

7th September - 12th
October
9:00am - 1:00pm

NATURE CONNECT

Swale Wellbeing for All



SIX WEEKS. SIX WAYS TO CONNECT.

Walking | Gardening | Creativity | Mindfulness | Reflection | Community

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WHAT IS NATURE CONNECT?



 **Nature Connect: Swale Wellbeing for All,** is a six-week community wellbeing programme designed to help adults slow down, spend meaningful time outdoors, build confidence and strengthen social connection through practical nature-based experiences.

 **What happens in a session?**
Each session combines a warm welcome and wellbeing check-in with a short breathing or mindfulness activity, a practical nature-based experience, reflection, journalling and a simple take-home challenge.

 **Who is it for?**
Adults in Swale who would benefit from spending more time in nature, increasing social connection, building confidence, learning practical skills and supporting emotional and physical wellbeing. No previous gardening, walking or creative experience is required.

 **What to bring...**
Wear comfortable, weather-appropriate clothing and closed-toe footwear. Bring a waterproof jacket and water bottle where possible. Please tell the Diversity House team about any accessibility or support needs before attending.

WEEK 1

WELCOME TO NATURE CONNECT!

MONDAY 7 SEPTEMBER 2026 | 9:00AM - 1:00PM
MILTON CREEK COUNTRY PARK



What to expect...

- 🍁 Registration and introductions
- 🍁 Programme overview and personal goal setting
- 🍁 Baseline Wellbeing questionnaire
- 🍁 Five Senses nature activity
- 🍁 Gentle guided walk
- 🍁 Breathing and mindfulness exercise
- 🍁 Nature journal introduction

Take-home challenge:

- 🍁 Spend 10 minutes in a green space and write one journal entry.

CONNECT WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.

WEEK 2

EXPLORING NATURE THROUGH WALKING

MONDAY 14 SEPTEMBER 2026 | 9:00AM - 1:00PM
MILTON CREEK COUNTRY PARK



What to expect...

- 🍁 Guided nature walk
- 🍁 Wildlife observation
- 🍁 Tree identification
- 🍁 Photography challenge
- 🍁 Sit Spot activity
- 🍁 Mindfulness and journalling
- 🍁 Group reflection

Take-home challenge:

- 🍃 Take a photograph of something in nature that makes you smile.

**DISCOVER WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.**

WEEK 3 GARDENING FOR WELLBEING PART 1

MONDAY 21 SEPTEMBER 2026 | 9:00AM - 1:00PM
DIVERSITY HOUSE COMMUNITY GARDEN



What to expect...

- 🍀 Soil preparation
- 🍀 Planting vegetables and herbs
- 🍀 Composting
- 🍀 watering techniques
- 🍀 Mindful gardening
- 🍀 Reflection circle

Take-home challenge:

- 🍀 Water or care for a plant at home or in your community.

**GROW WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.**

WEEK 4 GARDENING FOR WELLBEING PART 2

MONDAY 28 SEPTEMBER 2026 | 9:00AM - 1:00PM
DIVERSITY HOUSE COMMUNITY GARDEN



What to expect...

- 🌱 Garden maintenance
- 🌱 Weeding
- 🌱 Sustainability discussion
- 🌱 Healthy eating conversation
- 🌱 Relaxation in the garden
- 🌱 Reflection and journalling

Take-home challenge:

- 🌱 Eat one healthy meal containing fresh vegetables or herbs and reflect on how it made you feel.

**NURTURE WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.**

WEEK 5 NATURE CREATIVITY

MONDAY 5 OCTOBER 2026 | 9:00AM - 1:00PM
ALBANY PARK SITTINGBOURNE



What to expect...

- ✿ Nature art
- ✿ Leaf printing
- ✿ Nature mandalas
- ✿ Bark rubbing
- ✿ Poetry and creative journalling
- ✿ Gratitude exercise
- ✿ Nature photography

Take-home challenge:

- ✿ Create a simple piece of nature-inspired art or write a short poem

**CREATE WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.**

WEEK 6 CELEBRATING NATURE

MONDAY 12 OCTOBER 2026 | 9:00AM - 1:00PM
DIVERSITY HOUSE COMMUNITY GARDEN



What to expect...

- 🍀 Celebration garden tour
- 🍀 Wellbeing review
- 🍀 Personal reflections
- 🍀 "My Nature Promise"
- 🍀 Healthy refreshments
- 🍀 Final evaluation
- 🍀 Group photographs

Take-home challenge:

- 🍀 Write your personal "Nature Promise" and identify one outdoor activity you will continue after the programme.

**CELEBRATE WITH NATURE. CONNECT WITH YOURSELF.
CONNECT WITH OTHERS.**

YOUR SIX-WEEK JOURNEY

CONNECT | DISCOVER | GROW | NURTURE | CREATE | CELEBRATE



Typical Session Timetable

9:00 - 10:00	Arrival, registration and refreshments
10:00 - 10:15	Welcome, wellbeing check-in and icebreaker
10:15 - 10:25	Breathing exercise and mindfulness activity
10:25 - 11:50	Main practical activity
11:50 - 12:05	Short comfort break
12:05 - 12:35	Reflection, journalling and group discussion
12:35 - 12:50	Wellbeing check-out and action for the week
12:50 - 1:00	Closing remarks and refreshments

Interested in taking part?

PLACES ARE LIMITED. Contact Diversity House to register your interest or discuss accessibility and support needs.

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