



Sheffield & Rotherham

Wild at Heart

Wild at Heart is a friendly supportive nature-based activity session for adults, helping people to improve wellbeing and personal resilience through building a connection to nature and meeting other people.

Following the success of the project and thanks to support from the National Lottery Community Fund, the scheme has been recommissioned for a further three year period.

The project uses a hobby-based approach to give people opportunities to try new things and gain the confidence to continue on their own or with family or friends. The weekly sessions are based at Longley 4 Greens and thanks to securing a new contract with Rotherham Social Prescribing they are now running in Clifton Park, Rotherham.

We use the 5 Ways to Wellbeing and the 5 Pathways to Nature Connection to give structure to the sessions. Sessions usually start with a short walk in nature followed by a nature based activity to build confidence and try out new skills like nature craft, wildlife gardening, photography, wild cooking and learning about how we can take care of the local nature on our doorstep.

We have an excellent team of volunteers who



Meeting at Clifton Park in Rotherham



A winter walk on Tongue Gutter



Participants enjoy nature crafts inspired by their walks



A natural health service

support the sessions, helping people to feel welcome and included. The more connected we are to nature, the more positive we feel and are better able to cope with challenging circumstances; and that's a benefit, whatever your age!

Wild at Heart is supported by players of the National Lottery



For more information contact project officer Jenny King 0114 263 4335

For nature, for everyone