



CUMBERNAULD
LIVING LANDSCAPE



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**Scottish
Wildlife
Trust**



**North
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Council**

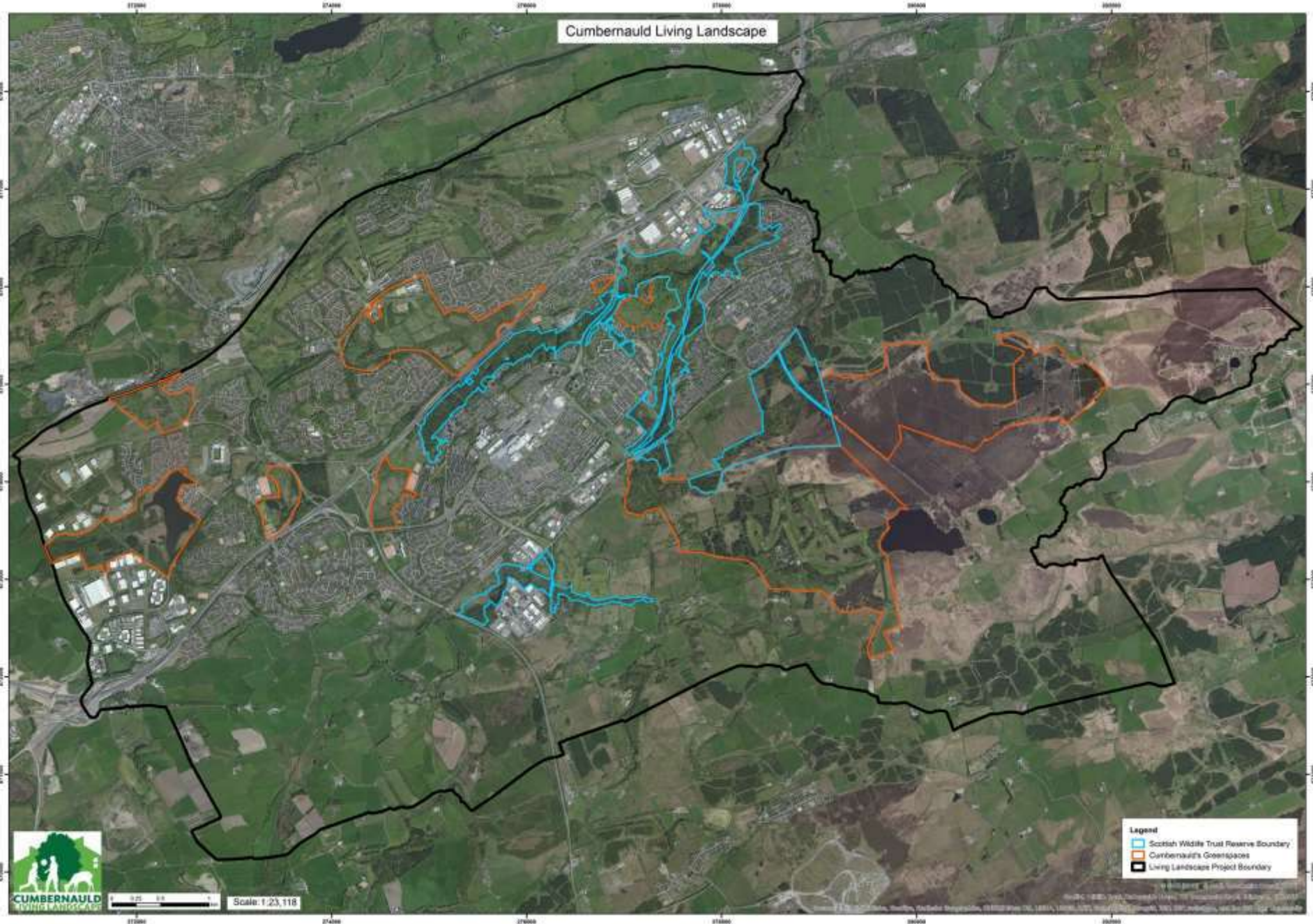


**The James
Hutton
Institute**



**Sanctuary
Scotland**

Cumbernauld Living Landscape



- Legend**
- Scottish Wildlife Trust Reserve Boundary
 - Cumbernauld's Greenspaces
 - Living Landscape Project Boundary



CUMBERNAULD LIVING LANDSCAPE Scale: 1:23,118













"Come to Cumbernauld!"



