



# Prescription for Nature in Marden

## Your prescription to connect with nature locally

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- Open your envelope of postcards. How do they make you feel? Which is your favourite?
- Sit by an open window, look and listen. Can you see clouds? Can you hear birds, feel the wind? Is it raining?
- Sit in your garden or somewhere with grass under your feet. Maybe one of the benches in the village?
- Look at the moon and the stars in the sky.
- The planter outside the Surgery has herbs growing. Look at, touch and smell these as you go past.
- Watch how a tree near your home changes through the seasons.
- Draw or take a photo of a flower or tree. Tell a relative or friend about it.
- Listen to the birds singing in the morning. If you can't hear any outside, search for "bird song" resources online.
- Walk around the path in the churchyard and enjoy the peace and quiet.
- Walk around Southons Field: look at the wildflower meadow, look at the different trees. Have lunch on a bench in the field.
- Watch the birds, they may be looking for food. Are they all doing the same thing? Put some crumbs and water out for the birds.
- Consider getting involved in some of the local nature and wildlife groups in the village (see resources).
- Walk around the playing field path. The trees are beautiful. Could you try the exercise equipment?



"85% of adults reported that being in nature made them happy" (GOV.UK 2019)

**Start small**

Setting achievable targets is important

**Enjoy it**





Choose activities you're most likely to enjoy

**Routine**

Create a habit by adding it to your routine

Local nature spots

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-  Water: Pond at Millenium Walk off Plain Road, down Copper Lane and by the playing field.
-  Meadows & flowers: sunflower field off Plain Road, Marden Meadow (Marden Road, Staplehurst) and Southons Field wild flower meadow.
-  Trees: Southons Field and St Michael and All Angels churchyard.
-  Playing field: accessible to all with tarmac path, benches and exercise equipment.



Scan me to visit the Marden Wildlife page!

Resources and contacts

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- > Marden Wildlife Website: [www.mardenwildlife.org.uk/](http://www.mardenwildlife.org.uk/)
- > Marden in Bloom: [anne.boswell@gmail.com](mailto:anne.boswell@gmail.com)
- > Kent Wildlife Trust: [www.kentwildlifetrust.org.uk](http://www.kentwildlifetrust.org.uk)
- > Marden Horticultural Society: [www.mardengardeners.uk](http://www.mardengardeners.uk)
- > Marden Walking Group: [sianburr@hotmail.co.uk](mailto:sianburr@hotmail.co.uk)



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