

# Ecotherapy at St Nicks

Improving mental and physical wellbeing one plant at a time

## 2018 Timetable

All groups meet at St Nicks unless otherwise stated. Groups accessible through referral only (some groups operate a waiting list)



### Bearing Fruit Mondays 1-3pm, year round

Be a part of our community orchard at St Nicks Nature Reserve; managing existing wildlife habitats and creating new ones. Help us look after our established fruit trees, soft fruit sites and newly planted Yorkshire heritage apple trees. Learn conservation skills such as scything, pruning and hedge laying from our experienced tutors.

### Discover Nature Tuesdays 10am-12pm, year round

Join a safe and nurturing environment in which you can learn more about the natural world. Sessions are run by a qualified tutor and are seasonally themed as each week focuses on a different species or habitat with the opportunity to participate in wildlife-based activities, animal surveys and field trips planned around the migration of birds and animals throughout the year. We also arrange talks from local experts! There is always something new to learn with our Discover Nature group.



### Nordic Walking: Tuesdays 1-2pm Technique and skills, year round

Before joining our regular walking sessions, participants are asked to attend a four week block skills session which, by the end of the block, everyone will receive a NWUK Freedom Passport, enabling access to all Nordic Walking groups across the city including our own session as described below. Nordic Walking is suitable for all ages and fitness levels. There is a nominal fee of £5 to receive your NWUK Freedom Passport. Classes and pole hire for these sessions are free.

### Nordic Walking: Tuesdays 2-3pm Walking session, year round

Come and experience the freedom of Nordic Walking! Evidence confirms that connecting to nature with green exercise improves both self esteem and mood, as well as emotional and physical resilience. All sessions will be coached by a qualified NWUK instructor. Nordic Walking maximises a walking workout by using up to 90% of the skeletal muscles and is suitable for all ages and fitness levels. Classes are free with own poles or £2 Pole Hire.



## Creative Writing: Wednesdays 10am-12pm, year round

The Nature based Creative Writing group is run in partnership with York St John University, Converge and the Discovery Hub and is led by a qualified tutor. Each session starts with a short walk around the nature reserve followed by an introduction of a theme for the mornings writing. The sessions are an exciting way to develop writing styles and skills while making new discoveries about nature through observations of the reserve and the changing seasons.



## Woodworking: Thursdays 10am-12pm, over the spring and summer months

Led by an qualified tutor, sessions focus on developing woodworking skills through making items such as bird boxes, bat boxes, hedgehog homes and benches that can be used around the St Nicks nature reserve. There will also be opportunity to develop finer carpentry skills, learning how to make stools, spoons or more decorative items according to participants interests. No previous experience is necessary and all tools and materials will be provided.



## Eco book club: Thursdays 10am-12pm, over the winter months

St Nicks Eco Book Club is a friendly social session for those interested in books and literature with a link to the natural world. There is no pressure to read the book independently, the experienced tutor will pick abridged chapters for the group to enjoy as a shared reading experience each week. This will be followed by a walk around the reserve and discussion of the chosen chapter of the week. Refreshments will be served following each week guided walk with the opportunity to explore themes in more detail over tea and coffee. Each session will end with a nature inspired poem or thought for the day.



## Get Gardening: Thursdays 1:30pm-3pm, over the spring and summer months

The Get Gardening group is run in partnership with York St John University, Converge and the Discovery Hub and is led by a qualified tutor. People of all abilities are welcome. Learn how to garden creatively in different settings using a variety of means including the use of a polytunnel, container planting and making the most of smaller spaces. Growing activities include introducing natural pest control, feeding, plant care, re-potting, vegetable growing, herb gardening and seed collecting.



## Plot to Plate: Fridays 2pm-4pm, year round (earlier finish in winter)

### Meet at Holgate Allotment

Help to manage our allotment and learn the principles of organic gardening and the benefits of eating seasonally. The site has raised beds, fruit tress, a variety of vegetables and a wildflower area that runs alongside a beck. This group is partially peer led.



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If you or someone you know would like to know more about our Ecotherapy programme, why not fill in a referral form which can be downloaded from our website, or you can contact Kathy Sturgess, the Ecotherapy Manager on 01904 411821 or email [ecotherapy@stnicks.org.uk](mailto:ecotherapy@stnicks.org.uk). We'd love to hear from you.