Mental Health



MENTAL HEALTH CRISIS DEEPENS

Eastern Daily Press
FIGHTING for the VULNERABLE



In the UK, we are facing a mental health crisis.

One in six people in the past week experienced a common mental health problem.

The estimated cost to the UK economy: Over £100 billion each year.



On average, around 16 people end their own lives every day.

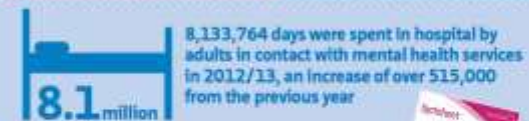


That's approximately one person every two hours.

Key facts and trends in mental health



A real terms reduction of 2.36% in mental health trust budgets between 2011/12 and 2013/14



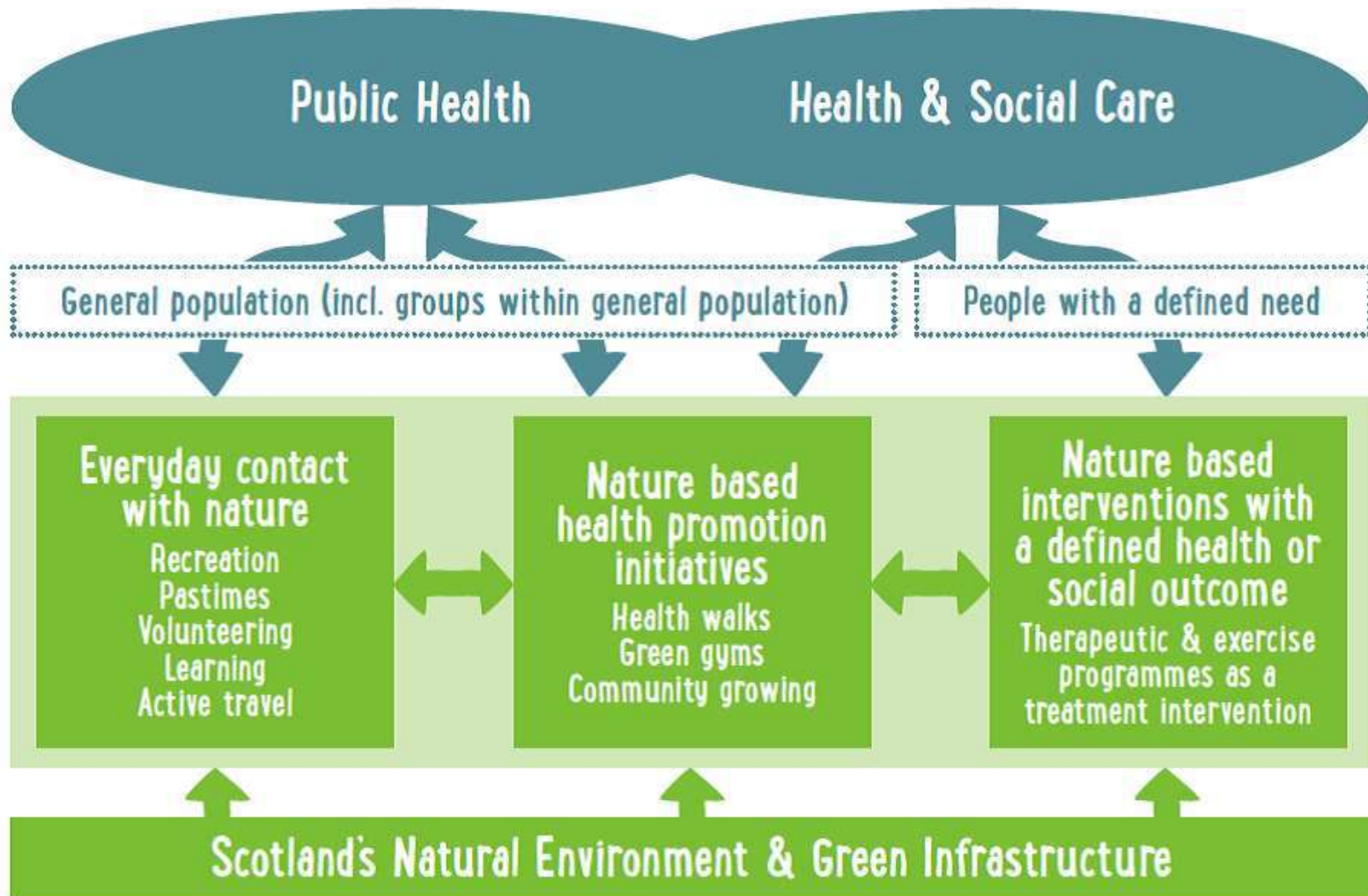
Key facts and trends in mental health is available at www.nhsconfed.org/mhn

