



WILDERNESS FOUNDATION
(51.809766° S, 0.486558° E)
www.wildernessfoundation.org.uk

**THE WILDERNESS
FOUNDATION UK
HARNESSES THE
POSITIVE POWER
OF WILDERNESS
TO CHANGE LIVES
AND THE POSITIVE
POWER OF HUMANITY
TO SAVE WILDERNESS.**



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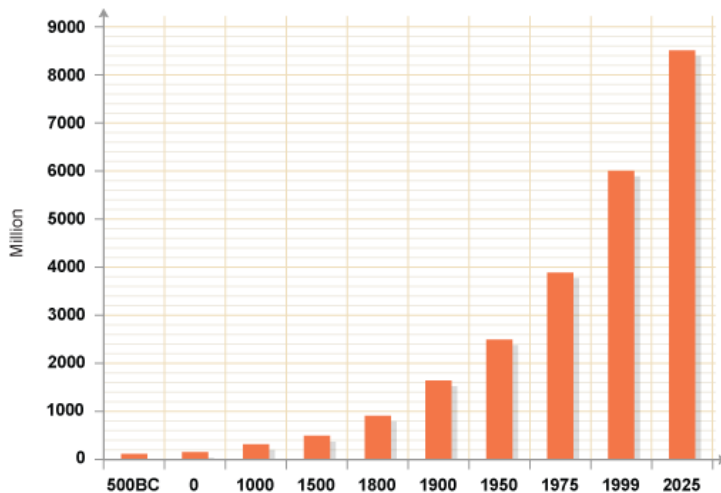
Our World Today



Technology & Nature Deficit



Endangered Wild Spaces



World Population Growth



Mental Health issues



Nature Deficit Disorder



Modern intensive urban living leads to a disconnection with Nature and the rural sector, leading to potential Nature Deficit Disorder

Mental Health issues



1 in 4 people will experience a mental health problem each year (Mind)

3.3% of people in England, Scotland and Wales suffered from Depression week before last (NHS)

1 million people a month were in contact with mental health services in England in 2017 (NHS)

ELEMENTAL HEALTH

Reduces stress
Perceived
Objective eg cortisol
Restores mental fatigue

Enhances social cohesion
Reduces social isolation
Improves social
networking
Encourages
intergenerational links



Improves mental
health & wellbeing

Reduces health
inequalities

Provides a sense
of belonging

Facilitates activity
Improves physical health
Lowers BP
Increases HRV
Reduces obesity

Reduces property crime
violent crime
Levels of aggression



W





The Chatham Green Project:
Environmental and Sustainability
Education for all ages – mental
health and disability





Forest School





Down to Earth Allotments



Inner city Chelmsford plots open to community groups and schools, including those who cater for young people with severe learning difficulties

All of our young adult volunteers are living with mental or physical disability



Out There Wilderness Academy:
13-15 year olds with complex needs









Turnaround

16-21 year olds with complex needs



Programme

Six months engagement (longer if required with mentoring and support)

2 wilderness journeys

Weekly one to one mentoring

Monthly workshops on personal change and resilience building

Monthly social and cultural events

Nature based activities include bushcraft, canoeing, horse riding, orienteering,
climbing, cycling, wild swimming

