



# Get your DAILY DOSE OF NATURE

## Outdoor Wellbeing Activities in Warwick District

**Science has shown:** being amongst trees and plants reduces blood pressure, lowers stress, and boosts the immune system. The colour green is the most calming.

**Experience has shown:** doing outdoor social activity reduces social isolation, builds confidence and makes you feel happy!

**So get your Daily Dose of NATURE especially with other people!!**

<b>Walking / running groups</b>		
<b>Walking for Health</b>	10 different walking groups across Warwick District.	<a href="https://www.warwickdc.gov.uk/walkingforhealth">https://www.warwickdc.gov.uk/walkingforhealth</a> <a href="https://www.facebook.com/groups/221238892206331">https://www.facebook.com/groups/221238892206331</a>
<b>Run Talk Run / Walk Talk Walk</b>	Search map for locations and details	<a href="https://www.runtalkrun.com/run-with-us">https://www.runtalkrun.com/run-with-us</a>
<b>Gardening / conservation</b>		
<b>Secret Garden, Brunswick Hub, Shrubland St, Leamington</b>		<a href="https://www.facebook.com/Brunswickhlc">https://www.facebook.com/Brunswickhlc</a>
<b>Green Minds Northumberland Rd Allotments, Leamington</b>	Tues 10am – 12 (Men) Weds 10am – 12 (Mixed)	<a href="https://springfieldmind.org.uk/services/green-minds">https://springfieldmind.org.uk/services/green-minds</a> Ph: 01789 298615 – Trevor
<b>Canalside Community Food, Radford Semele.</b>	Weds & Sat volunteer mornings 10am – 1pm	<a href="https://www.canalsidecommunityfood.org.uk/">https://www.canalsidecommunityfood.org.uk/</a>
<b>Warwickshire Wildlife Trust – various locations</b>	Various volunteer days, events, and places to walk	<a href="https://www.warwickshirewildlifetrust.org.uk/events">https://www.warwickshirewildlifetrust.org.uk/events</a>
<b>Guys Cliffe Walled Garden (behind Hintons Nursery)</b>	Gardening volunteering	<a href="http://www.guyscliffewalledgarden.org.uk/">http://www.guyscliffewalledgarden.org.uk/</a>
<b>Guys Cliffe HOUSE (not the same as the garden!)</b>	Garden Volunteering - Thursdays	<a href="https://www.facebook.com/Bringbackguyscliffevolunteersguyscliffe@btinternet.com">https://www.facebook.com/Bringbackguyscliffevolunteersguyscliffe@btinternet.com</a>
<b>Hill Close Gardens, Warwick</b>	Gardening Volunteering	<a href="https://www.facebook.com/HillCloseGardens">https://www.facebook.com/HillCloseGardens</a> <a href="https://hillclosegardens.com/people/support-us/become-a-volunteer/">https://hillclosegardens.com/people/support-us/become-a-volunteer/</a>
<b>Eagle Rec Gardening</b>	Fridays 1 - 3pm	<a href="https://www.facebook.com/eaglerecfriends">https://www.facebook.com/eaglerecfriends</a>
<b>Foundry Wood Volunteer Mornings, Leamington</b>	Last Sunday of each month 10am til 12noon	<a href="http://www.foundrywood.co.uk/volunteer-days/">http://www.foundrywood.co.uk/volunteer-days/</a>
<b>Canal and Rivers Trust</b>	10-3 on the second Thursday of every month	<a href="https://canalrivertrust.org.uk/volunteer">https://canalrivertrust.org.uk/volunteer</a>
<b>Incredible Edibles Leamington</b>	Check facebook for times	<a href="https://www.facebook.com/groups/211057672800880">https://www.facebook.com/groups/211057672800880</a>

<b>Other Outdoor Wellbeing Sessions</b>		
<b>Leamington Green Connections (run by WWT)</b>	Various dates – see website for details	<a href="https://www.warwickshirewildlifetrust.org.uk/GreenConnections">https://www.warwickshirewildlifetrust.org.uk/GreenConnections</a>
<b>The Willows Project</b>	Occasional courses	<a href="http://thewillowsproject.org.uk/">http://thewillowsproject.org.uk/</a>
<b>ARC Wellbeing in Nature</b>	Various days and locations	<a href="http://www.arccic.co.uk/wellbeing/">http://www.arccic.co.uk/wellbeing/</a>
<b>Arts, Music and Crafts (sometimes in nature)</b>		
<b>Escape Arts</b>	Various locations, dates & times	<a href="http://www.escapearts.org.uk/">http://www.escapearts.org.uk/</a>
<b>Singing for Joy</b>	Wed 10.30-12 Foundry Wood £5	<a href="https://www.facebook.com/thisbirdsings">https://www.facebook.com/thisbirdsings</a>
<b>Arts Uplift</b>	Various locations, dates & times	<a href="https://www.artsuplift.co.uk/">https://www.artsuplift.co.uk/</a>
<b>Other locations where you might find indoor and outdoor activities, courses or arts and crafts</b>		
<b>Recovery And Wellbeing Academy - Courses to support mental health across Warwickshire</b>	<a href="https://www.recoveryandwellbeing.co.uk/">https://www.recoveryandwellbeing.co.uk/</a>	
<b>MenTalk and WomenTalk – sport, arts and craft for mental health</b>	<a href="https://www.healthwatchwarwickshire.co.uk/news/2022-03-09/mentalk-and-womentalk-mental-health-support-groups">https://www.healthwatchwarwickshire.co.uk/news/2022-03-09/mentalk-and-womentalk-mental-health-support-groups</a>	
<b>Sydni Centre, Leamington</b>	<a href="https://www.sydni.org/">https://www.sydni.org/</a>	
<b>Brunswick Health Living Centre, Leamington</b>	<a href="https://brunswickhlc.org.uk/">https://brunswickhlc.org.uk/</a> or <a href="http://www.facebook.com/Brunswickhlc">www.facebook.com/Brunswickhlc</a>	
<b>The Gap Community Centre Warwick</b>	<a href="http://thegapwarwick.org/">http://thegapwarwick.org/</a>	
<b>Lillington Community Centre</b>	<a href="https://www.facebook.com/LillingtonCC/">https://www.facebook.com/LillingtonCC/</a>	
<b>Chase Meadow Community Centre, Warwick</b>	<a href="https://www.chasemeadowcc.co.uk/activities/">https://www.chasemeadowcc.co.uk/activities/</a>	
<b>The Westbury Centre, Leamington</b>	<a href="https://www.mytonchurch.org.uk/blank-3">https://www.mytonchurch.org.uk/blank-3</a>	
<b>And a few things in Coventry...</b>		
<b>Coventry and Warwickshire Mind</b>	<a href="https://cwmind.org.uk/">https://cwmind.org.uk/</a>	
<b>Wild Earth</b>	<a href="https://www.facebook.com/WildEarthUK">https://www.facebook.com/WildEarthUK</a>	
<b>Five Acre Farm</b>	<a href="http://www.fiveacrefarm.org.uk/">http://www.fiveacrefarm.org.uk/</a>	

*NB Information correct at time of print – May 2023. Contact project organisers directly for up-to-date details*

***Achieving Results in Communities – ARC CIC – [www.arccic.co.uk](http://www.arccic.co.uk)***