

Green Recovery of Women (GROW) for Women's Aid East and Midlothian

If you enjoy connecting with the outdoors, please join us at our nature-based group for women: **Green Recovery of Women (GROW)**. This is a rolling programme that takes place every Tuesday morning in our Women's and Children's Empowerment Centre which is a safe and private women-only space.



Workshops take place at 3 Eskview Villas, Eskbank, Dalkeith. At the workshops you will be involved in designing a healing haven and garden within our empowerment centre. This project will mutually benefit yourself, service users and staff using our centre and wildlife. During the workshops you will have opportunity to:

- Plant healing and wildlife friendly trees and flowers.
- Experience nature connection experiences and activities for wellbeing (e.g. cooking outdoors, natural crafts).
- Unwind and relax in nature.
- Develop woodcraft and forest skills.
- Learn how to use tools for the outdoors.

No previous experience necessary! There is also the opportunity to achieve a Forest and Outdoor Leadership Award (Accredited SCQF Level 4) to support learning, self-reflection and plan for the future. This is optional.

Sessions take place every Tuesday morning from 10am – 12 noon.

The workshops are facilitated by staff at Women's Aid East and Midlothian. All staff are qualified in Forest Outdoor and Leadership, including outdoor first aid and they are PVG checked.

As this is an outdoor activity, warm, waterproof clothing and footwear will be required to participate. PPE will be provided free of charge to all confirmed participants, we are asking for clothing sizes on the attached registration sheet so we can purchase these for you.

Women's Aid East and Midlothian Green Recovery of Women (GROW)

For more info or to request a place please email booking request form to:

kirsty@womensaideml.org

BOOKING REQUEST FORM

Name	
Date of Birth	
Address	
Contact Number	
Contact Email	
<u>Next of Kin Details</u> Name Contact Number <i>(is this the number that should be used in an emergency?)</i>	
Allergy/Medical Information/Access requirements to support your participation:	
UK Shoe size : (for wellies/outdoor boots)	UK clothing size: (for waterproof clothing)
Do you require transport to the venue?	YES / NO

If you think we need any other important information, please let us know.