



Go your own way

Use the map to plan your own walking route through the park. It's a great way to explore the grounds and discover the hidden gems.

Tranquillity Trail

- A series of paths, gardens and arbours with various plants.
- 1.5 miles
- 20 min
- 1000 steps

Wood House Walk

- A series of paths and gardens around the Wood House.
- 1.0 miles
- 15 min
- 500 steps

Other Pathways

- A series of paths and gardens throughout the park.
- 0.5 miles
- 10 min
- 250 steps

For more information visit www.gartnavel.org.uk

If you go down to the woods today...



An introduction to Wild Ways Well

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Healthier, Happier Communities for Everyone





Why does nature make people feel better?

- Attention Restoration Theory (ART)
- Psycho-evolutionary Stress Recovery Theory (SRT)
- Biophilia hypothesis

Our Natural Health Service

Public Health

Health & Social Care

General population (incl. groups within general population)

People with a defined need

Everyday contact with nature

Recreation
Pastimes
Volunteering
Learning
Active travel

Nature based health promotion initiatives

Health walks
Green gyms
Community growing

Nature based interventions with a defined health or social outcome

Therapeutic & exercise programmes as a treatment intervention

Scotland's Natural Environment & Green Infrastructure

Green health activities in Scotland

Healthy lifestyles e.g

Recreation
Volunteering
Learning
Gardening
Active travel

Health promotion e.g

Health Walks
Green Gyms
Community gardens
Cycling without Age

Health treatment e.g

Condition-specific health walks
Branching Out
Therapeutic horticulture
MTB Trail Therapy

Environment

Sport

Leisure

Education

Health

Transport



The Five Ways to Wellbeing

Five ways to wellbeing

Evidence-based actions that are memorable, easy to understand and have a wide variety of possible applications



Wild Ways Well



BE ACTIVE - Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

TAKE NOTICE - Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



GIVE - Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

CONNECT - Meet new people. Connect with the people, the wildlife and the nature that's all around us.



LEARN - Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.

There is no standard Wild Ways Well session, location or task. Every individual or group that we work with will have different expectations or needs.

A Wild Ways Well session should, wherever possible, consist of three separate but equal parts

Low impact exercise – usually a nature walk allowing people to get out and experience nature first hand.

Social Session – a chance to spend quality time with other people. A good way to accomplish this is a hot drink made outdoors.

Conservation/nature activity – an activity designed to allow everyone to interact with the Five Ways to Wellbeing and the natural world around them.

The point of a Wild Ways Well session is **not to achieve any set goal**, it is simply to provide the opportunity for people to have a safe, enjoyable time in a natural setting.

Be Active - Low Impact Exercise



Take Notice



Connect



Social Session (Connect)



Keep Learning



Give



Nature Connectedness

Senses - Noticing and actively engaging with nature through the senses, e.g. listening to birdsong, smelling wild flowers, or watching the breeze in the trees.

Emotion - Experiencing the joy and calm nature can bring, e.g. talking about, and reflecting on your feelings about nature.

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Beauty - Simply taking time to appreciate nature's beauty, e.g. exploring the beauty of nature through art, music or in words.






Meaning - Exploring and celebrating how nature brings meaning to life, e.g. exploring how nature appears in songs and stories, poems and art, or by celebrating the signs and cycles of nature.

Compassion - Taking actions that are good for nature, e.g. creating homes for nature, and making ethical product choices.

- People's nature connectedness, rather than visits to nature, is key for feeling that life is worthwhile – nearly four times larger than the increase associated with socio-economic status.
- Nature connectedness and simple engagement with nature explains pro-environmental household behaviours and pro-nature conservation behaviours.

Evaluation

- Do it!
- Even if it is fairly simple the health sector will need to see evidence of impact
- Established health tools to draw on too e.g [WEMWBS](#) for mental health
- New tools to [measure](#) nature connectedness also being developed

When Thinking about the time I spent with Wild Ways Well					
I Feel ...	 Strongly Disagree	 Disagree	 In between	 Agree	 Strongly agree
Better for taking part	1	2	3	4	5
More confident to spend time outdoors in nature	1	2	3	4	5
More likely to spend time outdoors	1	2	3	4	5
That by working with other members of the community we can all help	1	2	3	4	5
More connected to nature	1	2	3	4	5

Any Other Comments (please continue on other side if necessary)

Simple evaluation from Wild Ways Well