

Press Release: (Possible titles)

Building Resilience through Nature-based and Therapeutic Activities - FREE Workshops Early 2023

MindFoodFun and Nature Sense - Free Workshops for looked-after and adopted children with the Apricot Centre Wellbeing Service

Through the Health Equity Innovation Challenge the Apricot Centre is pleased to be able to offer for FREE series of workshops for looked after, special guardianship and adopted children in the South West.

There are 4 workshops of 5 after school weekly sessions with Apricot practitioners providing rich experiences to support children (and parents) to build resilience, have fun, and help with anxieties, which are particularly strong in these times.

If you are interested to participate in this exciting research project please contact us on wellbeing@apricotcentre.co.uk with the course code you are interested in. Our website is www.apricotcentre.co.uk.

NatureSense (Course Code: NS1 & NS2) are two free workshops for 7-13 year olds with Carolina and Paul for a small group of kids (and parents) to play, explore nature themes, stories and movement. These groups will be run in the magical woodland Glade in Dartington (<https://thewoodland.co/the-glade/>)

MindFoodFun (Course Code: MFF1 & MFF2) are two free workshops for 7-13 year olds with Hannah, Carolina and Caspar for a small group of kids (and parents) to explore food and kitchen

creativity with our senses. A chance to have fun exploring the sensory aspects of food, cooking and eating and to learn how it affects how we feel. These groups will take place at Huxhams Cross Farm.

NatureSense (Code NS1) - Group 1

- Saturday 7th January, 10.30-12.30pm
- Thursday 12th January, 4.30-6.15pm
- Thursday 19th January, 4.30-6.15pm
- Thursday 26th January, 4.30-6.15pm
- Thursday 2nd February, 4.30-6.15pm

NatureSense (Code NS2) - Group 2

- Saturday 4th February, 10.30-12.30pm
- Thursday 9th February, 4.30-6.15pm
- Thursday 23rd February, 4.30-6.15pm
- Thursday 2nd March, 4.30-6.15pm
- Thursday 9th March, 4.30-6.15pm

MindFoodFun (Code: MFF1) - Group 1

- Monday 16th January, 4.30-6.15pm
- Monday 23rd January, 4.30-6.15pm
- Monday 30th January, 4.30-6.15pm
- Monday 6th February, 4.30-6.15pm
- Monday 13th February, 4.30-6.15pm

MindFoodFun (Code: MFF2) - Group 2

- Friday 27th January, 4.30-6.15pm
- Friday 3rd February, 4.30-6.15pm
- Friday 10th February, 4.30-6.15pm
- Friday 17th February, 4.30-6.15pm
- Friday 24th February, 4.30-6.15pm

Root & Rise - 13 to 18 year olds (Course Code: RR)

We are also running FREE nature-based workshops (funded by the Badur Foundation) for 13-18 year olds who are adopted, in care, or

under special guardianship, in nature spaces at Huxhams Cross Farm. These sessions are for young people who have experienced care or adoption, or those in challenging family situations where they may benefit from support. Our practitioners offer small groups nature-based experiences and process oriented therapy. Workshops are funded by the Badur Foundation and are therefore free to attend. We aim to make these accessible and have some funding to support transport.

Gather & Nourish (Course Code: GN). Also in 2023 with the support of the Town Council Hannah will host a regular series of cooking workshops and events for the general public (adults and children) offered at the Green Cafe, Totnes (opposite the market square), using cultivated and wild food from Huxhams Cross Farm.