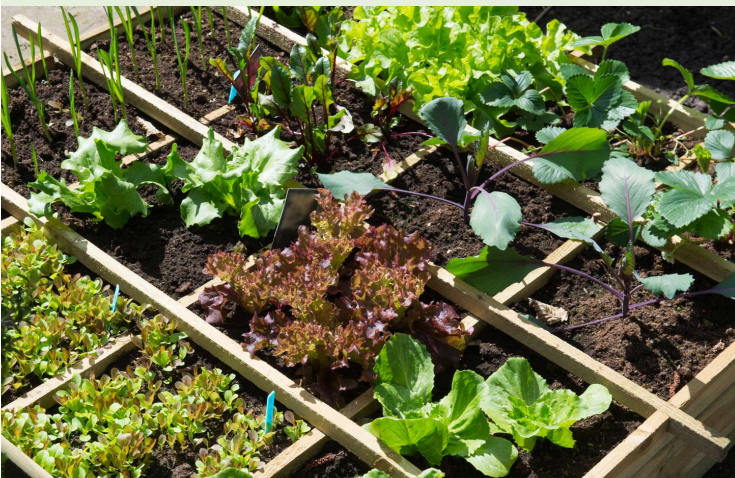


NATURE WELLBEING & GARDENING

Join us every Tuesday for alternating Gardening
and Nature Wellbeing sessions

11:00am - 12:30pm



Connect with nature, grow food and flowers, and meet
new people!

Meet at The Clement James Centre -
95 SIRDAR ROAD, W11 4EQ

NATURE WELLBEING DATES FOR 2025:

NATURE WELLBEING MEETS AT CLEMENTJAMES WITH SESSIONS IN AVONDALE PARK.

These sessions are for adults who would like to spend more time in nature, develop tools to support wellbeing through nature, and connect with other like-minded people.

Session 1: 7th January-Winter Warmer

Session 2: 21st January-Using The Senses To Notice Nature

Session 3: 4th February-Tools For Winter Wellbeing

Session 4: 18th February-Winter Weaving

Session 5: 4th March-Writing In Nature

Session 6: 18th March-Change Of The Seasons

Session 7: 1st April-Painting In The Park

Session 8: 15th April-The scents Of Spring

GARDENING DATES FOR 2025:

GARDENING IS AT CLEMENTJAMES GARDEN, WITH INDOOR OPTIONS FOR BAD WEATHER.

Session 1: 14th January-Our Year Ahead In The Garden

Session 2: 28th January-Growing Indoors

Session 3: 11th February-Getting Ready For Spring

Session 4: 25th February-Growing Potatoes

Session 5: 11th March-Seed Sowing

Session 6: 25th March-Spring Tidy Up And Sowing

Session 7: 8th April-Caring For Seedlings

Session 8: 22nd April-Celebrating Earth Day

Interested? Contact ClementJames at wellbeing@clementjames.org
or call **020 7221 8810**, or The Ecology Centre at
ecology.centre@rbkc.gov.uk or call **020 7938 8186**.

Supported by



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA