

Wellbeing Programme Guidelines for referrals

The Wellbeing Programme offers nature-based activities for adults experiencing, or at risk of developing, low to medium mental health issues. It is also suitable for those experiencing social isolation, and for those who think they may simply benefit from joining. The activities offered include conservation work, wildlife walks and nature-based crafts, and all take place on nature reserves or local green spaces.

Please read the following to ensure referrals are appropriate.

- 1) The programme is ideally suited to those experiencing low to medium mental health issues, like anxiety, stress, low mood and depression, or those who may be at risk of developing mental health issues due to recent bereavement, redundancy, or other traumatic events. It is also suitable for those struggling with feelings of social isolation, and those who feel may simply benefit from the programme.
- 2) The programme is not suitable for those currently sectioned under the Mental Health Act. However, individuals are welcome to apply once they have been discharged and feel ready to participate.
- 3) The programme is for adults only; there is no upper age limit.
- 4) Because of the nature of the activities involved, and where they take place (e.g. remote sites, uneven ground), participants should be independently mobile and able to take part in physical activity independently.
- 5) The programme is open to people of all abilities though for their own safety and the safety of others they should be able to follow instructions and get involved in the activities with minimum supervision.
- 6) Due to staffing levels it is unlikely we will offer places to individuals who present a significantly high risk to their own or others safety.
- 7) Due to staffing levels we are not able to offer one-to-one support.
- 8) Participants should be receiving support to disengage from drug or alcohol addictions if this is a part of their mental health issue.
- 9) Participants cannot attend sessions whilst under the influence of illegal drugs or alcohol.

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- 10) There is an expectation that participants will arrive on time at the start time and will attend at least 75% of the sessions offered.
- 11) Participants should be aware that toilet facilities are not available on Trust nature reserves (with the exception of Langford Lakes, in Steeple Langford, and Lower Moor Farm, in Oaksey).

Updated 30.07.2025 v3, previous version 17.06.2025 v2