Family engagement and Therapy as required

Employability and Skills Training

Graduation and other community and family celebrations

Work Experience and Education/Training

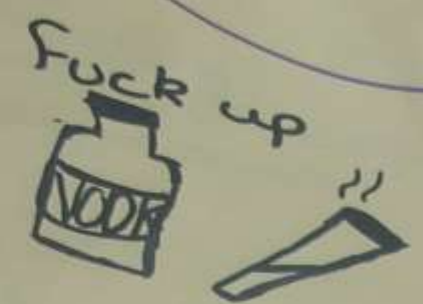


Working with Youth at Risk



see myself

now I think others will see me



Fuck up

waster
outcast
loud mouth
A drunk
narcic
angry



Successful
calm
Friendly

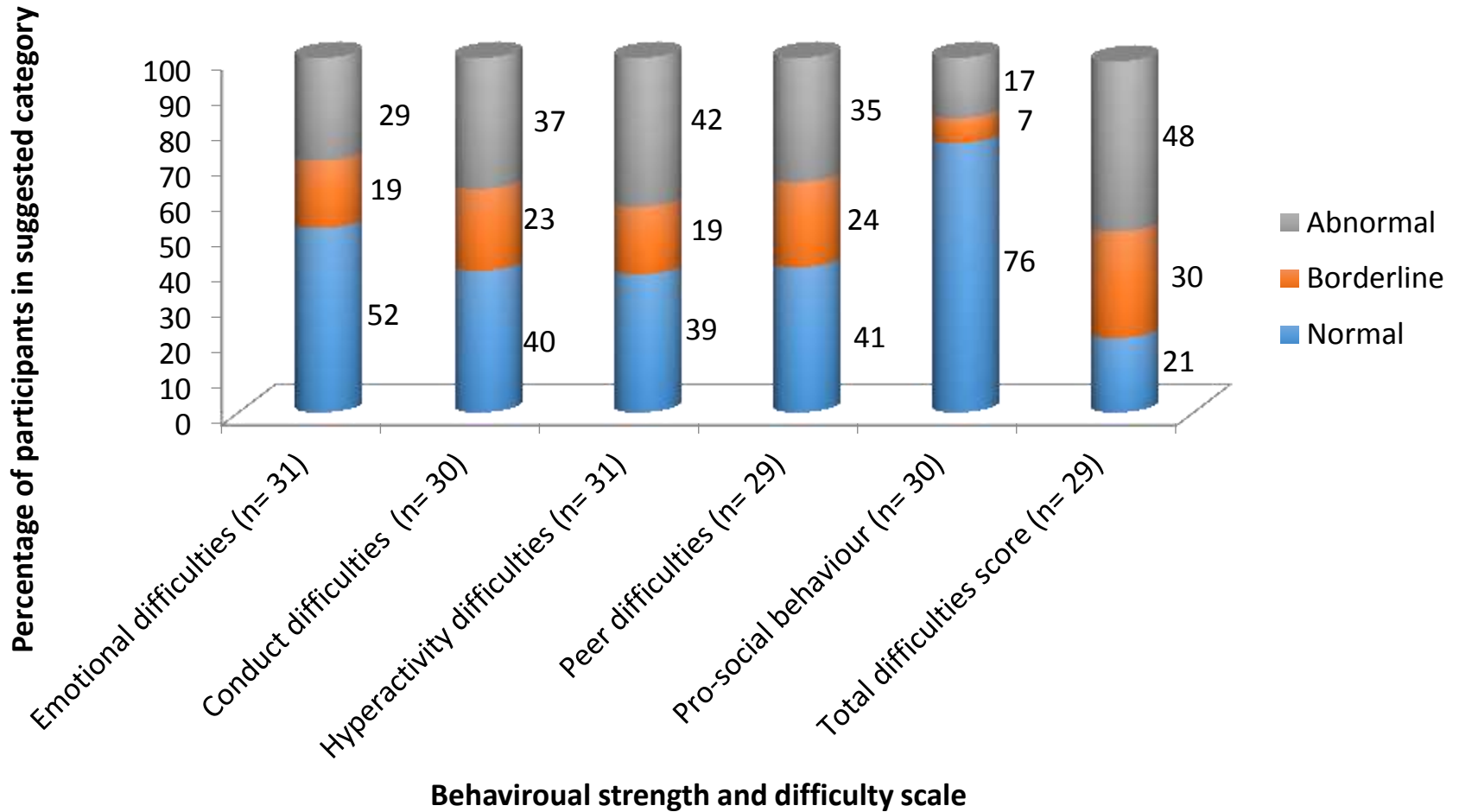


how I would like 2 b seen



Something I would like 2 see in the future

% Description of young people at the start of the programme: Behavioural strengths and difficulties



BELONGING

A sense of community, loving others, and being

MASTERY

Competence in many areas; cognitive, physical, social, and spiritual. Having self-control, responsibility, striving to achieve personal goals rather than superiority.



INDEPENDENCE

Making one's own decisions and being responsible for failure or success, setting one's own goals, disciplining one's self.

GENEROSITY

Looking forward to being able to contribute to others, be able to give cherished things to others.



Mentoring





Wilderness Journeys





NOVA CRAFT CANOE









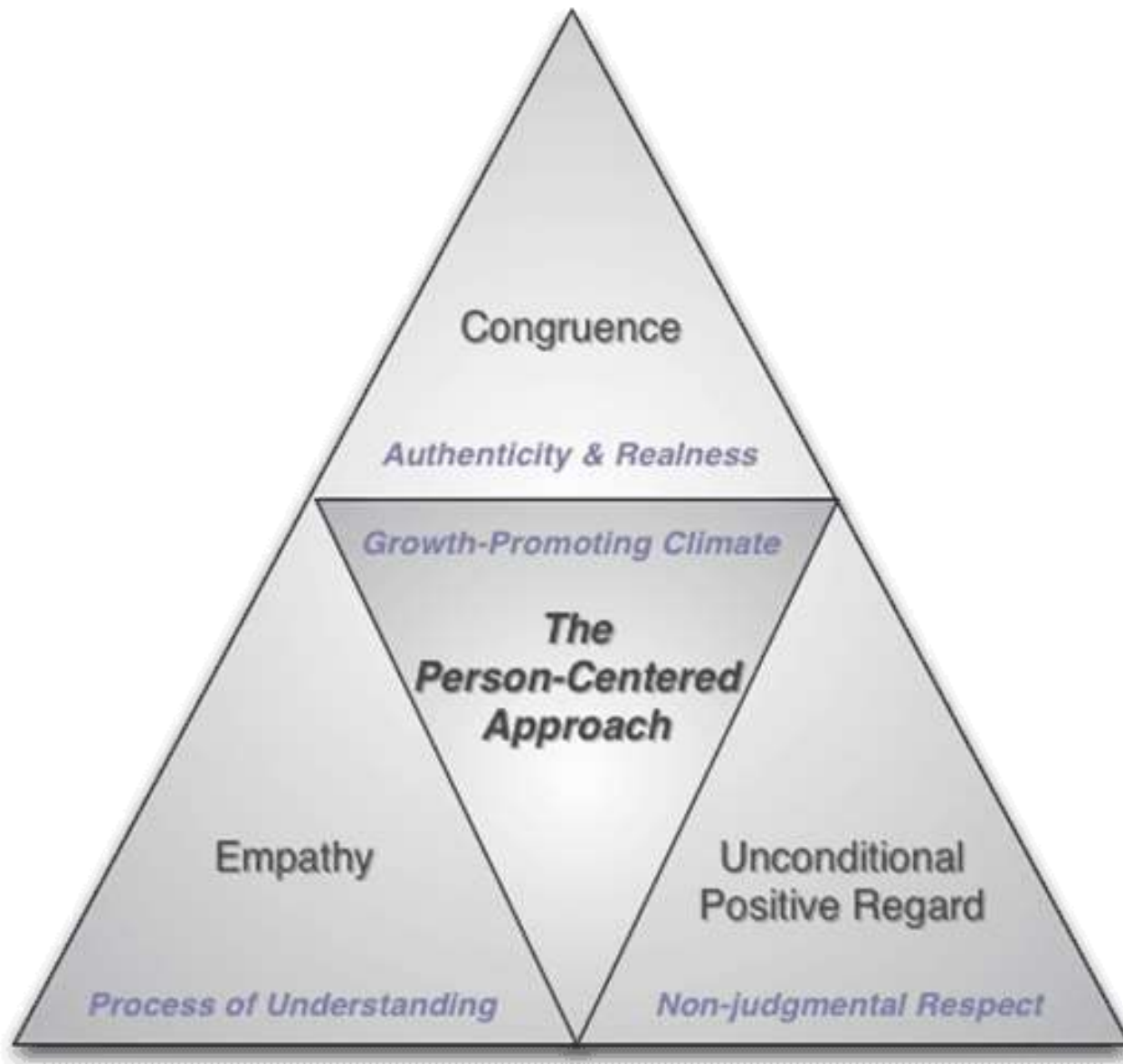








Our practice



Top 10 skills

in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility

in 2015

1. Complex Problem Solving
2. Coordinating with Others
3. People Management
4. Critical Thinking
5. Negotiation
6. Quality Control
7. Service Orientation
8. Judgment and Decision Making
9. Active Listening
10. Creativity



