

Research has shown that taking part in nature-based activities helps people who are suffering from mental health issues and can contribute to reducing levels of anxiety, stress, and depression.

*"I feel like I'm doing something useful."*

*"It's physically beneficial and it's great to be out in the fresh air and daylight."*

*"My confidence in groups has increased a lot. I am more motivated to pursue more activities. I would not have progressed as much as I have without going to WWT projects."*

*"I find it very calming and a social thing."*

**For an application pack please contact the Swindon Wellbeing Team:**

**Tel: 07702 802961**

**Email: [wellbeing@wiltshirewildlife.org](mailto:wellbeing@wiltshirewildlife.org)**

### About Wiltshire Wildlife Trust

**Our vision** is to create a county rich in wildlife and to help people live sustainable lifestyles that protect the environment for the benefit of everyone.

We have more than 18,000 members, look after 38 nature reserves, are supported by hundreds of volunteers, and work with local communities, schools, businesses and public bodies to achieve our aims.

## Swindon Wellbeing Programme



Supporting mental and emotional wellbeing through nature

The **Swindon Wellbeing Programme** carries out nature-based activities including environmental conservation tasks, wildlife walks and nature-based crafts.

### Is it for you?

- Have you been experiencing low mood, stress, anxiety or another mental health issue?
- Would you like to spend more time in nature?
- Are you looking for something to improve your physical and mental wellbeing?
- Would you like to meet new people in a safe and supportive environment?
- Would you like to learn some new skills?

### When and where?

- Free weekly group activities at Wiltshire Wildlife Trust reserves and inner-city green spaces.
- Free minibus transport from central Swindon.
- Tea and coffee provided (but please bring packed lunch).
- Activities last 4 hours and are led by fully-trained facilitators.
- No previous experience necessary!



# Six Ways to Wellbeing



We offer opportunities for you to practise these six ways which are proven to improve your mood, strengthen your relationships and support mental health recovery. Examples include:

- **Be Active:** coppicing; meadow clearance; hedge laying; and nature walks.
- **Keep learning:** habitat surveying; wildlife ID skills; foraging; traditional crafts and green working.
- **Give:** carry out vital work to protect, maintain and enhance our nature reserves and wildlife.
- **Connect:** meeting other people in a safe and supportive environment; working as a team on conservation tasks.
- **Take notice:** Paying attention to changes in seasons; mindfulness; sensory activities.
- **Care for the planet:** litter picking; recycling; food growing; creating a wildlife garden to attract pollinating insects.