

Westonbirt Wellbeing

Westonbirt
The National
Arboretum

Discover Westonbirt's
programme of facilitated visits

Multi-visit programme

- Sessions will be led by the Community Officer and team of specialist volunteers.
- Visits will involve group activity, solitary time and opportunities to explore the collection.
- Participants will have the opportunity to write a reflective diary and complete the John Muir Award.
- Activities will be based in a woodland shelter, learning classroom or out in the collection.
- Mindfulness-based activities will be incorporated throughout.
- Length of day is usually 4-5 hours and can be fully adapted to suit.
- Participants and group leaders will be asked for feedback.
- All activities are fully subsidised until Jan 2018.

Find out
more visit

forestry.gov.uk/westonbirt-community



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Forestry Commission
England

Westonbirt, The National
Arboretum is cared for by the
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Multi-visit: example programme

Week One

Walking introduction to Westonbirt
Set goals as a group/write reflective diaries
Solitary sound maps
Lunchtime
Forage walk and nature printing
Group round up and plan rest of programme together

Week Two

Fire lighting in groups
Tree ID walk
Lunchtime
Whittling green wood
Mindfulness-walking
Reflective diaries/group round up

Week Three

Teas from Trees tasting
Forage walk
Lunchtime
Make a tree aromatherapy hand balm
Outdoor partner hand massage workshop
Reflective diaries/group round up

Week Four

Practical conservation task
Lunchtime
Making willow lanterns
Mindfulness-based seated meditation
Reflective diaries/group round up

Week Five

Photography walk
Extended sound maps
Lunchtime
Woodland mobiles
Reflective diaries/group round up

Week Six

Fire lighting
Practical conservation task
Campfire cooking shared lunch
Clay sculptures
Reflective diaries/group round up

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