



## What do I need to bring?

Please feel free to bring snacks, we provide hot refreshments and will be sampling our own produce later in the year.

## Is it safe?

All activities are risk assessed and a qualified first aider is present at every session.

## How do we get there?

Jupiter Urban Wildlife Centre, Grangemouth FK3 8LH

Directions and more information are at:

[www.scottishwildlifetrust.org.uk/reserve/jupiter-urban-wildlife-centre](http://www.scottishwildlifetrust.org.uk/reserve/jupiter-urban-wildlife-centre)

For further information, please get in touch:

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“Good to get involved, excellent, good physical activity.”

DAVID



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# JUPITER NATURABILITY PROGRAMME

an inclusive natural learning programme  
at Jupiter Urban Wildlife Centre, Grangemouth



[www.tcv.org.uk/scotland](http://www.tcv.org.uk/scotland)

## TCV Scotland – Who are we?

TCV's vision is to create healthier and happier communities for everyone through environmental action and practical volunteering. We aim to combat isolation and social exclusion by giving people a sense of purpose and increased self confidence through facilitated positive nature-based experiences and volunteering.

## What is the Jupiter Nature Connection Programme?

This project involves local people in the development of an accessible growing centre at Jupiter Urban Wildlife Centre, owned by the Scottish Wildlife Trust. The aim of this community-based supported-volunteering programme is to actively involve local people, for whom access to nature is severely limited, in a regular programme of outdoor growing and conservation-based activity. We know that connection with nature enhances peoples' lives through improving health, well-being and building community cohesion.

## How can we help you?

We provide supported volunteering opportunities for people of all ages and abilities in two-hour outdoor practical sessions every week. Activities are broadly linked to the growing season and provide a range of hands on practical tasks. These include:

- Growing – herbs, salad, vegetables, fruit
- Composting
- Woodwork using recycled timber
- Native tree and plant propagation
- Woodland management
- Wildlife monitoring and Identification
- Forest skills
- Outdoor cooking

All sessions include the chance to learn new skills and try something new in the outdoors.



“I liked the physical activity and the communal spirit.”

DELLA



“Caledonia service users work with Anna Hamilton at the Jupiter site and have been impressed by her enthusiasm, planning and drive to rejuvenate and redesign the growing area. It's been very satisfying, engaging and a great way to use some of the muscles we'd forgotten! The project allows us to get out into a local resource and to make a difference to one of our local landscapes – picking up skills and tips on nature, gardening and also giving us a greater appreciation of the foresight required for environmental projects.”

ALAN GREENHILL OF CALEDONIA SERVICE

## What are the benefits of getting involved at Jupiter?

Our aim is to promote and look after the natural resource at Jupiter and to actively facilitate interaction, enjoyment, learning and conservation of the amazing wildlife-rich habitat that Jupiter protects. We know that regular facilitated visits to Jupiter reduce stress levels and isolation, restores health and provides calmness and structure for people with disabilities.

Being actively involved in environmental activity, learning new skills and meeting new people changes lives.

## How much does it cost to come along?

All session places are free of charge and booked ahead in blocks. Taster sessions can be arranged.

## What experience is required?

No experience is necessary as all training and guidance is provided and matched to the needs of participants. We provide gloves but request that participants wear warm and waterproof clothing and footwear if possible.

“Excellent team work.”

ROSS



“I enjoyed the company and the atmosphere.”

DEV