Source: Future of Jobs Report, World Economic Forum

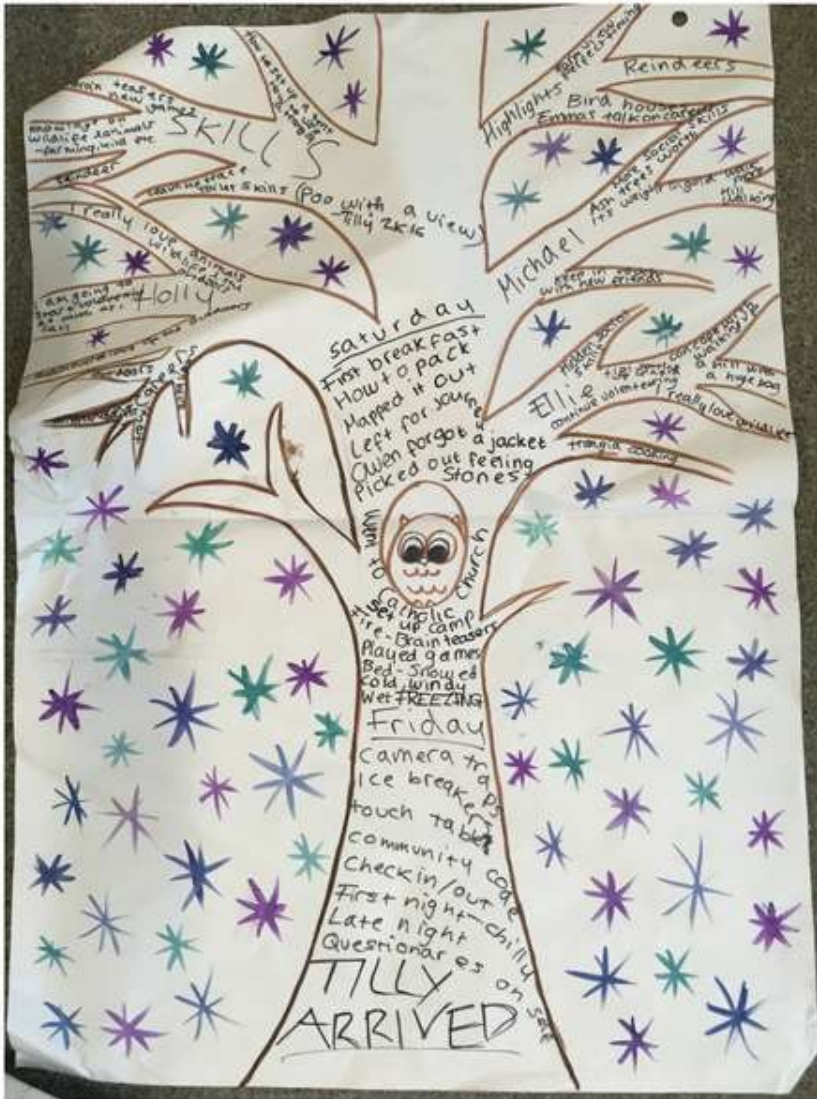


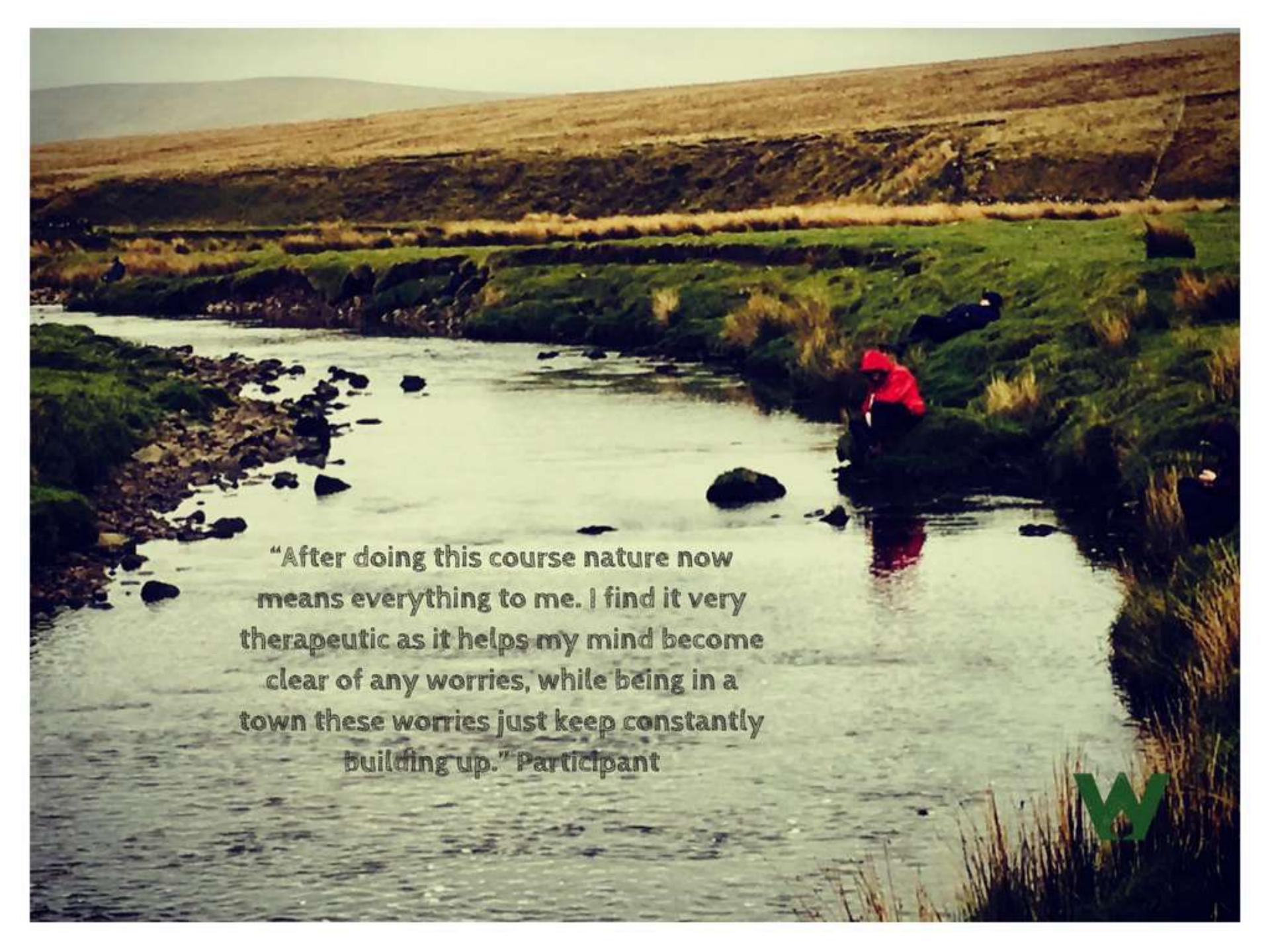


A hand holding a branch with green leaves in front of a lake and forest. The background shows a calm body of water and a dense forest of green trees. The hand is positioned in the lower-left foreground, holding a thin branch with several green leaves. The text is overlaid in the center of the image.

Science: Attention Restoration Therapy







“After doing this course nature now means everything to me. I find it very therapeutic as it helps my mind become clear of any worries, while being in a town these worries just keep constantly building up.” Participant









