

I am Tina Roberts, I have recently joined the u3a and I am setting up a new Group, Wellbeing with Nature. Like Forest School, Norwegian Friluftsliv or Japanese Forest Bathing (Shinrin-yoku), the aim of the Wellbeing with Nature group will be to harness the benefits of being in nature within a social setting.

Some of you may know me from Garforth Art Club, as a teacher in Garforth Primary school where I initiated Forest School provision in 2010 and more recently in the Potterers Easy Cyclin group. I will be supported by Ian Roberts. Since 2014 we have been teaching primary children about life in prehistory.

The National u3a website has 5 aims for a Wellbeing in Nature group:

1. Get physical - encourage mild to moderate exercise
2. Get social - encourage social interaction
3. Care for the environment - build knowledge and experience of caring for nature
4. Notice - encouraging connection with nature can promote relaxation of mind and body
5. Give - contribute to own wellbeing through 'giving' to something bigger than oneself

I hope the group would fulfil the u3a aims to learn, laugh, live:

- Learn in nature, about nature, for nature
- Laugh when rekindling old memories and making new ones
- Live, improving own wellbeing in a social group whilst caring for other living things and our world

What would a session look like:

- We would meet outside in a natural environment ideally with access to toilet facilities
- We would start with an initial relaxing and mindful starting activity
- Each session would have a theme which may be seasonal and a related main activity which may be inspired by natural materials, prehistory, fire, cooking, the season, the aims of our venue, art or craft
- Before closing the session, we would gather to chat and have refreshments either brought from home or prepared outdoors depending on the facilities on site

To find out more click this link: <https://sources.u3a.org.uk/outdoors/wellbeing-with-nature>

I am researching possible venues where we can meet for about 2 hours each month. Eco Friendly Garforth and Incredible Edible Garforth have already shown support and would be happy to host group meetings on their sites. I have also contacted other possible sites and I would be interested in potential members ideas as well. We do not have a definite day or time as that may depend on availability at each site. The aim is for one meeting per month. Costs for resources, site access etc. may be a set amount for each session but may have to vary according to where we visit.

I will be preparing site and activity risk assessments to advise on health and safety, but it is the responsibility of each group member to keep themselves, others and the environment safe.

I you would like to join the group, please contact me on tinaevroberts@outlook.com and if anyone is interested in being a second convenor that would be great to know. There would be a maximum of 10 participants. If more than 10 apply I will create a waiting list.

Best wishes Tina