Works feedback

Speedwell Allotments
Speedwell Road
Bristol
BS5 7SB

THE DROP-IN SESSIONS ARE AVAILABLE TO 18-25 YEAR OLDS

12-4PM, EVERY TUESDAY FROM 25TH FEB - 31ST MARCH 2020

CONTACT NUMBER IF YOU HAVE ANY QUESTIONS: TIM ON 07496 862 533

NATURE WORKS ALSO RUNS A NUMBER OF SEASONAL COURSES AND PROJECTS ACROSS THE YEAR - FIND OUT MORE ON OUR WEBSITE!



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