

Wild Ways Well at Jupiter Urban Wildlife Centre



Join us at Jupiter for new outdoor wellbeing sessions.

Wild Ways Well combines activities based on The Five Ways to Wellbeing and discovering local wildlife.

The group is a great way to reconnect with nature and explore the outdoors.

Next meeting: 29th November 1pm - 3pm.

Please dress for the weather.



LEARN – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself. TAKE NOTICE - Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.





GIVE – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.



BE ACTIVE - Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

CONNECT - Meet new people. Connect with the people, the wildlife and the nature that's all around us.



To find out more and book a place, please contact us.

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Find us: Jupiter Urban Wildlife Centre, Wood St,

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