

# Nurtured by Nature (NNWS)

Fernkloof, Hermanus

## Draft Programme and Requirements for Delegates

Time	Activity
08h30	Arrival, registration & refreshments
09h00	Welcome & purpose of the workshop & a focus on dementia
09h20	Nature bingo icebreaker & sharing a moment of joy
09h45	Brief feedback on our connection to nature
10h00	A role for nature in dementia care – presentation & discussion
10h45	Comfort break
11h00	Calming sensory experiences
11h30	Nature's palettes activity
12h00	Gentle qigong movements
12h15	Reflection on the value and potential of the activities
12h30	Lunch
13h15	Decorating pots & planting succulents
14h00	Reflection – individual questionnaires and small group discussions
14h20	Closing circle
15h00	Depart – hand in reflection questionnaires & sign register

**Payment details:** Cost R250 to be paid in full by EFT by 31<sup>st</sup> March 2025

**Banking details:** SA Red Cross. Account number 082261938. Branch code 000312

**Beneficiary reference:** NNWS Surname and initial

**Proof of payment:** e mail to [pjbuley@telkomsa.net](mailto:pjbuley@telkomsa.net) together with: Full Name, Background *i.e.* interested person, family carer, paid carer. E mail address and phone number. Dietary preferences

**What to bring:** Comfortable clothes, apron or old clothes, walking shoes. Water bottle. Note book and pen