Farming & Nature For A Sustainable Future

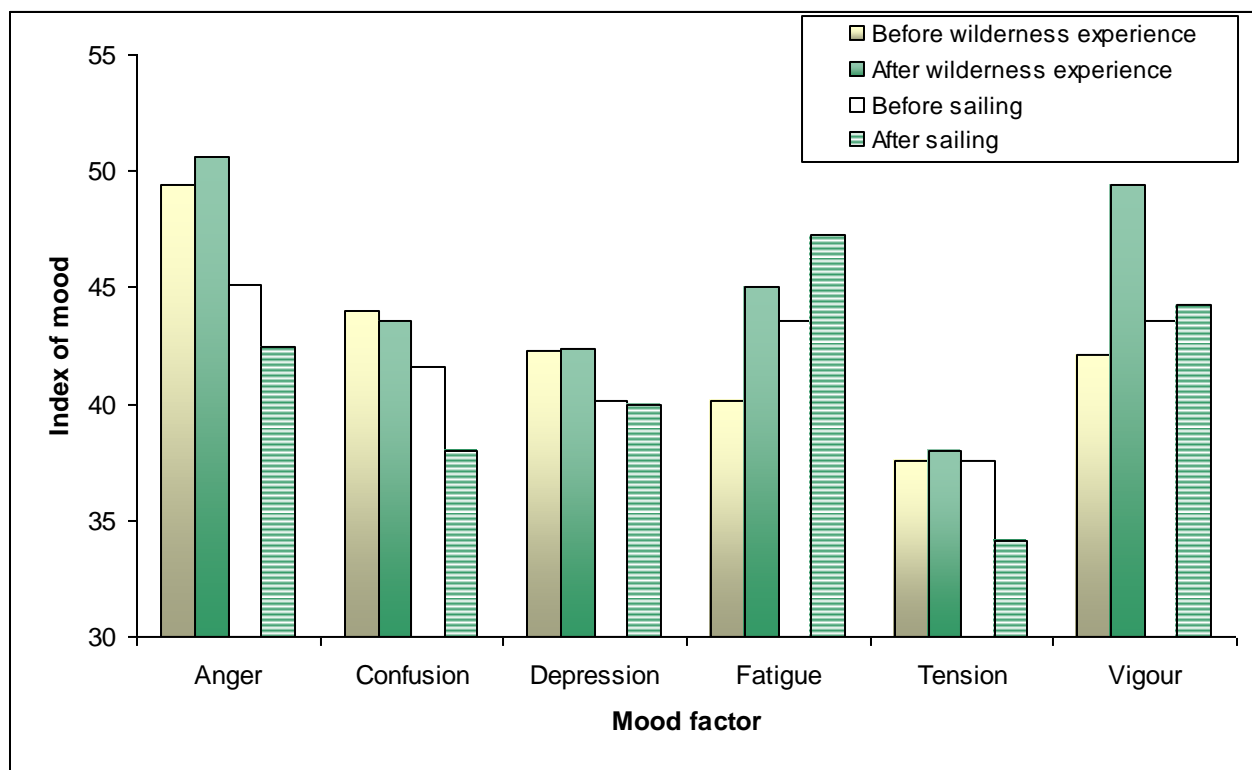


Graduation ceremonies

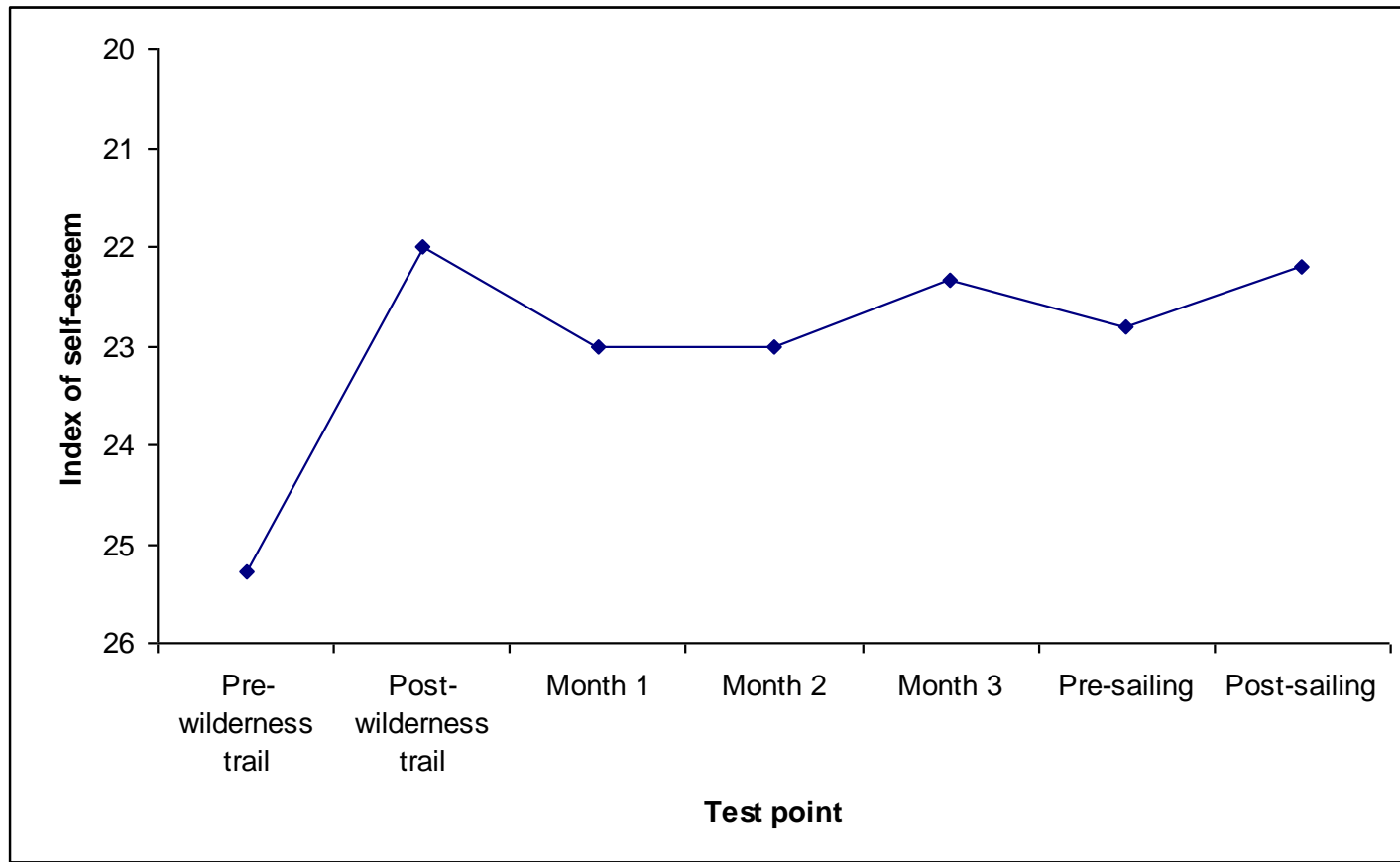


