

Wellbeing with Nature Self-Care Course Overview

The course offers innovative solutions for people's wellbeing through therapeutic nature based interventions that support positive shifts in holistic health.

Avon Wildlife Trust's Wellbeing Self-Care Course aims to help people with long term health conditions and those experiencing low mood, anxiety and stress.

Our approach promotes a reciprocal relationship with nature to achieve sustainable outcomes for both people and wildlife.

The course has been developed in partnership with Michéal Connors from Natural Academy, a training organisation that supports the development and delivery of nature and wellbeing services.

We have developed three 6-week courses providing up to 18 weeks of support for individuals that encourage positive behavioural change in their wellbeing and connection to nature.



Based outside in nature, the **5 Pathways to Nature Connectedness*** are used to frame each participant's journey.

Contact/Senses - Beauty - Emotion - Compassion - Meaning

Our wellbeing interventions encourage individuals to explore their interactions with the natural environment providing the time and space to allow them to develop their understanding around:

Self; reflect on emotional awareness, resourceful thinking, motivation and purposeful activities.

Social; share and work with others through group-based tasks.

Environment; learn how to make a positive difference to the environment.

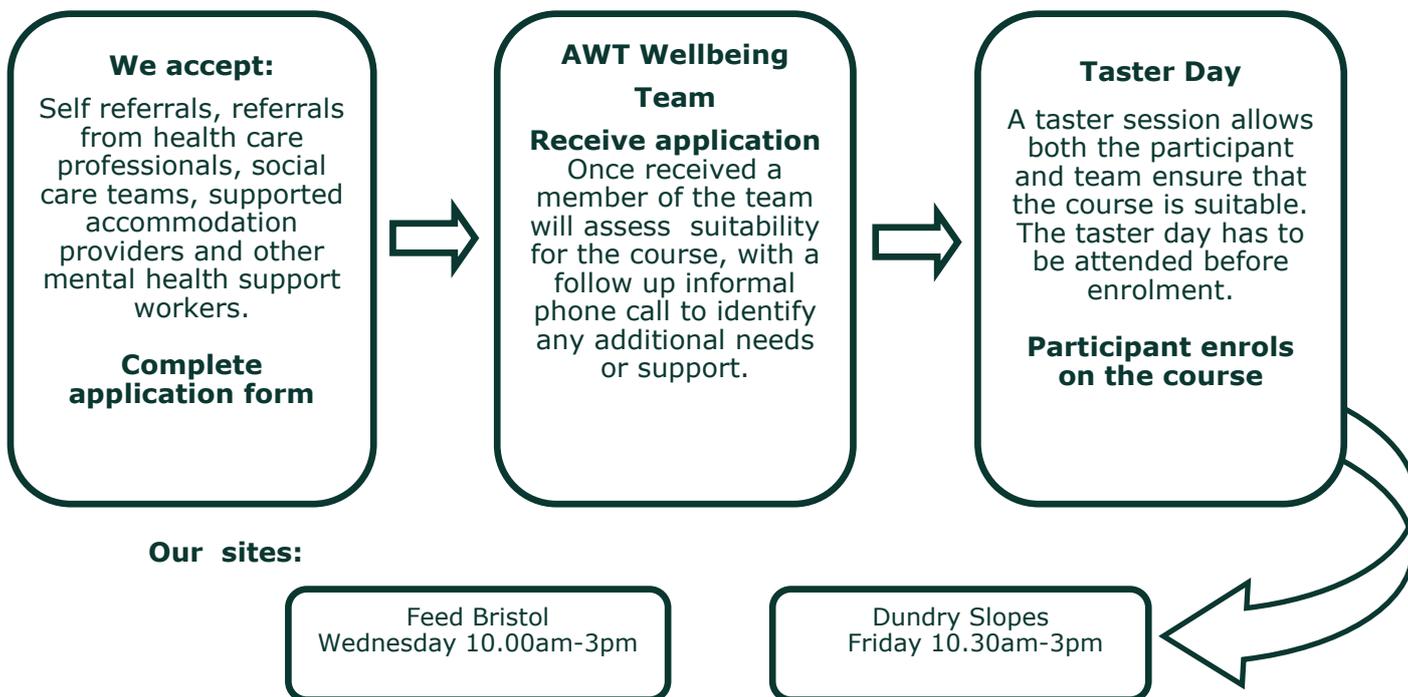
* The 5 Pathways to Nature Connectedness was developed by University of Derby

A scheduled 'check-in' and reflection at the end of the day provides a safe space for people to share their experiences and thoughts. This helps everyone to learn from each other and empower them to take charge of their own wellbeing.

Practical activities include conservation tasks, wildlife walks, natural crafts and cooking over a fire, providing a level of physical activity each week.

We provide 1-2-1 mentoring to support participant's personal development and progression onto further activities. By the end of a course participants are better equipped with resources and tools that enable them to continue to care for their wellbeing and the environment.

Our Simple Referral Process



- Where possible we ask that referrers give us some information about the person. Any awareness that may affect the person's safety or that of other participants, or their ability to work in groups.
- Due to the nature of the course activities and locations, it may be difficult to accommodate all health conditions. Do get in touch if you would like to discuss this further.
- All participation is on a voluntary basis and the individual referred should express an interest in the activities. A level of motivation and commitment to attend regularly helps them to get the most of the experience.
- Avon Wildlife Trust has relevant policies and procedures including health and safety, safeguarding with all activities risk assessed.
- Personal information collected will be held in accordance with the General Data Protection Regulations 2018.



Our team, **Mhairi, Jason and Kelly** are trained nature based wellbeing practitioners with:

- DBS checks
- First aid and mental health first aid (MIND)
- Safe guarding training
- Trained by Natural Academy in Eco-psychology approach. A full training programme and ongoing support for the team, ensures the highest standard of care and support for our participants.

For more information contact the team:
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