"Come to Cumbernauld!"
Mental Health

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 and their own lives every day.

That's approximately one person every two hours.

Key facts and trends in mental health

- 2010-20 will be the most austere decade in NH9 history
- 2010-17 UK population rose 5%, mental health staff up 0.87%
- 2011-14 83% 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 £90bn
- Entitlement to be seen <18 weeks applies to mental health too
Green Therapy – Natural Health Service

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
- Pestimes
- 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

© Scottish Natural Heritage
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

Natural capital is the stock of our physical natural resources and the ecosystem services they provide. It includes among other things: timber; fisheries; energy reserves; minerals and outdoor recreation.

ONS estimated the monetary value of selected components of UK natural capital was £1.6 trillion in 2011.

Source: ONS
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.
Barriers
Walk
Social Session
Conservation Activity
## Wild Ways Well

### 12 week sample outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
<th>Five Ways Well</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Initial Meeting. Fill in Questionnaires, discuss needs and interests. Discuss John Muir. Go for short walk.</td>
<td>Connect. Be Active.</td>
</tr>
<tr>
<td>3</td>
<td>Photography. Take photos of areas we are working in.</td>
<td>Be Active. Connect. Take Notice.</td>
</tr>
<tr>
<td>6</td>
<td>Environmental Art. Use resources around us to create pieces of art. Photograph them.</td>
<td>Be Active. Connect. Take Notice.</td>
</tr>
<tr>
<td>10</td>
<td>Seasonal Nature Walk/Practical Task</td>
<td>Be Active. Connect. Take Notice.</td>
</tr>
</tbody>
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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.”

“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.”

“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.”

“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.”

“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.”

“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”

“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.”

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