Lady Diana Kemp-Welch
Scholarship Award

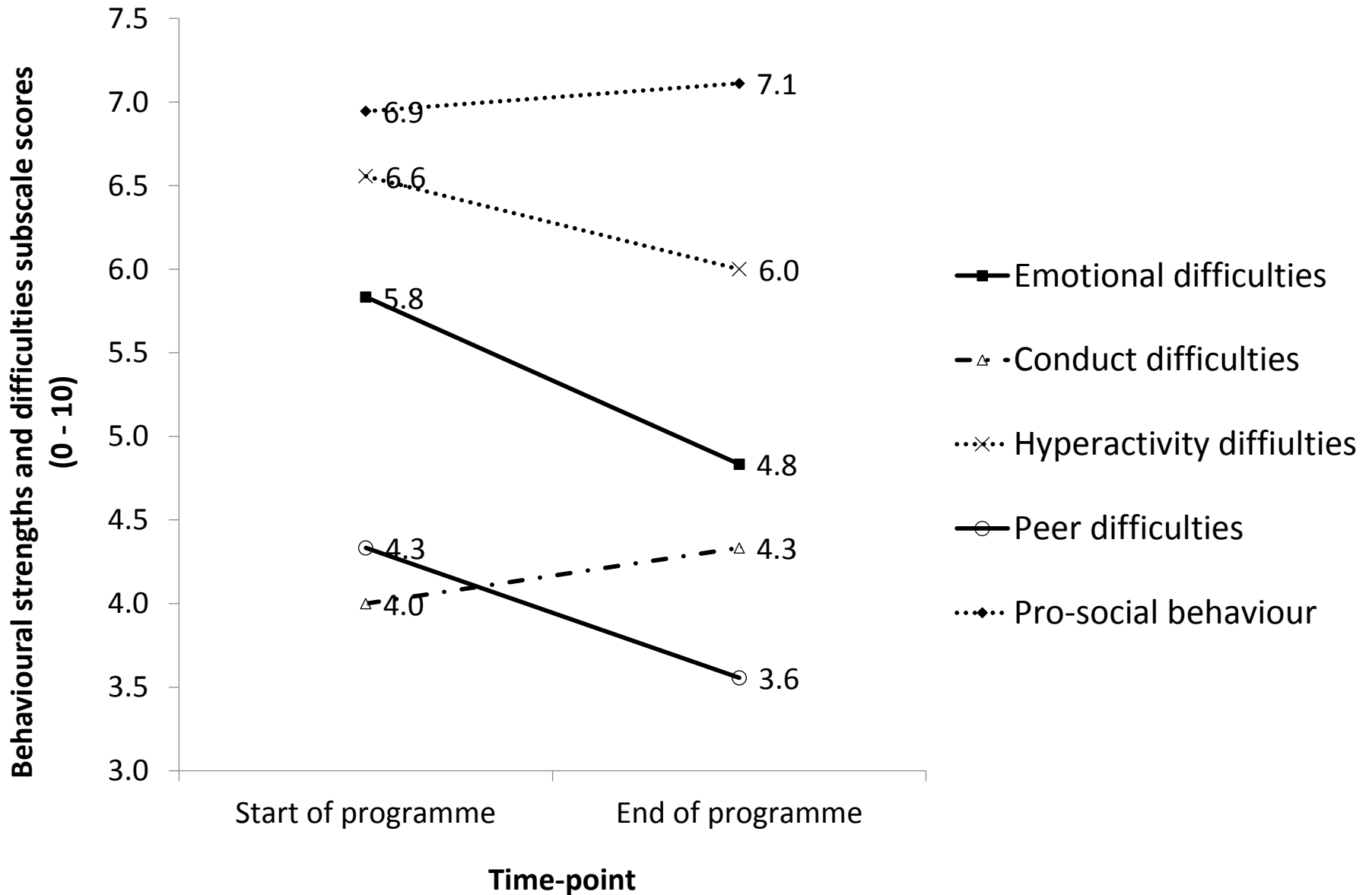
Comparison of the change in subscale mood factors between the two wilderness experiences



