

Take Root Programmes

2020

Sevenoaks Nature Reserve,
Bradbourne Vale Road
TN13 3DH—free car park
Wednesday mornings.
10am-12pm



Programme 1

8th Jan– 12th Feb

Notice Nature & Mindfulness

We'll start with a gentle introduction to the new year & project. Observing the true beauty of nature. This will include wildlife watching, listening exercises, alongside mindfulness and relaxation techniques you can take home with you.

Programme 2

26th Feb-1st April

Create

Each of our sessions will be devoted to a creative theme exploring nature through photography, sound recording, sketching, poetry and printing.

Programme 3

22nd April– 27th May

Garden & Grow

We will be working in the wildlife friendly gardens of the reserve. You'll learn how you can attract wildlife to the garden, using pollinator friendly plants, shelters and feeders. There will be a practical element to this programme, giving the opportunity for some hands-on learning!

Programme 4

17th June -
22nd July

Monitor

Each week we'll monitor a different aspect of the reserve; from butterflies to birds, flowers to bugs. It's a great way to learn how to ID species and understand how nature is connected. There'll also be some time for pond dipping!

Programme 5

12th Aug-16th Sept

Self-direction

Our self-led programme will run alongside themes in nature. We'll be working as a team with some of our participants leading the way.

Programme 6

7th Oct-11th Nov

Warden Wellness

In our practical programme we'll be getting involved with managing habitats. We'll be scrub cutting, to improve and protect the rare lichen and moss communities. You can do as little or as much of the physical work as you like, and tools will be provided.



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