**South Yorkshire Police Timetable**

**Dates of visits:**Wednesday 26th October 2022  
Friday 28th October 2022

**Timings:**   
Arrive – 9am

Session 1 – 9:30am – 12pm

Lunch – 12pm - 1pm

Session 2 – 1pm-3pm

**Activities:   
Session 1.1 – Eat Me Drink Me planter**

The team will create two Eat Me Drink Me planters – one of the planters can be taken home to be cared for and nurtured as well as to remind them of the mindfulness strategies and tea activities that they have picked up on this day. They will then be encouraged to share the other one with someone else to continue this messaging and to bring someone else closer to nature for the good of their wellbeing. This will create and encourage social connections and spread the impact of the day further and wider.

**Session 1.2 – Herbs for Tea**

The team will look at a range of herbs which could be used to make tea and explore the taste, look, touch and smell of some different varieties and their health benefits. They will then create some teas to taste – for example compare bagged / dried herbs to fresh and use the Tea Flavour Wheel to describe tastes. The team can then create their own unique blend of tea using bought dried herbs or to research fresh tea blends and their health benefits. They will then be able to take their own tea bags back to work with them to share with others and to carry on the messaging of encouraging taking 10 minutes to brew your tea, stay present whilst this is happening, smelling the tea, taking your time to drink it and really stay present whilst you do this.

**Session 2 – Guided Wellbeing Walk**

Following the Harlow Carr Wellbeing Walk, the team will be guided around the garden to explore the sensory and wellbeing benefits that being in nature and in gardens can have. They will explore the sights, sounds and smells of the garden and will be encouraged to create a photo collage on their mobiles of scenes in the garden that have inspired them or prompted a good thought or feeling. These will be shared with the group on our return.

**Wellbeing Comfort Kit**

The team will be given a comfort pack to take away with them as a reminder of their day to encourage the message of being closer to nature when they return to work for the positive impact that it has on their well-being. The pack will include all the equipment and guided instructions for the team to create their own terrarium for their desk at work or for their home. The team can take part in this in their own time or as part of a scheduled activity on zoom or together. This activity will encourage the team to nurture and care for their terrarium as well as bringing them closer to nature.