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

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

**Technology & Nature Deficit**

World Population Growth

Endangered Wild Spaces

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
- Facilitates activity
- Improves physical health
- Lowers BP
- Increases HRV
- Reduces obesity
- Improves mental health & wellbeing
- Reduces health inequalities
- Provides a sense of belonging
- Reduces property crime
- Violent crime
- Levels of aggression
- Restores mental fatigue
The Chatham Green Project: Environmental and Sustainability Education for all ages – mental health and disability
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
How I see myself

Fuck up

Successful
calm
friendly

How I think others will see me

Waster
outcast

Loud mouth

Drunk

Manic
angry

Something
I would like to see in the future

How I would like to be seen

2 b seen
% Description of young people at the start of the programme:

Behavioural strengths and difficulties

Behavioural strength and difficulty scale

Percentage of participants in suggested category

- Emotional difficulties (n=31)
- Conduct difficulties (n=30)
- Hyperactivity difficulties (n=31)
- Peer difficulties (n=29)
- Pro-social behaviour (n=30)
- Total difficulties score (n=29)

Legend:
- Abnormal
- Borderline
- Normal
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.
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
Science: Attention Restoration Therapy
SKILLS

REINDEERS

HIGHLIGHTS BIRD HAWK Intelligent

REVERSIBILITY OF TIME WITH A VIEW OF THE SUN

WEEKEND

SATURDAY

BREAKFAST
How to pack
Help for your
Left for your

Friday
Camera bike
Ice cream
Touch table
Community care
Check in/Out Child
First Night Child
Late Night Questionnaire on sex

TILL ARRIVED

KNOWLEDGE

SKILLS

ATTITUDE

WEEK AWAY

CHALLENGES

MHAIUH ISLA WILL

HIGHLIGHTS

IN THE WATER
Lost in Science
Staring beneath the Water
Seeing life
Under the running water

IN MY STABLE
My memories bloom as I rest
In the water
Staring beneath the water
Seeing life
Under the running water

My mind a world away
Lost in glorious peace

I can always have clear time
I can do the impossible
A positive attitude
A motivated attitude
Being cooperative
A can-do attitude
“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
TA worked for me as it gave me the support and confidence to get through a challenging time. With support from the staff and my mentor, I moved my life forwards in a positive way. Since finishing the project I have completed two years at university. I am now in my final year and have come back to volunteer with the project so I can give back.

Stef, Peer Mentor, 2016
Lady Diana Kemp-Welch Scholarship Award
Comparison of the change in subscale mood factors between the two wilderness experiences

![Bar chart showing the comparison of mood factors before and after wilderness experiences and sailing.](chart.png)
Change in self esteem over the duration of the project

![Graph showing change in self-esteem index over time.](image-url)
Behavioral strengths and difficulties (n=18)

- Emotional difficulties
- Conduct difficulties
- Hyperactivity difficulties
- Peer difficulties
- Pro-social behaviour

Start of programme
End of programme

Behavioural strengths and difficulties subscale scores (0 - 10)
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)

Mental wellbeing score (14 - 70)

- **Start of programme:** 40.7
- **End of programme:** 55.4

**TurnAround participants**

**UK average wellbeing for 16 - 24 year-olds in 2016**

- **Start of programme:** 40.7
- **End of programme:** 55.4

**Time-point**

- **Start of programme**
- **End of programme**
Pre and Post Trail participation mental wellbeing

Percentage of participants scoring within each category:

- Start of Programme:
  - Low mental wellbeing: 30
  - Average mental wellbeing: 70
  - High mental wellbeing: 10

- End of Programme:
  - Low mental wellbeing: 10
  - Average mental wellbeing: 60
  - High mental wellbeing: 30
THANK YOU