



## ABOUT US :



Alton Climate Action Network (ACAN) is dedicated to inspiring and empowering our community in Alton and beyond to take meaningful action on the climate and ecological emergency—through connection, education, and positive change.

We aim to support people on their journey to a more sustainable way of living. We help with specific actions to help the climate, we educate, and we also help combat eco anxiety through encouraging positive nature connection.  
[altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)

These workshops are made possible by funding from



## What are the aims of the workshops?

Enhance mindfulness through guided creative exploration.

Foster empathy for the natural world by encouraging emotional connection and reflection.

Inspire creative imagination to help re-imagine our personal relationship with nature.

## ARE YOU LOOKING TO



- ✓ Discover or reconnect with your creative side?
- ✓ Find relief from eco-anxiety through mindful, nature-based practices?
- ✓ Explore creative forms like writing, music, or movement in a supportive space?
- ✓ Deepen your emotional connection to the natural world?
- ✓ Be part of a community that cares for nature through empathy and imagination?

# An invitation to our free CREATIVE WORK SHOPS



## Nature Emotion Creativity Connection

All workshops are held at Freedom Through Expression Gallery, 1 Normandy Street, Alton, GU34 1DD. Suitable for ages 16+



# STORYTELLING

## TALES OF THE NATURAL WORLD

October 25 2025

January 31 2026

2pm - 3pm

Step into the ancient art of storytelling inspired by the landscapes, creatures, and cycles of the natural world. In this creative workshop, you'll craft and share stories that deepen your connection to nature, spark imagination, and explore the wisdom found in the wild. No experience needed—just a love of stories and the world around you.

# SONGWRITING

## MELODIES OF THE EARTH

December 6 2025

March 21 2026

2pm - 3pm

Discover the magic of songwriting in this nature-inspired workshop led by a professional musician. You'll explore how the natural world can shape lyrics and melody. No instrument or musical experience required—just bring your creativity, your curiosity, and a love for music and Earth.



Sign up NOW for your FREE spot:

# THEATRE

## NATURE'S STAGE

March 7 2026

April 18 2026

2pm - 4pm

Step into character in this playful, nature-inspired theatre workshop. Using movement, voice, and improvisation, you'll explore the stories, emotions, and energies of the natural world. No acting experience needed—just a willingness to explore, express, and connect with nature in a creative new way.

or email: [ecostreetsalton@gmail.com](mailto:ecostreetsalton@gmail.com)