

These online activities can be found on our Facebook page and on our website. Some of these activities will take place or will be followed by a Zoom meeting, where you can ask questions and find out more about the activity.

To join in on these Zooms please book by emailing us at [Contact@s2r.org.uk](mailto:Contact@s2r.org.uk) or you can message us on Facebook. We will send you a Zoom link to join in once you have booked.

[www.facebook.com/s2rcreatespace](http://www.facebook.com/s2rcreatespace) | [www.s2r.org.uk](http://www.s2r.org.uk) | [Contact@s2r.org.uk](mailto:Contact@s2r.org.uk)

Name	Date and Time	Details
<b>30 Days of Autumn Challenge</b>	Starting Thursday 5 <sup>th</sup> November 7:00	Every day we will be sharing easy activities to get us outside to connect and enjoy the autumn.
<b>History of Fire</b>	Starting Thursday 5 <sup>th</sup> November 17:00	Autumn is the traditional time to enjoy a fire as the nights draw in, so join Jack each week to find out how our ancestors harnessed the power of fire throughout history.
<b>Autumn Wildlife Workshops</b>	Starting Tuesday 10 <sup>th</sup> November 13:00	Join Byron each week learn how you help wildlife this autumn, including feeders and animal habitats. Followed by a Zoom session at 13:30.
<b>Wildflower Planting</b>	Starting Friday 13 <sup>th</sup> November 13:00	Learn about different wildflowers and their benefits for us and wildlife, as we help to improve outdoor spaces. Followed by a Zoom session at 13:30.
<b>Wellbeing and Nature</b>	Starting Monday 16 <sup>th</sup> November 13:00	Join Elizabeth each week as she takes us on a mindful walk to collect natural materials for different nature crafts and activities.
<b>SAD and The Great Outdoors</b>	Tuesday 17 <sup>th</sup> November 11:00	Join Lou as she explains SAD or seasonal affective disorder and how the outdoors and nature can help relieve symptoms. Followed by a Zoom session at 11:30.
<b>The Great Indoors Zoom Social</b>	Starting Thursday 19 <sup>th</sup> November 13:00	Join the Great Outdoors Project over Zoom for a weekly social, to catch up with each other and take part in some activities.