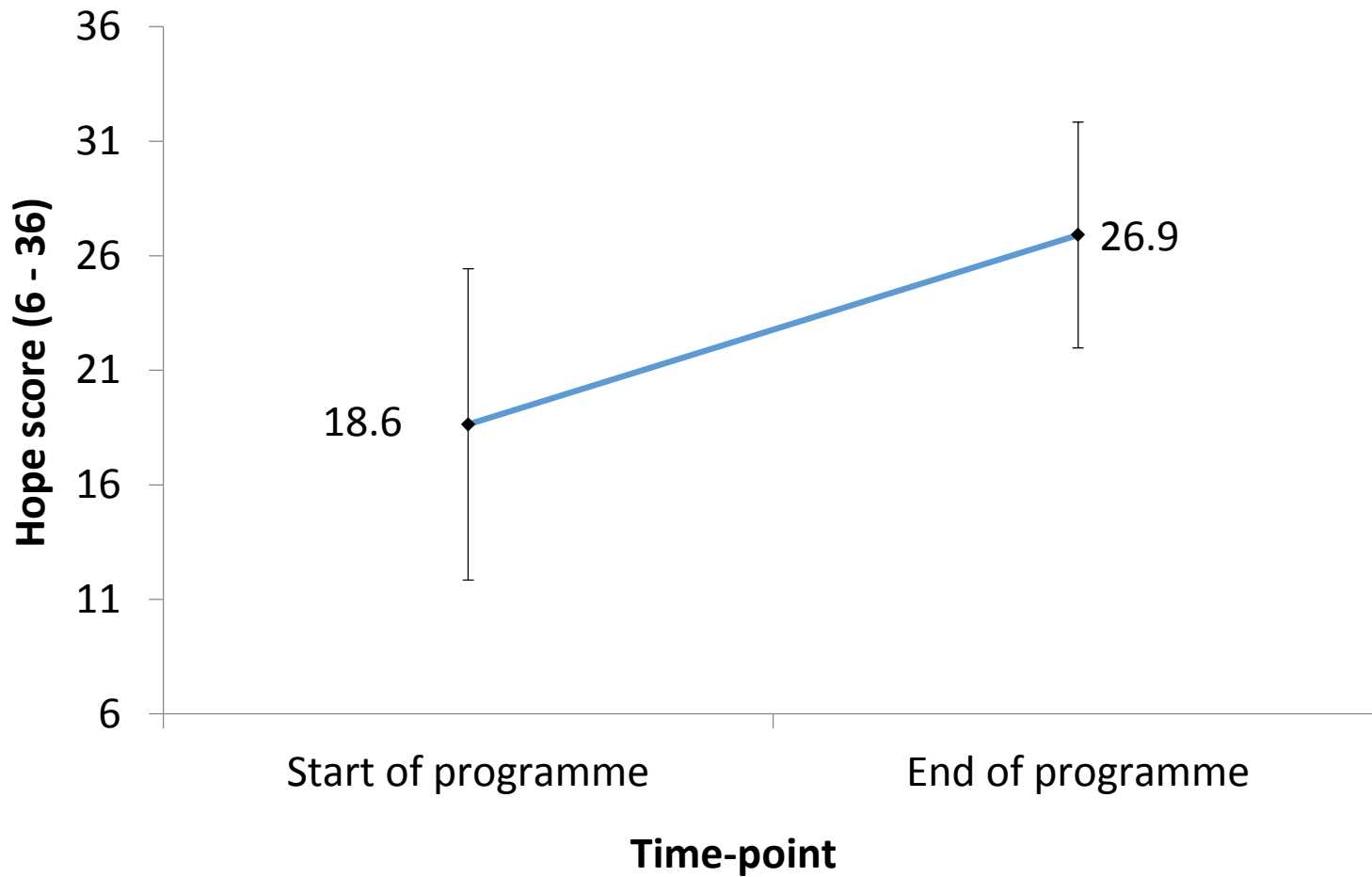
Change in self esteem over the duration of the project



