

5 WAYS TO NATURE CONNECTION

NATUREWELL

For Primary Care Staff in Surrey Heartlands

1. Senses

Tuning into nature through the senses.



2. Emotions

Feeling alive through the emotions and feelings nature brings.

3. Beauty

Noticing nature's beauty.

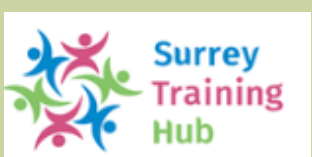


4. Meaning

Nature bringing meaning to our lives.

5. Compassion

Caring and taking care for nature.



Join Wild Gathering CIC for 3 hours once a week for 3 weeks to experience the health & wellbeing benefits of nature connection for health professionals at work.

Our relationship with nature – how much we notice, think about and appreciate our natural surroundings – is a critical factor in supporting good mental health. Remembering that you are part of a huge ecosystem, with relationships to other living things, can help you feel connected.

The natural world provides endless opportunities to use all your senses to pay attention to the small things and become more present.

Nature connection has health and wellbeing benefits not only for patients but for professionals too. That's why the Surrey Heartlands Green Health & Wellbeing programme is offering an opportunity for primary care teams to participate in NatureWell courses with Wild Gathering CIC.

This experiential course designed by Natural Academy introduces participants to the 5 Pathways to Nature Connection as identified by the University of Derby.

The NatureWell course consists of guided practices and exercises, which participants can introduce into both their personal and working lives and use in the future to resource themselves. The course provides techniques to relax, restore, and revitalise participants through the process of nature connection.

The course is suitable for up to 8 participants.

The course consists of a three-week programme.

Each weekly session is 3 hours long with a follow up 1:1 phone call with each participant within two weeks of the course ending.

Each participant will receive a course handbook in the first session to identify how the course can be integrated into their life going forward.

To run the NatureWell course Wild Gathering requires a site with a green space that is as private as possible, ideally with trees and some wild areas. Access to a toilet and a room to work in if the weather is dreadful are also needed.

Bespoke course dates will be arranged by Wild Gathering CIC with each Primary Care team.

Participants can from clinical, non-clinical, and ARRS roles, and may include MDT members who are not employed by primary care directly (such as social prescribing link workers).



NatureWell



University of Derby



Wild Gathering

To book a course, ask questions, or find out more about suitable green space, please email Jane.Soothill@surreycc.gov.uk.