

# 'MOTHER NATURE & ME' – AFTER SCHOOL CLUB

Suzanne Gomez & Lynda Jennings

We are Mothers, Gardeners and Pet Owners with a love for all the things that Mother Nature provides. We have both worked with children for many years and are both qualified as professional chaperones as our own children have worked in West End shows, adverts and films. We have chaperones licenses, enhanced DBS checks and First Aid training.

“Mother Nature and Me is MORE than just a Gardening Club”

In a world bursting with technology constantly thrown at our children - our aim is to encourage children to have less screen time and more time in nature. There is evidence to prove that nature makes children happier and healthier. Nature is magical - just a few minutes in Nature can help us feel restored and fill us up with positive energy. All the while keeping us present and not clogging our brains with too much gaming and social media. Many enrichment clubs are sports related and we wanted to offer something additional that enhances the Mental Health of our children.

“There is more to this world than just technology”

We will provide a kind, full of fun environment where your children will take part in indoor and outdoor planting. We will be bringing in insects and watching our butterfly pavilion transform week by week. We will create sustainable crafts, amongst many more fun-filled activities. We will learn about saving our planet, how to seasonally grow our own food, understand the importance of nutrition, looking after insects and, ultimately being kind to our planet, animals and people.

“Be Kind & Look after Our Planet”

We will also be injecting some Love into all the School Gardens we go to and on a weekly basis watch the progress of all our projects.

“Allow Nature’s Peace to flow into you as Sunshine flows into Trees”



This is a year round indoor and outdoor activity school club. Children will also learn about gardening traditions from other countries in the World - incorporating learning about diversity, as well as our own traditions. Our club will welcome Reception, Years 1 & 2 to join us in a Magical World of Mother Nature. We will provide all materials and equipment.



CONTACT US: [mothernatureandmeclub@gmail.com](mailto:mothernatureandmeclub@gmail.com)  
SUZANNE: 07947-707830      LYNDA: 07939-563766