

**Sunday 10th May**

**[Connect + Create: Women's Nature Wellbeing Session](#)**

**2.00pm - 4.00pm**

Part of our **City of London** sponsored events, for residents, this gentle session with Ciaran Ivanovic combines Forest Bathing, Qigong and simple creative activities to help you slow down and reconnect with nature.

-----

**Monday 11th May [Trees That Shape Cities](#) 2.00pm - 4.00pm**

A talk for residents of the City of London, with architect, gardener and writer Judith Lösing explores the vital role trees play in shaping London's built environment.

-----

**Tuesday 12th May [City Tree Walk & Barbican Wildlife Garden](#) 10.30am - 12.30pm**

Join Age UK City of London for a relaxed and sociable guided walk with City of London Guide - Sarah Williams Robbins, exploring the planting and green spaces around the Golden Lane and Barbican area.

-----

**Wednesday 13th May [Inclusive Tree Tour with Adapted Bikes s Scooters](#) 11.00am - 1.00pm**

A supported outdoor session with Wheels for Wellbeing exploring local green spaces using adapted bikes and scooters. Led by Phil Paulo from CPRE London, this inclusive tour introduces urban trees while promoting confidence, well being and social connection for people with limited mobility.

-----

**Thursday 14th May**

**[Hidden Garden Tree Haiku Walkshop](#)**

**11.00am - 12.15pm**

Hidden Garden Haiku Walkshop is a 90-minute guided walk with Andrew Stuck exploring hidden green spaces near St Paul's, combining gentle walking, mindful observation and haiku writing inspired by the City's quiet gardens and urban landscapes.

-----

**Friday 15th May**

**[London Tree Ring: Inclusive Street Tree Photography Workshop](#)**

**11.00am - 1.00pm**

A free, creative workshop exploring London's street trees through photography, part of the City of London programme with insight from Phil Paulo (CPRE London), supporting wellbeing, connection and urban nature.