



THE BIG GREEN DAY OUT

16TH OCTOBER 2021 11AM-3PM

HOSTED BY THE GREEN WELLBEING ALLIANCE



Join Us

Explore Sussex and discover nature therapy.

Hosted by the Green Wellbeing Alliance, spend the day visiting different outdoor therapy projects around Sussex, learning about the importance of nature on our mental wellbeing and the incredible work each group provides for our local communities.

Tour our sites, meet the project leaders and experience the benefits of nature therapy - like an Open House, but outside. Check out our route maps, grab a few friends and drop by for tours, treats and tuning in.

Refreshments & Activities

Some projects are offering light refreshments to help you recharge throughout the day, we would advise bringing snacks or a packed lunch if doing a full day tour.



Housekeeping

All ages encouraged, bring your friends & family!

Toilets are available at all site locations.

Please leave furry friends at home.

Transport & Parking

Transport is available via pre-arranged booking here <https://biggreendayout.eventbrite.co.uk>

Limited parking is available at all sites, please try walking, cycling, car sharing or public transport where possible, to reduce pressure on sites and on the Earth.



Green Wellbeing Alliance

A collaborative network of organisations providing therapeutic outdoor activities to improve participants' wellbeing and health while connecting with nature and other people. Our activities in nature benefit a huge range of people - particularly those with mental health difficulties, dementia, at-risk young people, survivors of abuse, and people living with physical health conditions.

FIND US:

 THE BIG GREEN DAY OUT 2021
 #GREENWELLBEINGALLIANCE



-Route Map-

Who we are & where we are

A* - Rock Farm

Washington, Pulborough RH20 3GR

- A six-acre market garden focussing on restoration of both natural species and vulnerable human beings.
- Come for a tour and chat over tea, coffee & nibbles with some veggie gifts to take home too.



B* - Grow

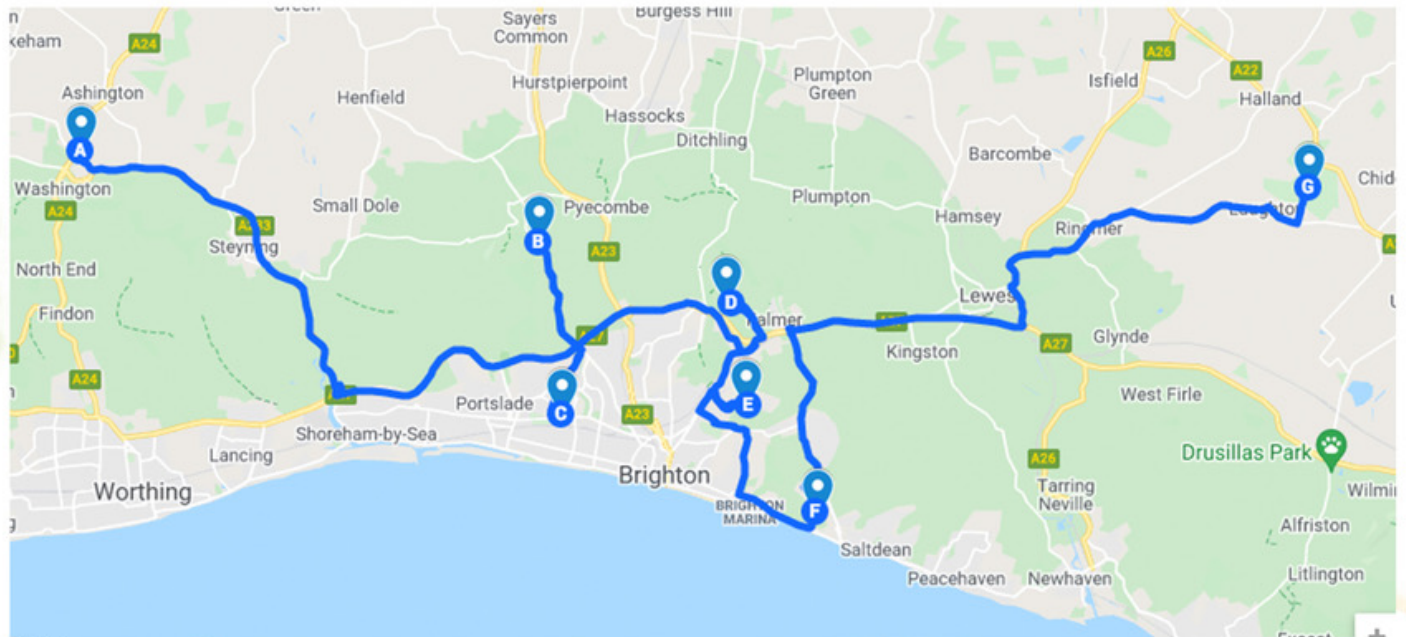
Saddlescombe Rd, Brighton BN45 7DE

- Working with the National Trust to improve wellbeing, social & community connections, which inspire hope and re-ignite passion for life.
 - Join us for tours of Saddlescombe farm, a chance to see areas rarely open to the public, with chats about our work.
 - Wild Flour cafe will be open for drinks, cake & lunches.
- Please park in the lay-by opposite the farm.

C* - Plot 22

Weald Allotments, Weald Ave, Hove BN3 7JN

- A small community allotment, working with isolated groups.
- Strengthening community connections & wellbeing by growing food and cooking together.
- Visit Plot 22 for soup (until it runs out), a tour, and a chat about our work.
 - When you arrive at Weald Ave call the number posted on the gate for access. Very limited parking.



D* - Stanmer Organics, Stanmer Park, BN1 9SE

- Brighton & Hove Food Partnership

- Provides therapeutic outdoor, gardening & cookery activities.
- Join us for woodland conservation activities, tours & chat.
- Located in Stanmer Wellbeing Gardens immediately next door to Stanmer Organics, look for signage.

- Wild Mind

- Delivers seven-week workshops several times a year. Participants learn how to create states of calmness and relaxation, a quieter mind, a greater ease in their own bodies, a new relationship with unhelpful thoughts and emotions.

- Centre for Ecotherapy

- Provides support for vulnerable people, aiming to improve & maintain wellbeing through nature based & horticultural therapies, mindfulness & practical activities.

Stanmer is also home to The Plot and other projects which will be open during the tour.

E* - Wild Wellbeing

Bevendean Community Garden, BN2 4FH

- Sussex Mindful Walks and nature connection workshops co-hosted with Fernee Forest Club.
- Visit us for a cuppa, a garden tour, and to hear about upcoming events



F* - Ipse Wilderness

Beacon Hill Nature Reserve, BN2 7BN

- Facilitates walking-talking wellbeing journeys founded upon nature connection.
- Discover solo ecotherapy walks, nature connection games & refreshments.
- Follow signs for Bramble cottage at the top of Beacon Hill.

G* - Circle of Life Rediscovery

Mill Woods, Park Ln, Lewes BN8 6BP

- Come along to our stunning woodland to find out about our CPDs, nature-based practice training and green care programmes.
- Open between 1 - 3PM only, enjoy the woods, sit by the fire and have a cuppa.