

# Wild at Heart

Be wild, whatever your age

A friendly  
nature activity  
group for  
adults

**Explore** local parks, **learn** new skills and nature crafts and use the natural world to help **boost our wellbeing** and **make friends** in the local area.

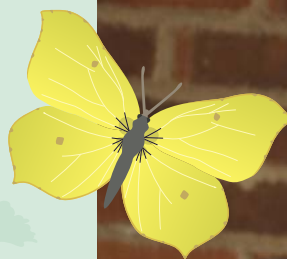
[wildsheffield.com/wild-at-heart](http://wildsheffield.com/wild-at-heart)



**Sheffield &  
Rotherham**  
Wildlife Trust

## A typical session

Sessions usually start with a chat about the day's topic over tea and biscuits, followed by a short nature walk in Clifton Park to take in the changing seasons, and then a simple nature-based activity. We also invite local guest experts or specialists to lead workshops to share their skills. Sometimes we visit other local and accessible parks, places of interest, nature reserves and museums, all in the company of friendly Wildlife Trust staff and volunteers.



## Green Social Prescribing Group

**When?** Thursdays, 10am–12 noon

**Where?** The Garden Rooms, Clifton Park, Clifton Lane, Rotherham S65 2AA

**Contact us to book your place:**

**Phone:** 07784 234 799 / 0114 312 2235

**Email:** wildatheart@wildsheffield.com

**Online activities:** [wildsheffield.com/wild-at-heart/resources-to-explore](https://wildsheffield.com/wild-at-heart/resources-to-explore)

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# Here are a just a few of our many activities:

Our sessions are adapted to reflect the changing seasons and make the most of participants' abilities and interests. We use a hobby-based approach to give people opportunities to try new things, so that they will grow in confidence to find other local groups, or continue exploring on their own or with family and friends.



**Simple nature photography**

**Using all our senses to explore the park**

**Willow weaving**



**Seasonal cooking**



**Wildlife gardening**





Clay  
creations



Pyrography



Nature  
inspired  
crafts



## Is it for me?

**Everyone is welcome** whatever your background. You don't have to know anything about nature or be an expert in crafts.

**We all encourage and support each other.**

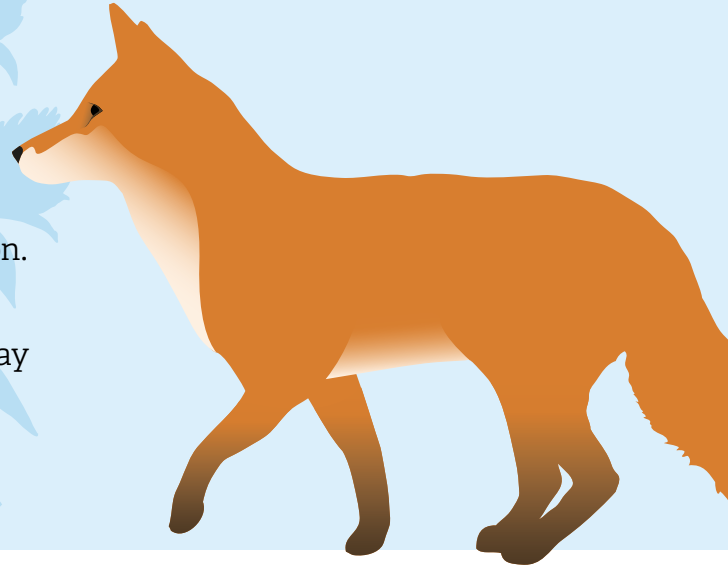




## Why Nature?

Having a strong and meaningful relationship with nature is linked with better wellbeing and mood, lower anxiety and improved life satisfaction.

Recent research has also shown that people can gain these benefits by simply noticing the everyday local, urban nature which is all around us.



## 5 Ways to Wellbeing

All our Wild at Heart activities are based on the 5 Ways to Wellbeing - providing meaningful opportunities to **Connect, Take Notice, Be Active, Keep Learning** and **Give**.

We also incorporate the **5 Pathways to Nature Connection** - Sensory Contact with Nature, Beauty, Meaning, Emotion and Compassion. These have been developed by the team at University of Derby's Nature Connectedness Research Group and support people to experience a meaningful and active relationship with the natural world for our wellbeing.



# What participants say about Wild at Heart:

“Wild at Heart makes me feel alive.”

**Mark**

“It’s given me the confidence to meet new people.”

**Claire**

“It has been life changing.”

**Ryan**

## Contact us:

Mobile: 07784 234 799

Phone: 0114 312 2235

 **WildatHeartproject**

 **wildatheart@wildsheffield.com**

**wildsheffield.com/wild-at-heart**



Rotherham Social Prescribing Service  
Health in your hands



**COMMUNITY  
FUND**

