



## We know that being outdoors in nature is good for our wellbeing. But we want to know more!

Activities like walking, gardening, food growing, fishing and animal care help us feel less stressed and can reduce feelings of fatigue, anxiety and depression. Studies show that a 2 hour 'dose of nature' each week significantly increases people reporting good health and higher wellbeing. Taking part in outdoor activities can also keep us physically active.

We want to explore how outdoor activities impact those accessing mental health support or who are on mental health waiting lists. This will be done by asking you questions about your wellbeing on starting an activity, and then at 3 and 6 months of taking part. You will be supported on this journey by staff at Navigo or Centre 4. All the information you provide will be anonymised.

The information collected will be fed in to a national programme that is exploring how to increase the use of outdoor activity within health and care services across England. Locally it will help us to:

- Evidence the benefits of outdoor activity for our healthcare system.
- Show how effective they are in supporting participants wellbeing.
- Encourage more people to enjoy the outdoors for better health and wellbeing.
- Show the benefits of such activity to potential funders and commissioners.