



Woodland Wellbeing



A small team



Louise Shepherd

Gemma McColl



John Williams



Helped by



Kate Konig
Art Therapy Placement



Tracy Williams &
Sarah Hodgson
Social Prescribing Link Workers



Chris Cowley
Veterans Hub SPLW

Project basics



Tuesdays, all year round

10am till 1pm, with campfire cooked lunch

Deepdale Nature Reserve, Barnard Castle

For any adult experiencing mental ill health

Our funders

The sessions are
FREE for all
participants,
reducing financial
barriers



What we do



Green Woodworking



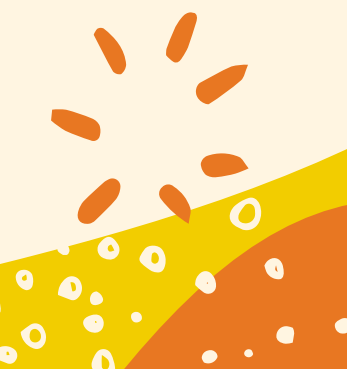
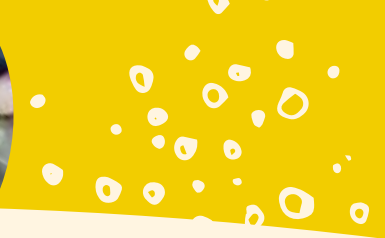




