



RfA Drawing from Nature

Key Information

Age: 18+

Where: London green spaces

When: Fridays 2-4pm and then 11am-1pm in June.

Support Needs Semi-independent & independent

Cost: £10 (subsidies available on request)

RfA in partnership with Urban Forest Collective deliver a seasonal adult outdoor walking and forestry group set in some of London's most beautiful green spaces.

The group will take part in mindfulness activities including: forest bathing, identifying nature, art and craft all whilst walking and socialising through the spring and summer months.

For more information or if interested in joining contact charlotte@resourcesforautism.org.uk

"Being on [the] group has been fantastic [for] me and the new people to get to know people, getting along with everyone really and it's been exciting and I'm looking forward to this."