

# GREEN MINDS

A NATURE CONNECTION  
PROGRAMME TO SUPPORT  
POSITIVE MENTAL HEALTH

Brent, Wandsworth  
and Westminster



THE  
ROYAL  
PARKS

- Meet new people.
- Connect with nature.
- Develop new skills and have fun!
- Create new habitats for wildlife to flourish.
- Learn about the biodiversity of London.

**WHERE:** The LookOut Discovery Centre, Hyde Park.

**WHEN:** 3rd Thursday of every Month, 2pm-4pm.

**WHO:** Adults with lived experience of mental health challenges.

**DURATION:** April - December 2023.

For more information or to book, **contact us:**

<https://www.bwwmind.org.uk/green-minds/>

✉ [community@bwwmind.org.uk](mailto:community@bwwmind.org.uk)

☎ 07710092811

## Activity Timetable (2023)

| Date              | Activity                                                    | Location               |
|-------------------|-------------------------------------------------------------|------------------------|
| April<br>20th     | Welcome to the project and nature walk                      | Regents Park           |
| May<br>18th       | Heritage and nature tour around<br>Queen Marys Rose Garden  | Regents Park           |
| May/June<br>tbc   | Sussex farm volunteer day                                   | Sussex Farm            |
| June<br>15th      | Heritage and nature tour                                    | Greenwich Park         |
| July<br>20th      | Exploring botany through cyanotype print<br>making          | Hyde Park              |
| August<br>tbc     | Kew Gardens trip                                            | Kew Gardens            |
| August<br>17th    | Sketching nature and natural landscapes                     | Bushy Park             |
| September<br>21st | Exploring people and plants<br>through organic food growing | Kensington Gardens     |
| October<br>19th   | Tree identification and fungi walk                          | Regents Park           |
| October<br>tbc    | Epping forest walk and forest bathing session               | Epping forest          |
| November<br>16th  | Bird watching and walk around St James's<br>Park lake       | St James's/ Green Park |
| December<br>14th  | End of year celebration event                               | Location TBC           |