

## NATUREWORKS

@ Denbies Wine Estate, Dorking

Thursday mornings

10:45-13:15

ongoing blocks of 4-6 weeks  
dates confirmed upon joining

### Supported garden volunteering

#### Who is this for?

Over 18s who want to:

- learn gardening skills
- feel more confident
- meet new people
- improve wellbeing
- be creative
- get outside
- learn new things
- conserve nature

maximum  
10 people

#### What's involved?

Being connected to nature improves our wellbeing. Drawing on principles of Ecotherapy, the Six Ways to Wellbeing, Forest School, and Social & Therapeutic Horticulture, sessions focus on seasonal gardening tasks.

In addition, optional wellbeing activities will help deepen your connection to nature:

- wildlife conservation
- nature arts and crafts
- bushcraft skills
- heritage skills
- mindfulness/relaxation
- getting active in nature
- nature journaling

#### How can I join?



Scan the QR code or visit [www.air-time.org.uk](http://www.air-time.org.uk) to download a referral form. Self-referrals are accepted.

Growing Together & NatureWorks empower those with a disability, neurodiversity or from a minority ethnic background, to feel more confident in accessing natural heritage to support their wellbeing.

