



















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 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 reimagine our personal relationship with nature.

ARE YOU **LOOKING TO**





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+



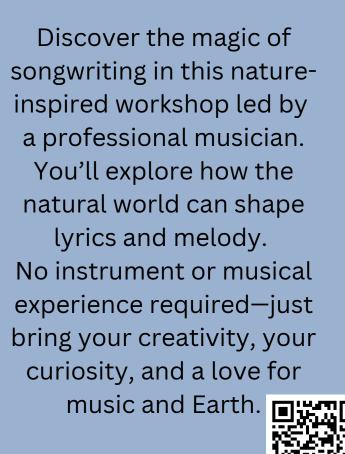
TALES OF THE NATURAL WORLD

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



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

Sign up NOW for your FREE spot: