



At Home in Nature 2026

people and nature together
A 6-week programme

Welcome - come and join us this summer!



Wednesdays 1.30pm-4.30 pm. Waterlow and nearby parks
Starting 13th May and ending 17th June 2026

'At Home in Nature' invites people living in London, including migrants and people seeking sanctuary, to come together, slow down and feel in greater harmony with the rhythms of nature. We will be stepping outside, noticing the seasons, sharing stories and making friends – building a sense of community and belonging in the natural world.

TASTER SESSION

Wednesday, 29th April
1.30pm-4.30pm

CONTACT JO TO ATTEND



About the programme. Over the six weeks we will:

- Grow friendships and co-create a shared sense of belonging, place, and community
- Learn more about local nature and wildlife
- Reflect on our own relationship with nature
- Improve wellbeing through slowing down and sensory awareness
- Build confidence to visit local or new, parks and green spaces

Need to know. We will spend time:

- Outside, doing gentle activities to connect with nature, walking slowly, sitting on the ground (with mats), making friends with others in the group – having fun!
- Doing activities in small groups, on our own, and together in a whole group.

This 6-week programme is for people who can attend all 6 sessions and:

- Enjoy being outside, want to connect with others, and are curious about the natural world.
- Have a good level of spoken English

Cost: FREE, with travel bursaries for people seeking sanctuary and refuge.
Note Book, refreshments and snacks provided for all.

FIND OUT MORE AND SIGN UP!

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