



Age UK Norfolk
Henderson Business Centre
51 Ivy Road
Norwich
NR5 8BF

Registered Charity No: 1077097



Green Journeys Together

Nature Session Ideas to explore for your
Green Journey with Age UK Norfolk

Welcome to Green Journeys Together

Thank you for joining our Green Journeys Together service. Over the course of six visits, we're here to support you in accessing and enjoying nature in ways that feel comfortable and achievable for you.

To help you get started, we've put together a list of simple nature-based ideas that our team can support you with as you explore the benefits of spending more time enjoying nature.

If there's another nature activity you'd like to try, just let a member of our staff know and we'll be happy to see if we can support you.

If you would like to contact the Green Journeys Together team:

 01603 785223

 befriending@ageuknorfolk.org.uk



Activities to get you out of the house:

- Nature walk at local park / green space
- Visiting a nature reserve
- Litter picking
- Visiting a local garden centre
- Identifying trees or plants
- Bug spotting
- Bird watching using binoculars
- RSPB Bird watch / count
- Nature photography



Activities to do at home:

- Making flowerpots / planters
- Sowing seeds
- Making a bug house
- Making a bird feeder
- Planting bulbs
- Flower pressing
- Flower drying
- Making butterfly feeders
- Nature collage
- Other nature related crafts

