

What is: Green Connections

Green Connections is a one day experience of connection and relaxation in nature. Along with our partners Wellbeing at Whistlewood, Derbyshire Mind are inviting you to step out of the city, slow down, and spend the whole day surrounded by nature and trees at our beautiful community site near Melbourne in South Derbyshire called Whistlewood Common. Here you will have the opportunity to take part in group activities such as Forest Bathing, campfire building, and horticulture, as well as have time to explore the site and woods at your own pace. You will leave at the end of the day feeling relaxed and with an appreciation of how connecting with nature in your everyday life can really benefit your mental wellbeing!



Where is Green Connections?

Our Green Connection days take place at our private community-owned site called Whistlewood. It is part of the National Forest. The address for Whistlewood is:
**Whistlewood Common, The Common, nr
Melbourne, Derby, DE73 8DH**

The day runs from 10am until 5pm

Getting here by Car or Bus:
Whistlewood's track is almost opposite the Dovesite Business Site. Look out for the 'Animal Farm' sign. The Number 2 bus service operates between Derby and Swadlincote and stops just outside - The stop is called 'The Common'.

What should you bring?

As the majority of the activities will be outdoors you will need to bring suitable clothes for the weather, including sun-cream and a hat, or wet-weather coats. Please wear comfortable shoes and bring a mask. You will also need to bring yourself a packed lunch and a drink. You can also bring a mug for some hot drinks made on the campfire!

Evaluation questionnaires:

So that we can evaluate the effectiveness of this project we will ask you to complete three questionnaires before and after your session. Thank you so much for taking the time to complete these.

