

Woodland Wellbeing Days Session Information

Location

These sessions will run at Whistlewood Common just outside Melbourne. The site is an 11 year old community owned woodland covering 10 acres with open space and shelters. To find us please use postcode DE73 8DH and look for the sign to Melbourne Animal Farm, we are halfway down the farm track on the right. Parking is available on site but please only use the marked areas and don't park on any other grass when it's muddy, consider car sharing where appropriate. We are easily accessible by public transport and there is a bus stop for the Derby - Swadlincote route (number 2) near the top of the farm track.

Weather

Our intention is that these sessions will be outside in the woodland in all weathers so that we can connect to nature. We have a covered fire circle and tarps that we use to make sheltered areas if it rains. However, we also have access to a beautiful indoor roundhouse with a warm and cosy wood burning stove if we need it, so we shouldn't have to cancel sessions in case of inclement weather.

Clothing and what to bring

Please check the weather before you get dressed! Layer up if needed and wear suitable footwear for the woods which may well be very muddy depending on the season. As we are off grid please bring your own drinking water bottle and a packed lunch. We will provide hot drinks throughout the day and delicious home made cakes. (please let us know if you have any specific dietary requirements)

Toilets

As our site is off grid and out in the woods we provide composting toilets. They are good for the environment, clean and don't smell. They are simple to use and we provide toilet paper and hand sanitiser. If you're interested in how they work - please feel free to ask!

Access statement

Sessions are open to anyone who identifies as female aged 16-100! We aim to be as inclusive as possible and offer disabled parking and a disabled toilet but users should be aware that because we are outdoors in woodland this may restrict access for some people. Ground is uneven and consideration should be given to weather conditions where participants may be vulnerable.

Community Ethos

We want to create a space where all participants feel welcome, supported, safe and respected. We ask that everyone attending contributes to this by giving people the time and space to be themselves and to feel seen and heard. We can all do this by:

- Being kind and courteous
- Understanding that others may have different opinions or views to us and that's ok
- Being empathetic to what others may have experienced
- Respecting the diverse backgrounds and perspectives of all members
- Speaking up if you feel uncomfortable or triggered by what someone has said - if you are unable to do this openly please speak to a session facilitator

- Not tolerating hate speech that relates to colour, race, sex, disability, nationality, ethnicity, religion, or sexual orientation - this is never ok and we aim to build a community that is not only tolerant but values the wonderful diversity of our society
- Maintaining the privacy of other participants when outside of the group
- Remembering that people are usually coming from a positive place but skills in communicating, explaining and sharing differ - this helps to avoid misunderstandings