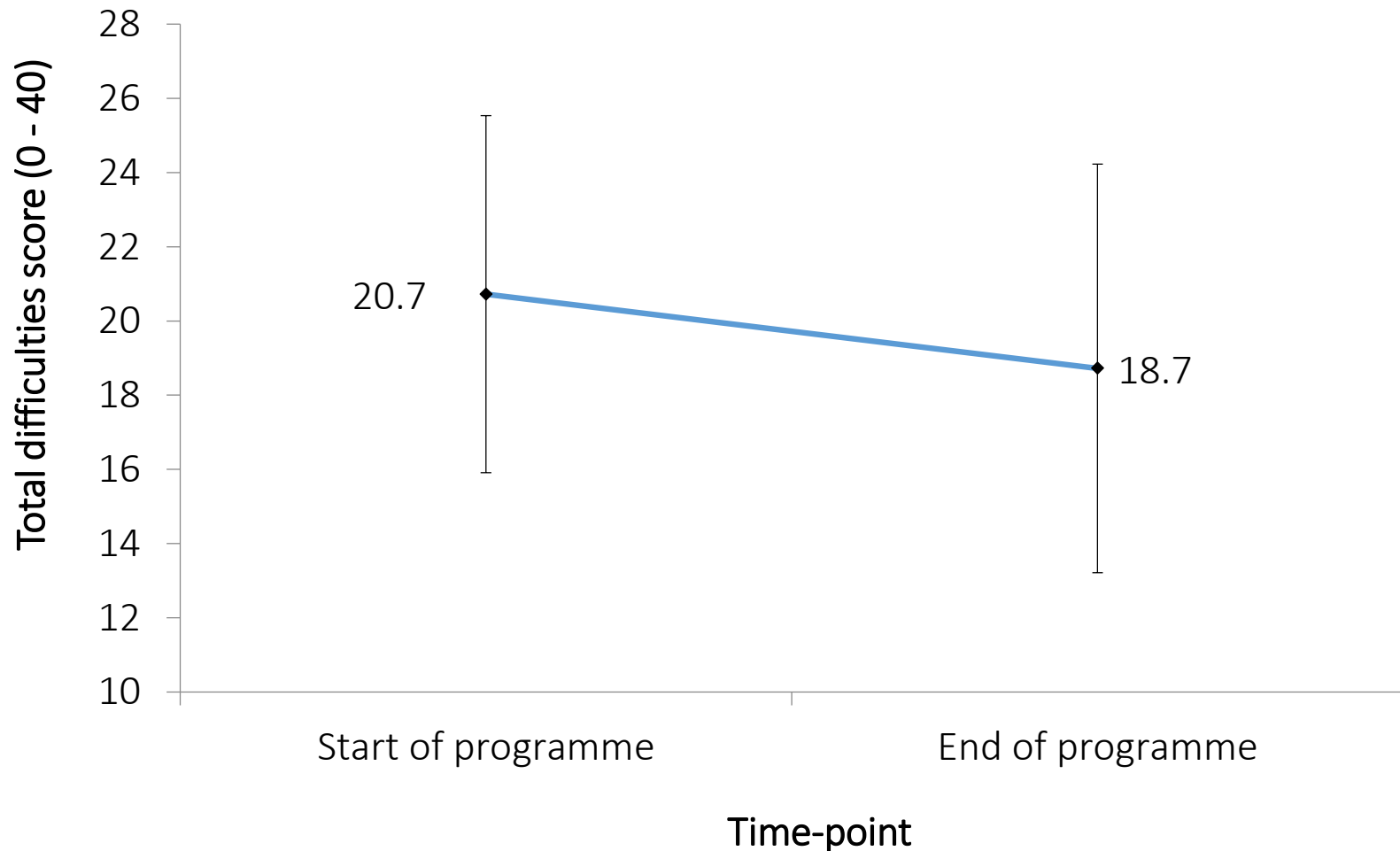
Behavioral strengths and difficulties (n= 18)



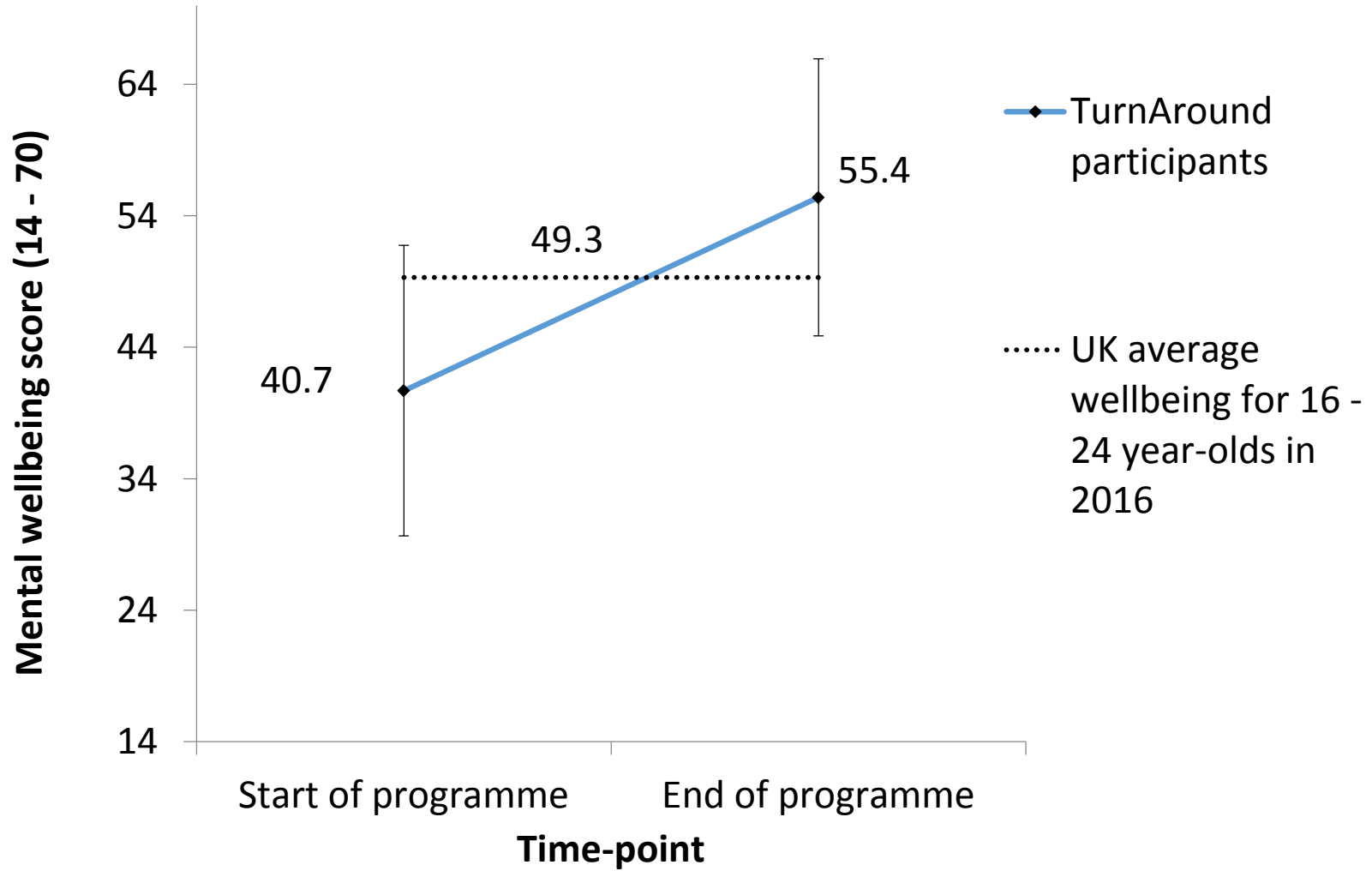
45% average improvement in hope (n= 11)



