

Benefits of ecotherapy

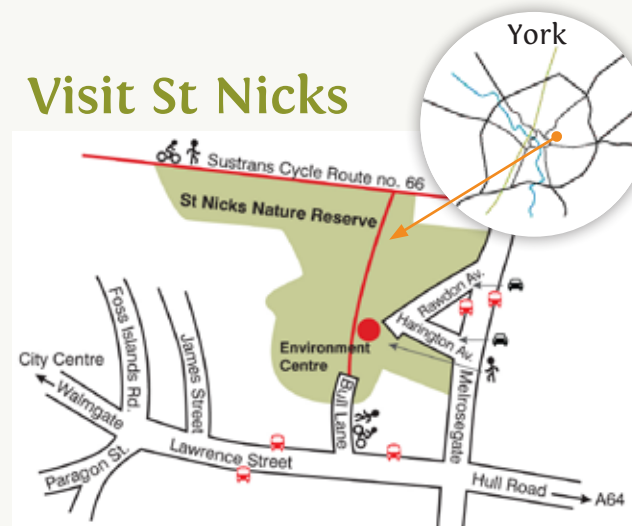
People who have engaged in an ecotherapy programme have reported:

- Reduction in stress levels
- Reduction in depression and anxiety
- Improved self-esteem
- Increased levels of physical activity
- Better resilience
- Enhanced social interaction
- Confidence boosted through the learning of new skills
- Feelings of happiness by positively contributing towards the environment

Improve your mental health by getting outside and into nature



Visit St Nicks



St Nicks is just 1 mile east of York's city centre, easily accessible by public transport and bicycle. There is a small car park, accessible toilet and drinks available at the Environment Centre. The Nature Reserve and car park are open all year round. For detailed directions please call us or see our website.

St Nicks Environment Centre is open
Mon-Fri 10am-4pm & during events

Contact us

01904 411821 | ecotherapy@stnicks.org.uk

St Nicks Environment Centre,
Rawdon Avenue, York YO10 3ST

www.stnicks.org.uk




St Nicks



Find St Nicks on Twitter,
Facebook and Flickr

Charity registered as 'Friends of St Nicholas Fields' no. 1153739

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Ecotherapy




St Nicks
The Green Heart of York

Ecotherapy at St Nicks

Ecotherapy promotes good mental and physical wellbeing through outdoor activity in the natural environment. At St Nicks, ecotherapy is offered through the group activities described below.

Bearing Fruit Mondays 1pm-3pm

Be part of the development of a community orchard at St Nicks Nature Reserve. Help look after established fruit trees, soft fruit sites and newly planted Yorkshire heritage apple trees. Learn conservation skills such as scything, pruning and creating wildlife habitats.

Connect to Nature Wednesdays 10am-12pm

Creative writing is used to explore themes in nature and develop writing styles and skills whilst benefitting from interacting in a green space. Each session starts with a short discovery walk. The course is run at St Nicks in partnership with York St John University, Convergence & the Discovery Hub.



Discover Nature Tuesdays 10am-12noon

Join us on St Nicks Nature Reserve to learn more about the natural world around us. Sessions are seasonally themed and provide the opportunity to participate in wildlife-based activities, including nature walks, animal surveys, and art work creation.

Get Gardening Thursdays 1pm-3pm

Learn how to garden creatively using a variety of means including a polytunnel, container planting and making the most of smaller spaces. Growing activities will include introducing natural pest control, plant care, seed collecting and innovative irrigation. The group is run in partnership with York St John University, Convergence and the Discovery Hub and takes place at St Nicks Environment Centre.

Interested?

Contact Kathy Sturgess on 01904 411821, email ecotherapy@stnicks.org.uk or see www.stnicks.org.uk



Plot to Plate Fridays 2pm-4pm

Help to manage our allotment at the Holgate Allotment Site and learn the principles of organic gardening and the benefits of eating seasonally. The site has raised beds, fruit trees, a variety of vegetables and a wildflower area. The programme takes place all year round.

How it works

- Group activities are led by trained session workers.
- All participants receive one to one mentor support alongside group engagement.
- Activities occur both on and off site, and are free to participants.
- Groups are timetabled around the lunch hour encouraging increased social opportunities.
- All activities are organised around getting involved with nature as the main focus.
- Groups are time-limited with opportunities to stay involved longer term through our award-winning volunteer programme.
- Join through referral. Referral forms can be posted by request or downloaded from our website: www.stnicks.org.uk/ecotherapy

St Nicks is a 24-acre local nature reserve and environment centre, just 1 mile from the city centre.

