The UK’s first-ever mass nature bathe on a rewilding site taking place in July

Tuesday 30 June, 2026

People of all ages are being invited to join the UK's first-ever mass nature bathe on a UK rewilding site.

The Great Pause is a free event being run by the national charity Heal Rewilding, taking place at their flagship nature recovery project near Frome in east Somerset on Sunday 19 July from 3pm onwards.

The event will see people coming together in the heart of Heal Somerset's rewilding landscape for a collective period of silence and nature immersion, offering a rare opportunity to pause, slow down and reconnect with the natural world alongside others.

Taking place on a summer afternoon surrounded by birdsong, wild grasses and recovering habitats, The Great Pause will invite people simply to lie back on a blanket and become fully present in nature. Participants can gaze up at the sky or close their eyes as they listen to the sounds of wildlife and the landscape around them.

While nature bathing and mindfulness in nature have grown in popularity in recent years, nature charity Heal Rewilding believes this will be the first time a mass nature bathing experience has been held on a UK rewilding site, bringing together large numbers of people for a shared moment of stillness within a landscape dedicated to nature recovery.

"Nature has an extraordinary ability to help us slow down, restore perspective and improve our wellbeing,” said Jan Stannard, co-founder of Heal Rewilding. “Research consistently shows that spending time in nature can reduce anxiety, lower stress and boost mental health, yet many of us spend very little time truly immersed in the natural world. The Great Pause is about creating a shared moment of stillness in beautiful surroundings where nature is rebounding, when people will come to experience the sights, sounds and healing benefits of nature. By being together in silence and simply listening to nature, we can create a rare moment of collective calm that benefits our mental health and reminds us that we are part of the natural world, not separate from it."

The event is open to everyone, including children of all ages, and has been designed to be accessible and welcoming. Two areas will be used for the event, one for adults and young people aged 14 and over seeking a quieter experience, and another family-friendly space where children can enjoy the event in a more relaxed environment.

The event is free to attend, although visitors are encouraged to make a voluntary donation of £10 per person to support Heal's work. All that people need to bring is a blanket to lie on. Participants are also invited to bring a picnic to enjoy after the event, offering an opportunity to meet others, share experiences and continue enjoying time in nature. Camping will also be available in the evening for those wishing to extend their immersion in the rewilding landscape.

As growing numbers of people seek opportunities to disconnect from busy modern lives and spend more time outdoors, The Great Pause offers a simple but powerful invitation: to stop, listen and experience the restorative benefits of nature as part of a community.

Event details

The Great Pause

Sunday 19 July, 3pm – 4.30pm

Heal Somerset

Free to attend

Optional £10 donation per person

For more information and to book a place and optional camping, visit https://www.tickettailor.com/events/healrewilding/2108531

Media:

Related Sectors:

Charities & non-profits :: Environment & Nature :: Health :: Home & Garden :: Leisure & Hobbies :: Travel & Tourism ::

Related Keywords:

Nature Bathe :: Nature :: Nature Recovery :: Wellbeing :: Health :: Birdsong :: Free Event :: Environment :: Rewilding :: Outdoor Activity :: Mindfulness :: Nature Bathing ::

Scan Me:

Ends

About Heal Rewilding

Heal Rewilding is a registered charity working to raise money, buy land in England and rewild it, to help nature recovery, climate action and wellbeing. Through the rebuilding of wildlife populations, community involvement and storytelling, Heal aims to reconnect people with nature and help tackle the climate and ecological crises. It bought its first rewilding site, Heal Somerset, in December 2022, which is open for free access to the public 50 weeks a year.

For further information:

Katie Stearn-Mills, katie.stearn-mills@healrewilding.org.uk, 07594 121320

Jan Stannard, jan@healrewilding.org.uk, 07710 171704

Images to accompany the story are here:
https://drive.google.com/drive/folders/1X-Omf-5aRsYVUq7uEm7ztaBemTb9glcV?usp=sharing

Heal's website is at www.healrewilding.org.uk

Company Contact:

Heal Rewilding

T. 01749 684757
E. comms@healrewilding.org.uk
W. https://www.healrewilding.org.uk/

Additional Contact(s):
jan@healrewilding.org.uk
katie.stearn-mills@healrewilding.org.uk

View Online

Additional Assets:
https://drive.google.com/drive/folders/1X-Omf-5aRsYVUq7uEm7ztaBemTb9glcV?usp=sharing

Newsroom: Visit our Newsroom for all the latest stories:
https://www.healrewilding.pressat.co.uk