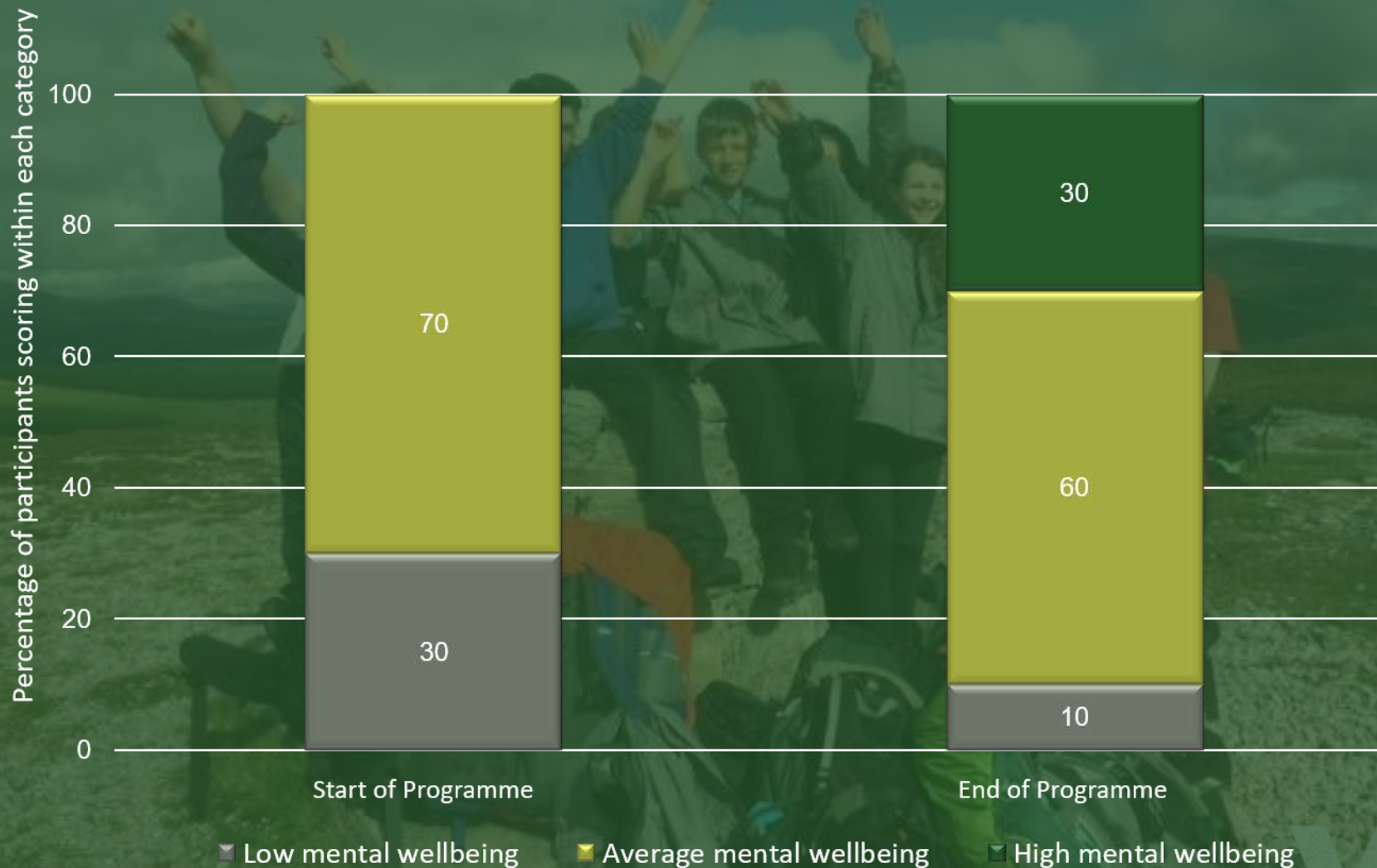
Overall behavioral strengths and difficulties scores improved from start to end of programme (n= 18)



Wellbeing (n= 10)



Pre and Post Trail participation mental wellbeing



THANK YOU

