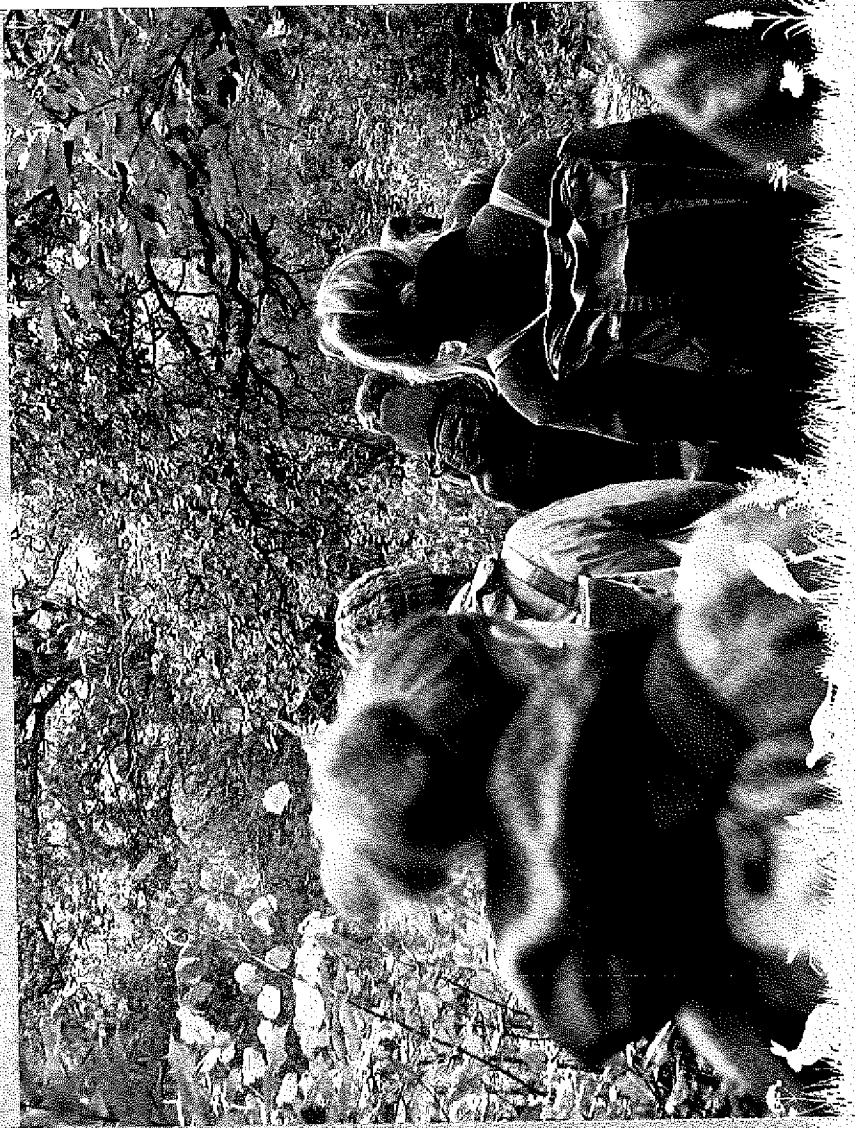
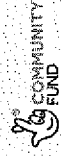


Take Root

Sevenoaks Wildlife Reserve



HM Government



Head Office: Kent Wildlife Trust, Tyland Barn, Sandling, Maidstone, Kent ME14 3BD

Tel: 01622 662012

info@kentwildlife.org.uk | kentwildlifetrust.org.uk

Registered Charity No. 295822. A company limited England and Wales by guarantee 532958. Registered at the above address.



