**The sound of birds tweeting, bees buzzing and the wind rustling the trees fades in for a few seconds before fading out again.**

**Narrator 1:** Welcome to the Horniman Museum and Gardens. On this trail we invite you to explore your surroundings in whichever way is best for you. Hopefully this will help you to enhance your sense of wellbeing.

You can pause the recording at any point to allow you more time to move, stop or think.

These Gardens first opened in 1895. Thanks to Frederick Horniman and his family, there are so many areas to explore and it is constantly evolving. Please choose whichever path you fancy, and have fun on your journey.

As you make your way through the Gardens, you might come across some of these places

**The sound of wind rustling fades in and play quietly behind the following speech.**

**Various voices:** A sunken garden, a meadow field, the totem pole, a library, lots of sundials, lots of sculpture and art, a Butterfly House, a sculpture of a velociraptor, a bandstand, plenty of sheltered areas, a bee garden, a Pavilion, the museum itself, the medicinal garden, children’s play areas, glass Conservatory, cafes, ancient beautiful trees, open grassy areas for picnics, an animal farm, wooden benches, seasonal flowers, garden toilets, a Dutch barn, a museum shop, the south downs garden, an old boating lake…and a panoramic view of the London skyline!

**The background music now fades to silence.**

**Narrator 1:** We hope you enjoy your time here today. Hopefully you will go home feeling calmer with a sense of peace and an appreciation for these splendid gardens and nature in general.

**A sound of wind rustling the grass fades in, accompanied by the faint sounds of birds chirping, and then fades out.**

**Narrator 2:** Did you know that the Horniman gardens covers a space of 16 acres, full of urban wildlife and a huge variety of plants and trees. My favorite place in the gardens is the South Downs at the back of the site, near the Horniman drive entrance. It’s peaceful, wild with a beautiful view of South London and beyond. I like to sit and reflect on my thoughts and worries there, surrounded by the trees, grasses and flowers. My worries feel smaller in that space and it gives me a sense of optimism. I would like to invite you to join me in slowing down, feeling a space and absorbing your surroundings. Travel to a place in the gardens where you can stop, rest, slow down and reflect.

**Narrator 1:** You can pause the recording at any point to allow yourself to move, stop or think.

**Narrator 2**: Would you like to join me in doing a simple breathing exercise? You can do it standing up or sitting in a chair around the gardens. If you’re sitting or standing, place both feet flat on the ground. Whatever position you’re in, place your feet roughly hip-width apart.

**The gentle sounds of tweeting birds, a crowing rooster and outdoor ambience fades in in the background of the following speech.**

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Try breathing in through your nose and out through your mouth. Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first. Then, without pausing or holding your breath, let it flow out gently, counting from one to five again if your find this helpful. Keep doing this for three to five minutes.

**Narrator 3:** These sounds will continue till the 8 minute mark.

**Narrator 2:** This calming breathing technique for stress, anxiety and panic just takes a few minutes and can be done anywhere. Find somewhere in the garden where you can sit and relax.

**The nature sounds merge into the new sound of several people talking indoors, having different conversations. We hear the clinking of tea mugs. The sounds lasts a few moments and then fades out when the following speech begins.**

**Narrator 3:** So where did this all begin?

**Narrator 4:** Mr. Horniman founded the Horniman Museum in Forest Hill. In 1901 he gave the 15 acres freehold, estate, museum and art and natural history collections to London County Council for use by the people of London. He sought to share his findings with the world.

**Narrator 3:** Who was Mr. Horniman?

**Narrator 4:** Mr. Horniman was born in Somerset in 1835, he was a Quaker and he was also a keen philanthropist. He was a social reformer and became a liberal MP.

**Narrator 3:** I heard he was a tea merchant?

**Narrator 4:** Yes, he ran Horniman’s Tea, at the time the largest tea merchants in the world.

**Narrator 3:** Was he a colonialist?

**Narrator 4:** Yes he was, and you can read more about this on the Horniman website.

**Narrator 3:** You can find a link to this on the webpage of this audio-trail. So what’s happening with the Horniman gardens now?

**Sound: The sounds of a bird making a repetitive chirrup fades in quietly in the background of the following speech.**

**Narrator 4:** As Errol Fernandes, the Head of Horticulture says; ‘I am looking forward to championing sustainable and ecological gardening practices as well as helping to make the Horniman Museum and Gardens even more accessible to the wider South London community.’

**The sound of the chirruping bird becomes the sound of a trickling water stream. This lasts a few moments and fades out when the below speech begins.**

**Narrator 5:** Welcome to the trees and senses part of this audio trail. One of the oldest trees at the Horniman is the English Oak tree which you will find next to the sound garden and bandstand in the middle of the gardens. It’s so old it’s supported by another tree. Pause the trail if you’d like to go and find it, but you don’t need to.

My favorite tree is the Horse chestnut conker trees which line the main garden path. You can recognize them by their white pinky flowers sitting upright and their green spikey shells which protect the nut whilst immature. I used to play the traditional game as a child which dates back to 1848 and has been a popular children’s game for generations. I have always been fascinated by them, collecting conkers off the ground, fallen from the trees on walks home.

**The sound of trees quietly rustling in the wind fades in behind the following speech.**

**Narrator 2:** There are so many trees in the Horniman Gardens, I couldn’t pick a favorite. I love so many of them. On entering the garden from every direction there are trees that feel welcoming and protective, calm and strong.

