



THE
ROYAL
PARKS



Brent, Wandsworth
and Westminster

GREEN MINDS

A NATURE CONNECTION
PROGRAMME TO SUPPORT
POSITIVE MENTAL HEALTH

- * Help nature thrive in The Royal Parks by creating new habitats for wildlife
- * Meet new people whilst connecting with the natural environment
- * Learn about the biodiversity of The Royal Parks through the changing seasons
- * Develop new skills and engage in a range of fun outdoor nature based activities



Where: The LookOut Discovery Centre, Hyde Park

When: 3rd Thursday of every Month 1pm-3pm

Duration: April - December 2022

Who is it for: Adults with lived experience of mental health issues

For more information or to book a place on the programme please contact:

<https://www.bwwmind.org.uk> 

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