WHAT'S ON

January / February / March 2022

'Nature Connects' Project Launch Talk (online), Thurs 27th Jan, 7pm
Hear from local social enterprise Forest & Family about their Nature Connects project, wider work, local plans and out how to get involved

'Nature Connects' Local Educator Meeting (online), Thurs 27th Jan, 8pm
Forest School and outdoor learning strategy meeting and discuss with local school, nursery and PTA staff/reps hosted by Forest & Family

Roundwood Gardening Club, Thursdays @ 10am-12pm, starts 27th Jan
Weekly community gardening group, supported by Veolia and Forest & Family

Nature HAC (online), starts Mon 31st Jan, 12-1pm
Join our *Nature & Health Action Club* and dive into a magical (1hr per week) programme of nature connection immersion, theory and practice for personal health and wellbeing

Outdoor PAC (online), starts Mon 31st Jan, 1:15-2pm
Join our *Outdoor Parent Action Club* and embark on an inspirational (1hr per week) shared journey reconnecting you and your family with nature

Little Foresters, Thursdays @ 1:15-2:15pm, starts back 3rd Feb
Parent and toddler nature play and discovery group in Roundwood for pre-school children (2-4 years). Bookable in seasonal blocks

Weekend Family Forest School, starts back 5th Feb, 10-11:30am
Forest School sessions in Roundwood, Gladstone, Welsh Harp and Fryent for families with children from 2-9 years

Forest Bathing Brent, 28/01 (Gladstone), 25/02 (Roundwood), 18/03 (Fryent)
Guided Forest Bathing walks (adult only) led by certified Forest Bathing Guide

Forest Bathed Baby, 28/01 (Gladstone), 25/02 (Roundwood), 18/03 (Fryent)
Parent and baby/toddler guided Forest Bathing and nature connection walk led by certified Forest Bathing Guide

For further details and to register visit
www.forestandfamily.com

forest & family