**Bushcraft
Skills**



Art Inspired
By Nature



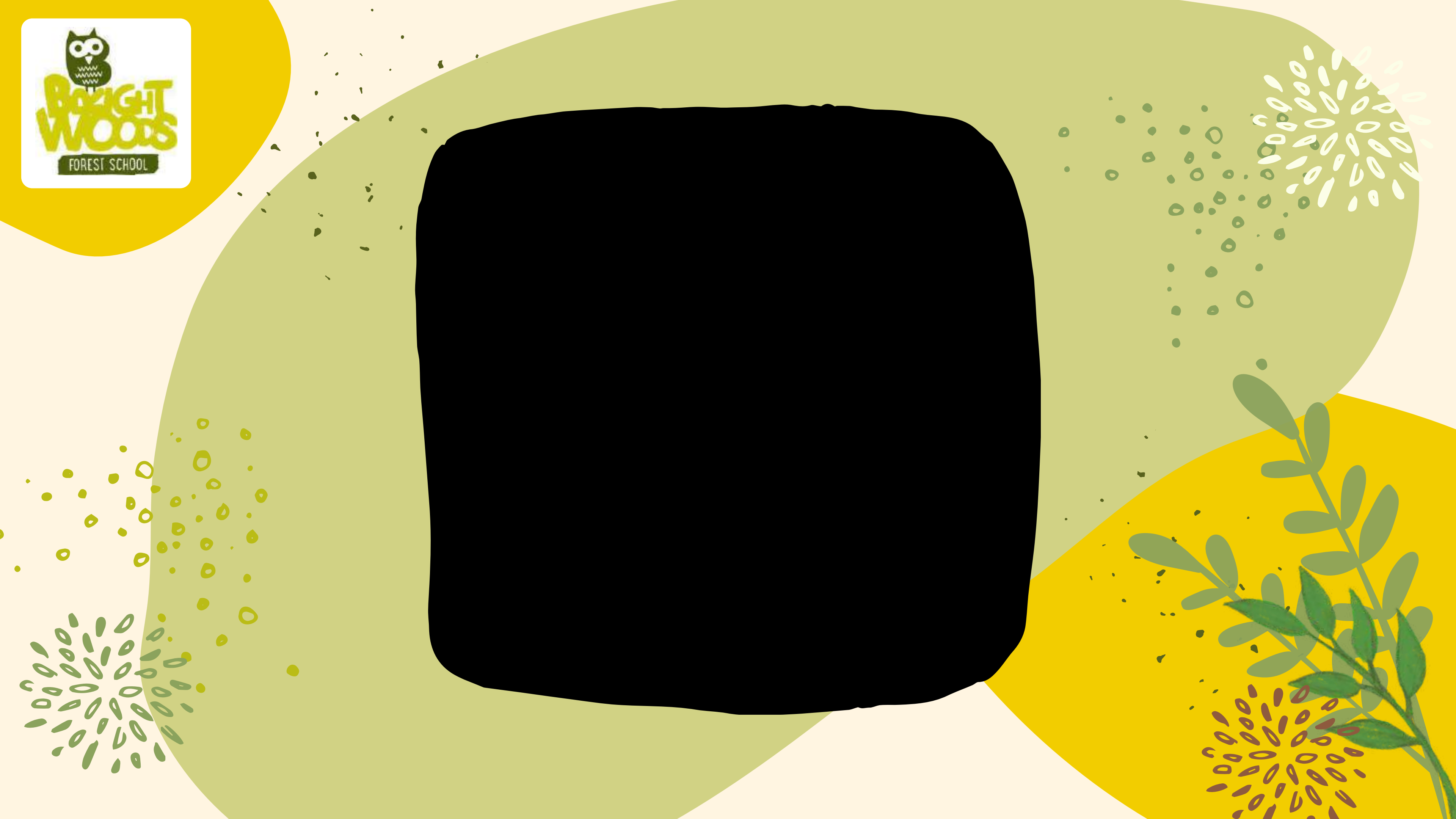
Traditional
Crafts



Campfire
Cooking



Time Out
In Nature





I feel part of a little family who have supported and encouraged me. They have given me confidence and I'm driving now too, which has obviously made a huge difference to the quality of my family's life. I honestly don't know where I'd be now if I hadn't come along to these sessions.



Woodland Wellbeing has been a life changing experience. It has been a safe space to be quiet, to be active, to speak honestly without feeling afraid, to feel the wind and rain on your face, to be warmed by the fire, to just be.





The leaders' attitude and personality are so positive, uplifting and non-judgemental. Being in nature really helps my mental health, it's beautiful and calming.



The sessions were truly a life saver for me. I now want to live life, to see people when I can, to see the trees and no longer think I want to hang myself from one.

It's not clinical in any way. I can engage with people if I want to or not and I never feel uncomfortable. I feel the same as everyone else - that's a very big thing for me.



Making a difference

Woodland Wellbeing Nature based solutions to improve mental wellbeing

Wellbeing Self-Assessment Wheel

Starting Point

Physical Health and Fitness

Financial Wellness

Work / Life Purpose

Social Connection

Mental and Emotional Health

Personal Growth and Skills

Creativity

Connection with Nature

Very Unhappy

Unhappy

Neither Happy or Unhappy

Happy

Very Happy

Best Possible Wellbeing

Name: _____ Date: _____

5 Ways To Wellbeing

Think about whether the Woodland Wellbeing sessions benefit you in any way in the areas below. Please rank on the scale whether you feel the sessions contribute to an improvement in the area. Then tick why you think this is. You can just tick as many boxes as apply or add your own. We won't be offended if you don't feel the sessions help in any areas!

How do the sessions help you feel?	Make it worse	No difference	Help a little	Very important
They have helped me meet new people with similar interests				
They give me something to discuss with friends and family				
They help me feel part of a community				
They are an opportunity to share my feelings with others				

How do the sessions help you feel?	Make it worse	No difference	Help a little	Very important
They encourage me to get out more				
They encourage me to exercise more outside of the sessions				
They have encouraged me to be more active at home now				
I am more willing to go out regardless of the weather				

How do the sessions help you feel?	Make it worse	No difference	Help a little	Very important
They make me notice things in my surroundings				
They have made me look more closely at my surroundings				
They are an opportunity to discuss how I am feeling				

How do the sessions help you feel?	Make it worse	No difference	Help a little	Very important
They have challenged me to set myself a goal to achieve				
They have given me an interest to carry out my own research				

How do the sessions help you feel?	No difference	Help a little	Very important
I feel I have been able to support others by being a good listener			
My kind words helped someone feel better about themselves			
I feel I can give something back when I help with picking away			

What do you enjoy most about coming to our Woodland Wellbeing sessions?

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Interaction
Structure
Content that is available
Cost
Location
Time of day
Facilities
Staff
Other

What are you doing the most at the sessions? Write up to 3 things...

What are you doing the most at the sessions? Write up to 3 things...

What have you seen since coming to our sessions?

What have you seen since coming to our sessions?
Getting out more
Trying new things
A sense of achievement
Feel more relaxed

What changes, starting something new, that may have at least been partially influenced by the sessions?

What changes, starting something new, that may have at least been partially influenced by the sessions?

How would you rate your experience at our sessions?

How would you rate your experience at our sessions?
Very poor to 5 - very good for the following:
Helping you with activities
Helping you with respect
Other

What would it be?

What would it be?

Our SPLW's view

"Many of the patients I see struggle daily with issues such as social isolation, anxiety, depression, low self-esteem, low confidence, difficulty being in groups and inability to manage mood and emotions. The opportunity Bright Woods offer by running these wellbeing sessions is truly amazing as they support, encourage and assist in all of these areas"



"I have had the pleasure of attending a couple of the sessions myself and have found them inspiring"

"I have witnessed massive improvements in anxieties, mood, self-esteem and confidence, with definite improvements in social isolation, as all the patients I referred attend week after week"

Long term approach

"Nature connection is healing, especially after traumatic experiences.

To observe and experience the cyclical year through the seasons and witness the pattern of growth, decay and regrowth in nature is therapeutic, as a metaphor to connect with life's transformations.

It brings hope.

It is therefore beneficial to experience a nature based project throughout the year and through each season."





We'd love to show you
around or hear your
thoughts on our Woodland
Wellbeing sessions.





Woodland Wellbeing

Thank You



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