



## Bath City Farm , Thursday, 10am-2:30pm

The Natural Pathway Wellbeing Programme provides practical nature-based activities for people experiencing anxiety, depression, low mood and stress.

We will run the sessions in 5 week blocks but this does not mean you need to commit to all the sessions-You can choose what feels right for you.

Activities offered each week will be themed around 5 pathways to nature connectedness.

**Senses**-Tune in to nature through the senses. Sessions will combine nature based mindfulness and practical activity, spending time fully experiencing nature with the senses.

**Beauty**-Take time to appreciate beauty in nature. Sessions will include; natural crafts and wildlife walks, exploring other local nature reserves.

**Emotion**-Share the joy, wonder & calm spending time in nature brings with others. Sessions will aim to join up with other Bathscape groups/volunteers helping nature recover in the local area.

**Compassion**-Care for nature by taking part in traditional conservation work on the farm. Sessions will include, hedgelaying, habitat management, tree planting, wildflower meadow restoration.

**Meaning**-Share and celebrate the mystery, signs and cycles of nature and how natural spaces are special to us. Sessions will include, bushcraft, outdoor cooking, folklore, traditional crafts.

For detailed info on the programme & to book a place please contact Bath City Farm by email:

[info@bathcityfarm.org.uk](mailto:info@bathcityfarm.org.uk)

or phone:01225 481269

Learn new skills, build confidence,  
and lead a healthier life.