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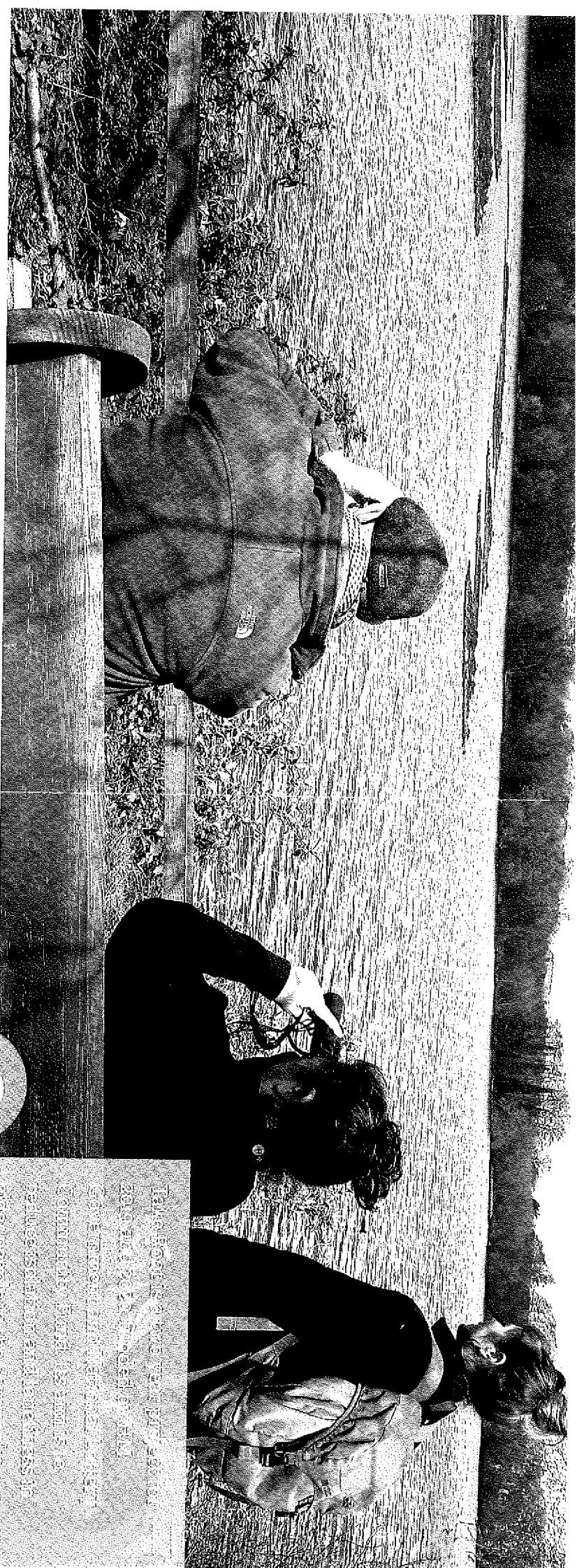
If you would like to join us on our Take Root journey, improve your social network, and connect with nature then please visit our website to fill out a referral form.

Contact:
Vicky Aitkenhead | Nature and Wellbeing Officer
Email: Vickyaitkenhead@kentwildlife.org.uk
Phone: 01622 662 012

www.kentwildlifetrust.org.uk and search "Take Root"



Protecting Wildlife for the Future

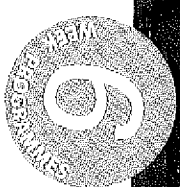


People are part of nature.

Our understanding of how nature can improve our wellbeing is growing, and evidence shows that getting out into nature improves our mental and physical health.

At times, finding this connection can feel complicated. Busy schedules leave us with little time or energy. Feelings of low confidence, self-esteem or isolation finds us unable to bridge the gap between our wellbeing and the environment.

We need to reconnect with nature and through the "Take Root" project we want to help you find ways of achieving this.



NOTICING NATURE

Exploring the sounds and sights that nature provides.

MONITORING & WILDLIFE WATCHING

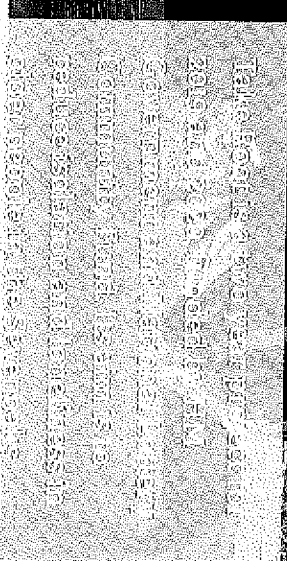
Learn how to ID and record species across the reserve.

WILDLIFE GARDENING

Help us shape our gardens, to give wildlife a helping hand and connect to our living landscape.

PRACTICAL CONSERVATION

We'll be assisting the Wildlife Reserve wardens in our practical conservation tasks.



Bi-monthly Health Walks

Bi-monthly Mindfulness Walks

Workshops and Events

Coffee Mornings