**Narrator 1:** My favorite tree is the copper beech tree near the bottom gate - the roots look like giant chicken feet!

**The sound of trees rustling in the wind fades out for the following speech.**

**Narrator 5:** I often find being around nature and trees calming for my anxiety. Select a tree of your choice - perhaps go and sit, stand or lay by it.

**The sound of trees rustling in the wind fades back in behind the following speech.**

**Narrator 5:** Look at it. Touch or hug the tree if you’d like. Use whatever sense is best for you. I invite you to notice what you see, hear and feel. Can you feel the wind blowing through the leaves on your skin? Perhaps you notice heat or coldness? I invite you to slow down and pause. Take a deep inhale and close your eyes if you wish. Take a moment to absorb the atmosphere. How do you feel? Do you feel a sensation of calm, relaxation and tranquil?

**Narrator 6:** Look up in awe. Take in the vast expanse of branches above you, entwined with secrets and whispers. Let them encase you in a moment of stillness. Feel the rhythm of nature dancing with your senses. See the light peek in-between the leaves, leaving behind little moments of wonder. Watch the leaves pirouette and feel the light on your skin. Breathe in the magic that surrounds you and take the calmness with you, and whenever you need it, let it wrap its arms around you like a hug from nature.

**The sound of trees rustling in the wind fades out. We hear the sounds of shutters on a camera. The sounds stop before the following speech.**

**Narrator 7:** I choose to take pictures of plants when walking around the Horniman gallery because it allows me to focus in, it gives me a different view in life. You can see some of my pictures on this webpage.

Look at my picture of the orange and yellow plants. The way the colours blend in, it reminds me of a sunset over the ocean. Your eyes don’t catch everything, so I like to use macro photography to see the deeper make up of the plant. You can see the true colors and texture of the plant when you paralyze the background because you’re forced to focus on it. In order to focus and zoom in you have to slow down, it’s important to do this to take things in.

I find older objects have more attitude and meaning, so I looked at the bench and it’s got more of a grain to it; like it’s lived through the hard weather. It brings the story out and makes me think deeper about the history and meaning of things. I found the same about the lampposts. The older lampposts have more character than the new ones. The moss on the lampposts also makes me think about how long it’s been there and if you look closer you can see small hinges, which makes me think it used to be an oil lamp. I imagine what the Horniman Museum used to be.

**We hear the sounds of camera shutters clicking again. The sounds stop before the following speech.**

**Narrator 3:** For this part of the trail, now we’d like to invite you to become the camera. So find something around you; it could be and object, something on the floor, a plant or a structure.

Pause the trail and resume once you’ve selected something.

Now, take a moment like a camera to zoom in on your object. Move your head slowly towards it for as long as is comfortable. What details do you begin to notice as you get closer? Or if you’d rather use touch, slowly examining the object from top to bottom with your finger. Do the textures change? Are there any shapes that you can feel within the object? You can stay zoomed in or if you’d like zoom out again, still looking at or feeling the object. Where do you think it’s come from? Does it have any natural structures within it? Are there any stories about the object you can imagine or does it remind you of anything?

You might be able to think of some other questions about your object - there will be hundreds. We find that zooming in like this helps us slow down, take notice and appreciate things that we might otherwise not see or feel.

**The sound of a farmyard slowly fades in: we hear roosters crowing, cows moo’ing, chickens squawking and birds tweeting. The sound lasts a few moments, and then fades out before the following speech.**

**Narrator 3:** Did you know the Horniman Gardens also has an animal farm with goats, rabbits, guinea pigs and more. My favorite animals, though, are the alpacas. Pause the recording and see if you can find them.

Head up the main garden path, past the bandstand, all the way to the glass building at the end and then look to your right through the black fence. Resume the recording once you’re there.

Are the alpacas out? Can you see one? Maybe they are relaxing in their sheltered hut. See if you can notice any other animals or insects, and for a while just watch them. Follow their progress, watch the way they move.

I find watching the alpacas so calming. It allows me to slow down and focus on something really gentle and soothing. Sometimes I fall into day dreams and get lost in imagination…

**The sound of a farmyard slowly fades in again, and is heard behind the following speech.**

**Narrator 5:** It's peaceful here, even when there’s loads of kids, mmmmm this grass is tasty. Looking out over the gate I use my pal, my playful buddy who finds grass as delicious as me. But unlike me, my pal chews everything! Look here he is, head through the gate with a strawberry treat, down in one, he snaps his jaw to grab on unsuspecting visitors jacket. The visitor shouts out in surprise before wrestling it out and laughing their head off.

**The background sound behind the speech gets slightly louder at this point to highlight what sounds like a goose laughing loudly. It quietens again before the following speech.**

**Narrator 3:** I leave the viewing place to get on with my day, with the alpacas blissfully unaware of the therapeutic effect they’ve had on me.

**The farmyard sound fades out and becomes replaced by the sounds of wind, birds tweeting and clear, human footsteps on a path. The sounds last a few moments and fade out before as the following speech begins.**

**Narrator 1:** Thank you and congratulations for completing our trail. This trail is part of a collaborative project between the Horniman Museum and Gardens, South London and Maudsley NHS Trust Recovery College and Lewisham Creative Futures Programme. This project is funded by the UK government through the UK community renewal fund.

We are a group of passionate students who came together to spend time in nature and learn about the benefits for the planet and our personal wellbeing. We wish you the best as your personal wellbeing journey continues and we wonder what you will choose to do for your wellbeing next.

**The sound of a trickling water stream fades in. We can also hear birds tweeting and the sound of wind. After a few moments the sounds slowly fade out to silence.**