



Gloucestershire Carers in Nature

Gloucestershire Carers Hub have a variety of opportunities for carers to benefit from being closer to the natural world.

The Great Outdoors Group

Gloucestershire Carers Hub hosts a weekly online get together for carers who are interested in nature, gardening and the great outdoors. The group meets on a Thursday between One and Two. When it is possible, the group will look at opportunities to make use of outdoor spaces to help carers access the benefits of the natural environment.

If you would like to join, contact Gloucestershire Carers Hub on 0300 111 9000 or email carers@peopleplus.co.uk.

Carers in Nature - Gloucestershire Wildlife Trust

Gloucestershire Wildlife Trust is offering carers a chance to improve their conservation skills with some practical sessions at Robinswood Hill. For a closer look at what's available, please have a look at this short film: <https://youtu.be/rltX6ptfXQk>

The dates/times are as follows

6 May – 1 July: 10am - 12:30pm, 1pm - 3:30pm

2 September - 21 October: 10am - 12:30pm, 1pm - 3:30pm

February 2022 – March 2022: 10am - 12:30pm

If you are an unpaid carer and would like to take part contact rosie.kelsall@gloucestershirewildlifetrust.co.uk or call 01452 383 333.

Look Again Photography are offering mindful photography opportunities for carers a chance to "Look Again at the world with fresh eyes" in a series of workshops online. These sessions offer a chance to look at the natural world and our environment more carefully and with gratitude.



The next series of sessions runs from: Weds 6th October for 4 weeks between 10:00am to 12:30pm via Zoom.

If you would like to book, contact Gloucestershire Carers Hub on 0300 111 9000 or email carers@peopleplus.co.uk

Nature Sketching

Artist Debbie Kersley is working with Gloucestershire Carers Hub to offer carers the chance to try some nature sketching. Looking closely at nature and having the confidence to try making some drawings can help us to feel the benefits of a connection with nature and the satisfaction of having made a picture.

The dates for these Zoom sessions are:

Friday 16th July, Friday August 6th and Friday August 20th between 2 and 3pm.

If you would like to book, contact Gloucestershire Carers Hub on 0300 111 9000 or email carers@peopleplus.co.uk.