

Fresh Air and Friendship 13th Sept 21 – Alisha Dave

A positive peaceful postcard to our future selves

Whilst on our walk in Heston Park earlier this week, we saw lots of creatures of nature such as a very large snail, a frog, a beaver and a snake! As you can see from the pictures below, they are all very large creatures! The main focus on the walk was to find our inner state of peace, every day-to-day life can be so busy that we sometimes forget or don't have the time to be one with nature.

Mind.co.uk (a campaign that provides advice and support to anyone experiencing a mental health problem) states that being in nature can benefit one's mental health in various ways such as reducing one's feelings of stress and improves one's confidence. Not only mental health is improved but also physical health too, one becomes more active. Towards the end of the volunteer session, we completed a mindfulness task where we all wrote a postcard to our future selves with details on how we were feeling in that moment, feelings of peace, happiness and positivity. We are then able to read that postcard whenever we are feeling stressed to remind ourselves of a time of peace.



Not only did we see nature's creatures, we also saw some cobnuts which is a hazelnut that has a green spiky husk that encloses the nut, see photo below. Frances and Mal were telling the group more about cobnuts and their growth. Funnily enough a squirrel was also interested in the cobnuts as we saw it running with one in its mouth. The flowers were beautiful too! From the colours red, to yellow to white flowers, all captured as seen below.



Although the weather was on the colder side, a sign suggesting we are officially moving from the season of summer to autumn, where leaves fall from the trees, varying from orange and dark green tones. Thoroughly enjoyed our walk being in nature in Heston Park and being at peace within ourselves.