

Nature 4 Health

Participant Voices

Personal Transformation

"I feel a very different and **much happier person** now than I did six weeks ago."

Social Confidence

"Having completed the course I am **happier and less anxious** and can now attend and take part in social occasions where I hardly know anyone."

Visible Change

"Some people noticed I was **looking and feeling much brighter** – even though they didn't know I was doing the programme."

Creating Safe Spaces for Healing

"That first meeting at the surgery was **so powerful** – [it] gave us the confidence to open our hearts and **talk freely and safely**."

Practical Tools for Engagement

"Finding and sketching a flower or leaf dispels troubling thoughts and gives me a boost... it has shown me **I can bring about a change in my mood**."

Practical Tools for Engagement

"I gained a deeper understanding of how **being in nature can be therapeutic**. I particularly enjoyed using the hand lens and focusing on the senses of smell and hearing."

Community Belonging

"The tremendous benefit of being part of a group and **realizing I am not alone** in living with anxiety and depression."

Mutual Support

"The support of the group made me feel **valued as a person**, knowing I had played a part in helping others see a way forward."

Continuing Journey

"The resources used were **very inspiring**. I am planning to create a journal so that I can keep motivated and focused."

"It has shown me that **I don't have to stay down in that steep-sided pit** vainly struggling to get out."

I rely on drugs to help me deal with anxiety and depression....I believe if I had found forest bathing many years ago I may never have needed to be medicated. I would like to believe that **I could be weaned off them.**"

Would you recommend this course to others with depression and anxiety?

"Most definitely — it's **life-giving** and **life-changing**, uplifting and a growing experience."

"I feel passionate that this course needs to be rolled out to all GP surgeries... **to help people not feel alone** and to **simply learn how to enjoy life** again."

"I hope you can **convince more local GPs** to support more programmes like this one."

The importance of starting the GP practice

"I think for me **it was crucial** that it started in the GPS surgery because that is what we all knew and had in common and were familiar with."

"It enabled all members of the group to say something about why they were there. I then felt that **we had something in common.**"

A Bridge to Green Social Prescribing Projects

"I am planning to get in touch with the **Italian garden** re **volunteering.**"

A Bridge to Green Social Prescribing Projects

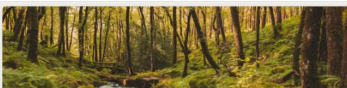
"I went along to **Shekinah Grow** on Tuesday and found that **helpful** too."

Next Nature 4 Health 6 Week Programme starts 10am Thursday October 23rd

This programme is specifically for patients with anxiety, depression and **lower mobility.**

Participants can sit down and rest at any point during the sessions. Indoor/sheltered space will be available at all times.

Please ask patients to fill in our intake form:



Nature-Based Support for Mental Health - Registration Form

Thank you for your interest in our 6-week nature-based programme for depression, anxiety and burnout.

All information you provide will be stored securely and confidentially, and will not be shared with third parties.

After registering, we will contact you to arrange a friendly conversation (30-40 mins) with Stefan, who will be leading the sessions. Stefan can answer any questions you may have and discuss how best to support you.

* Indicates required question

 Google Docs



Nature-Based Support for Mental Health – Registratio...

Thank you for your interest in our 6-week nature-based programme for depression, anxiety and burnout. All informatio...