

An introduction to Wild Ways Well

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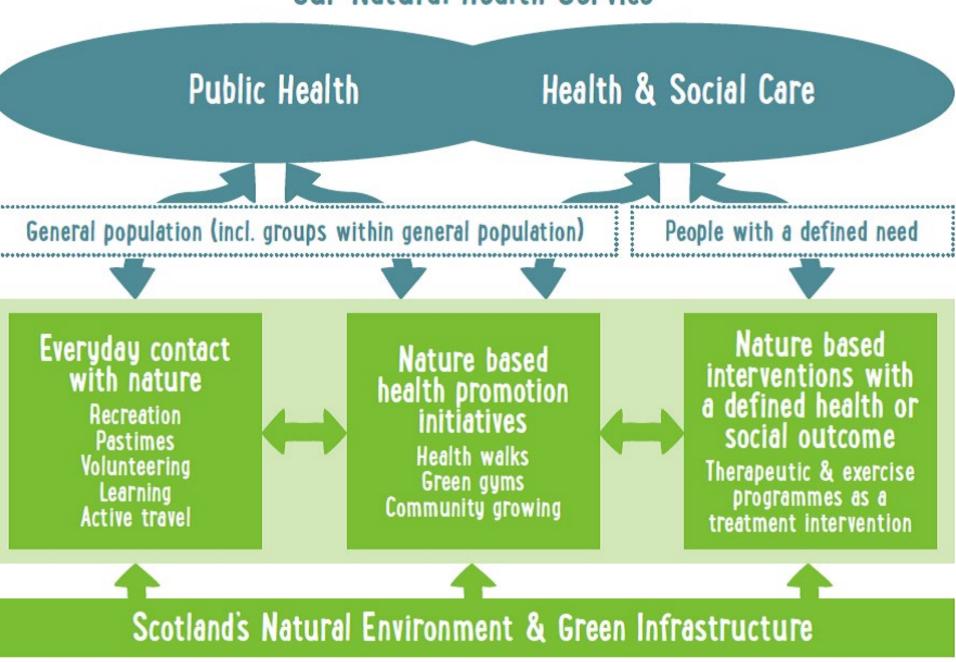
Healthier, Happier Communities for Everyone



Why does nature make people feel better?

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





Green health activities in Scotland

Healthy lifestyles e.g

Recreation Volunteering Learning Gardening Active travel

<u>Health</u> promotion e.g

Health Walks Green Gyms Community gardens Cycling without Age

Health treatment

<u>e.g</u>

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

----- Foresight

Government Office for Science



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























Social Session (Connect)







Keep Learning

















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 proenvironmental household behaviours and pro-nature conservation behaviours.

Miles Richardson, Professor of Human Factors and Nature Connectedness, Derby University

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 <u>WEMWBS</u> for mental health
- New tools to <u>measure</u> nature connectedness also being developed

When Thinking about the time I spent with Wild Ways Well					
l Feel	Strongly Disagree	0 0 Disagree	o o In between	0 0 Agree	Strongly agree
Better for taking part	1	2	3	4	5
More confident to spend time outdoors in nature	1	2	з	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