Palfrey Park

The programme is designed for those who feel they are less mobile but want to get outdoors and engage

with nature through interesting short walks, talks and activities. Shown to improve both physical and mental  
wellbeing we will follow a set of core themes in the **5 ways to well-being**:

* Introduction to the health and well-being benefits of connecting with nature in the city, wherever you live
* How to build nature into your everyday life
* Where to find the wild spaces across Birmingham and the Black Country
* Explore – through wildlife walks, discovering locally accessible spaces to encounter the natural world
* **Learn** – hands on learning about different environments including woodlands, meadows, canals and ponds
* **Give** – protecting local wild space by volunteering and practical conservation activity
* **Take notice** – how to be mindful in nature
* **Be active** - fitness through the walks and volunteering activity
* **Connect** – how to stay connected with nature and ways to join other groups locally

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| **Session** | **Activities** | **Session** | **Activities** |
| **Session 1**  3 hours 13:00pm – 16:00pm | - Intro to health and well-being in the urban environment  - Phenology walk  - 30 days wild talk  - Wellbeing activity | **Session 5**  3 hours 13:00pm – 16:00pm | - Natural Childhood  - Meet local nursery children  - Nature rafts  - Pooh Sticks  - Question time |
| **Session 2**   3 hours 13:00pm – 16:00pm | - City birds  - Tuning into nature  - Bird Songs  - Creating bird feeders  - Bird Spotting | **Session 6**  3 hours 13:00pm – 16:00pm | - Field Trip to Pelsall Common  - Freshwater invertebrates  - Stream Dipping  - River pollution  - Wildlife Walk |
| **Session 3**  3 hours 13:00pm – 16:00pm | - Discovering and exploring wild spaces  - Visit Bar Beacon LNR  - Wildlife Spotting  -Tuning into nature  - Local wild spaces and ecological corridors | **Session 7**  3 hours 13:00pm – 16:00pm | - Pollinators  - Visit Bentley Haye LNR  - Pollinator spotting walk  - Identifying Bees  - Making Bee B&Bs |
| **Session 4**  3 hours 13:00pm – 16:00pm | - Wildlife Gardening  - Volunteering on-site  - Bug houses  - Afternoon nature tea  - Make your garden wild | **Session 8**  3 hours 13:00pm – 16:00pm | - Phenology walk  - Volunteering on-site  - Wild Kitchen  - Reflections and the future |

This is a **FREE** 8-week Health and Wellbeing Course for local Walsall residents aged 50+ that want to get out of the house, meet new people, make friends and enjoy and learn about nature. This program is designed to be nature friendly. If you would like to be involved please contact Emma at: [emma.s@bbcwildlife.org.uk](mailto:emma.s@bbcwildlife.org.uk) or call 0121 523 0094. Sessions will run on Wednesday afternoons.