

Nature Notes

A five-week journey that brings people together to explore the power of sound, nature, and Wakehurst's unique landscapes.

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Each weekly two-hour session includes a gentle walk, creative music-making, and moments of mindfulness, while also offering opportunities to learn about our horticulture, seasonal changes, and the science behind the wild places we care for. No musical experience is needed – everyone's welcome to take part.

These sessions are designed especially for Community Access Scheme members, community groups, and individuals seeking to boost their wellbeing and connect with nature.

'I felt so welcome. I came for the music, but I left feeling more connected to the people, nature and myself.'

When and where

Every Thursday, 3 September – 1 October*

* We ask participants to commit to all five sessions where possible to make the most of the experience.

Group 1: 10.15am – 12.15pm

Group 2: 1.15pm – 3.15pm

Location: Meet at the Visitor Centre 15 minutes before the session.

**Free entry and parking.
Pre-booking is essential.**

Register by emailing wakehurstcommunity@kew.org with the subject line: Nature Notes or calling **01444 894066** (ask for the Participation team).

Wakehurst



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