



# Nature Connect

A Norfolk and Waveney Mind Project in  
Norwich, King's Lynn & Great Yarmouth

**Spending more time in nature and engaging in activities that sustain our local natural habitat makes for more resilient, connected individuals and communities.**

**We are an integral part of nature!**

If you want to find out more, please email:  
**[natureconnect@norfolkandwaveneymind.org.uk](mailto:natureconnect@norfolkandwaveneymind.org.uk)**, or  
call **0300 330 5488** and keep any eye on our socials.

We are grateful for the support of the Co-Op Resilience Fund for this project.

**Project activities include:**

- Sowing and Growing
- Mindful Walking and Forest Bathing
- Creativity in Nature
- Foraging and Cooking
- Connecting with and Exploring in Nature

 **Mind Norfolk and Waveney**

Registered charity - No. 1118449