- 2010-20 will be the most austere decade in NHS history
- 2010-17 UK population rose 5%, mental health staff up 0.87%
- 2011-14 33% rise in Police cases with mental health component
- 2010-13 56% rise in self-harm and suicide
- Mental health at work costs UK economy up to £99bn
- Entitlement to be seen <18 weeks applies to mental health too

NHS

Green Therapy – Natural Health Service

Our Natural Health Service

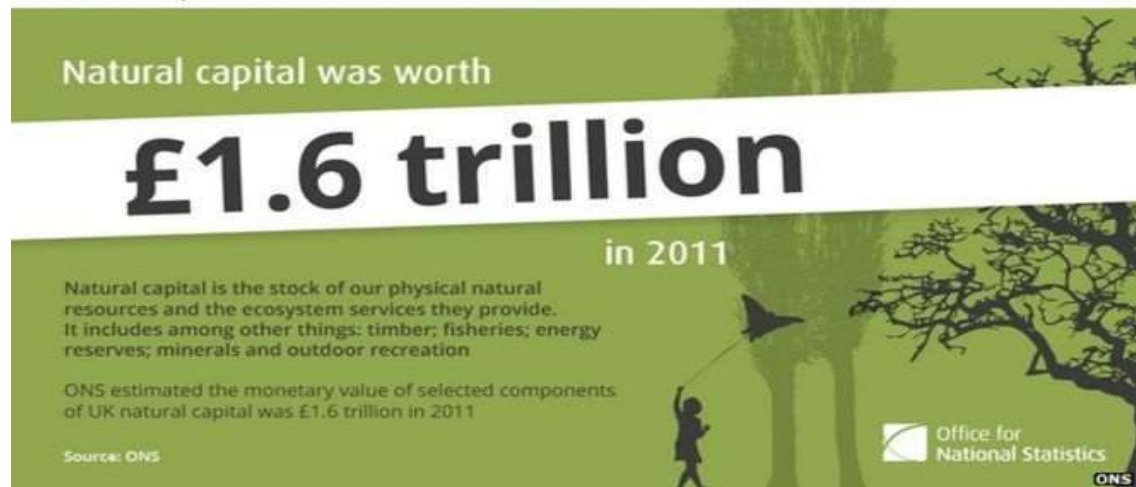


Natural Capital

- Water Filtration
- Flood Prevention
- Carbon Storage
- Air Filtration
- Mineral Reserves
- Recreation
- Crime Reduction
- Natural Health Services
- Timber Production
- Biodiversity
- Heating
- Cooling
- Shelter
- Crop Pollination
- Erosion Control
- Food Production
- Job Creation
- Oxygen Production
- Pollution Control
- Aesthetics



1. Natural capital was worth £1.6 trillion in 2011





















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.



