



Free training and materials

Photos: Les Latchman Photography

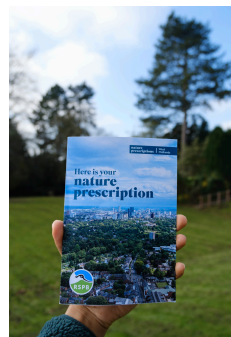
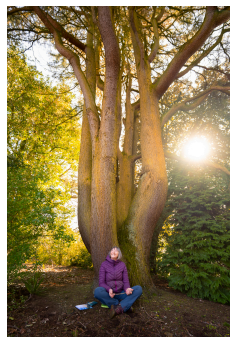
You're invited!

Join us for a relaxed session to learn what Nature Prescriptions are, share ideas for seasonal activities, and find out how to have a guided conversation to encourage and enable more people to connect with nature.

Where Sandwell Council House
Freeth Street, Oldbury, B69 3DB

Date Thursday 12th February

Time 1:00pm to 4:00 pm



Contact for more info

Alexis Johnson
Nature and Wellbeing Officer
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Find out more

www.rspb.org.uk/natureprescriptions



What you'll come away with...

- Clear knowledge of RSPB Nature Prescriptions
- Better understanding of how a connection to nature can support our health and wellbeing
- Increased confidence in starting conversations about the importance of prioritising nature for our wellbeing
- Booklets to provide to participants
- Sets of Activity Cards, Spotter Cards, and Helping Nature instruction sheets for use with groups
- Digital access to further resources to support delivery
- Slides and a digital training guide emailed after the session



We'll spend time both indoors and out, so please bring appropriate footwear and clothing. Refreshments and biscuits will be provided.

