



# RE-ROOT THROUGH NATURE

Cultivating Connections



**Open to all EVERY Friday  
1.30pm-3.30pm**

**Wilmorton Community Gardens,  
Dickinson St, Derby DE24 8WJ  
What3Words: found.spite.galaxy**

**You are welcome to meet at YMCA, 770 London  
Road at 1 pm and we will walk there together.**



**Scan the QR Code  
to find out more.**



**RE-ROOT  
THROUGH NATURE**  
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**YMCA DERBYSHIRE**

Re-Root Through Nature is a Community Wellbeing Project which aims to connect people to nature, to others and themselves to promote good mental and physical health. We do this through a range of Nature based activities, facilitated by staff and volunteers who wish to share their passion for nature and the benefits of being outdoors.



## Activities Include

- Nature Art
- Plant Care
- Groundworks
- Campfire Chats
- Nature Walks
- Carpentry & Woodwork Projects





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**YMCA DERBYSHIRE**

# Improve your overall feeling of happiness at YMCA Wilmorton Community Gardens

Here are some of the activities we offer:

5 ways to Wellbeing

## Keep Learning

Feel accomplished by  
learning to build  
something



At Wilmorton  
Community Gardens

## Take Notice

Reconnect with nature  
and its healing benefits.



## Be Active

Come on a guided nature  
walk or take part in  
some gentle gardening



## Connect

Talk to someone new.  
Get more involved with  
your local community



## Give Back

Volunteer for YMCA  
Derbyshire and use your  
spare time to help us  
maintain the Wilmorton  
Community Gardens



Contact Babs to find out more and book a place

 [wellbeingsupport@ymcaderbyshire.org.uk](mailto:wellbeingsupport@ymcaderbyshire.org.uk)



**SCAN  
ME**



**RE-ROOT  
THROUGH NATURE**  
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**YMCA DERBYSHIRE**

**There are many ways for you  
to register your interest!**



**Scan QR code to  
complete the form**

**Or complete the form below and return it to this  
address: Health and Wellbeing, YMCA Derbyshire,  
770 London Road, Derby, DE24 8UT.**



**Name:**

**Contact No:**

**Contact Email:**

**If referring please tell us your  
clients details:**

**Contact No:**

**Contact Email:**

**Which best describes you?**

- YMCA Resident**
- Derby Wellbeing**
- Local Community**
- Other**

**What are you interested in?**

- Re-Root**
- Groundwork Volunteer**
- Green Connector Volunteer**
- All of the above**