Strathcarron
HOSPICE



CREATING
NATURAL
CONNECTIONS

CUMBERNAULD'S
NATURAL
HEALTH SERVICE



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Barriers



Wild Ways Well



Walk



Social Session



Conservation Activity

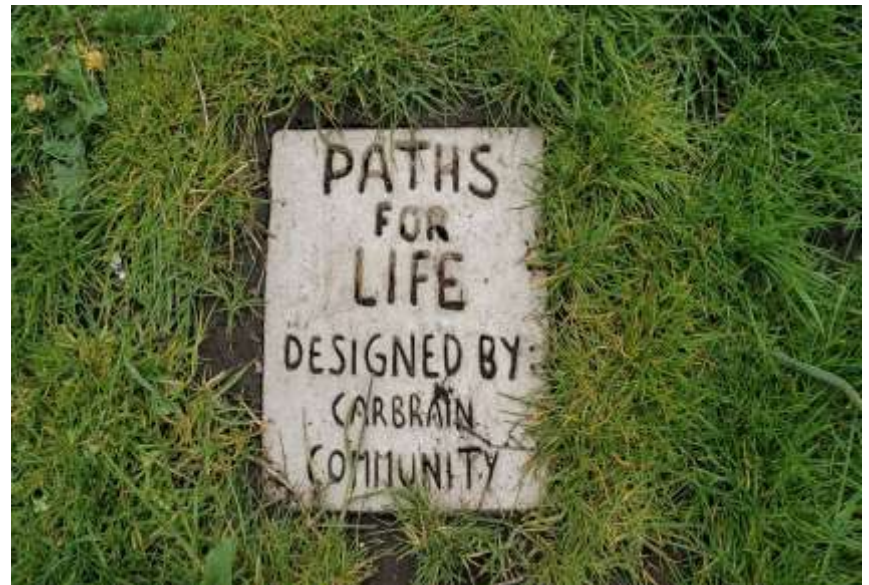


Wild Ways Well

12 week sample outline

Week	Activity	Five Ways Well
1	Initial Meeting. Fill in Questionnaires, discuss needs and interests. Discuss John Muir. Go for short walk.	Connect. Be Active.
2	Safe Fire Skills. Kelly Kettles. Shelter Building.	Be Active. Connect. Keep Learning. Take Notice. Give
3	Photography. Take photos of areas we are working in.	Be Active. Connect. Take Notice
4	Wildlife Spotting. Bird Calls. Mammal Tracking.	Be Active. Connect. Take Notice. Keep Learning. Give
5	Wildlife Recording. Practice previous week's skills. Walk a transect route/Wild walk route	Be Active. Connect. Take Notice. Keep Learning. Give
6	Environmental Art. Use resources around us to create pieces of art. Photograph them.	Be Active. Connect. Take Notice
7	Senses. Sound Mapping. Meet a Tree. Find different smells (smell game if out of season).	Be Active. Connect. Take Notice. Keep Learning. Give
8	Build a Box. Build a birdbox/hedgehog box/bat box/Bird Feeder.	Be Active. Connect. Take Notice. Keep Learning. Give
9	Citizen Science task – undertake a nature survey. Dead wood survey; ancient tree hunt; water or air quality survey.	Be Active. Connect. Take Notice. Keep Learning. Give
10	Seasonal Nature Walk/Practical Task	Be Active. Connect. Take Notice. Keep Learning. Give
11	Photography, Wildlife Recording. Recap on previous sessions. Discuss changes.	Be Active. Connect. Take Notice. Keep Learning. Give
12	Celebration. Outdoor cookout. John Muir Awards. Fill in post course questionnaires	Be Active. Connect. Give.

The Present











Successes

“They loved making fires, no one ever does that sort of thing with them, gives them a challenge to solve themselves. And it’s brilliant because it’s not about success or failure or doing it right or wrong, it’s just about doing it their own way. They loved it.”

“I spoke to my mum for an hour on the phone after the session telling her all about it, she was amazed, normally me and my mum don’t really talk much, she said I sounded like I was a different person, I was so excited and happy.”

“We love coming out here now, love taking our daughter outside. You only ever see her smile like that when she’s outside. She doesn’t do it anywhere else.”

“This group is brilliant, I haven’t been here long at all but I really feel accepted, I feel like we’re all old friends.”

“My partner was in a bad place and talking about suicide. We went to your sessions and he came back a different person. I really believe if it wasn’t for you we could have lost him. You didn’t just give him his life back, you gave my daughter her dad back, you gave us our family back.”

“It’s different out here. I get really angry sometimes, but I don’t feel angry here. I don’t feel like that when we’re out. I wish we’d started doing this years ago, we should always have been doing this.”

“you can see it on people, almost as soon as they get here, a weight lifts off them, you can almost see the stress melt away”

“I wanted to come today, even though I feel stressed, as I know this this will make me feel better.”









Barriers



The Future





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