

Nature 4 Wellbeing



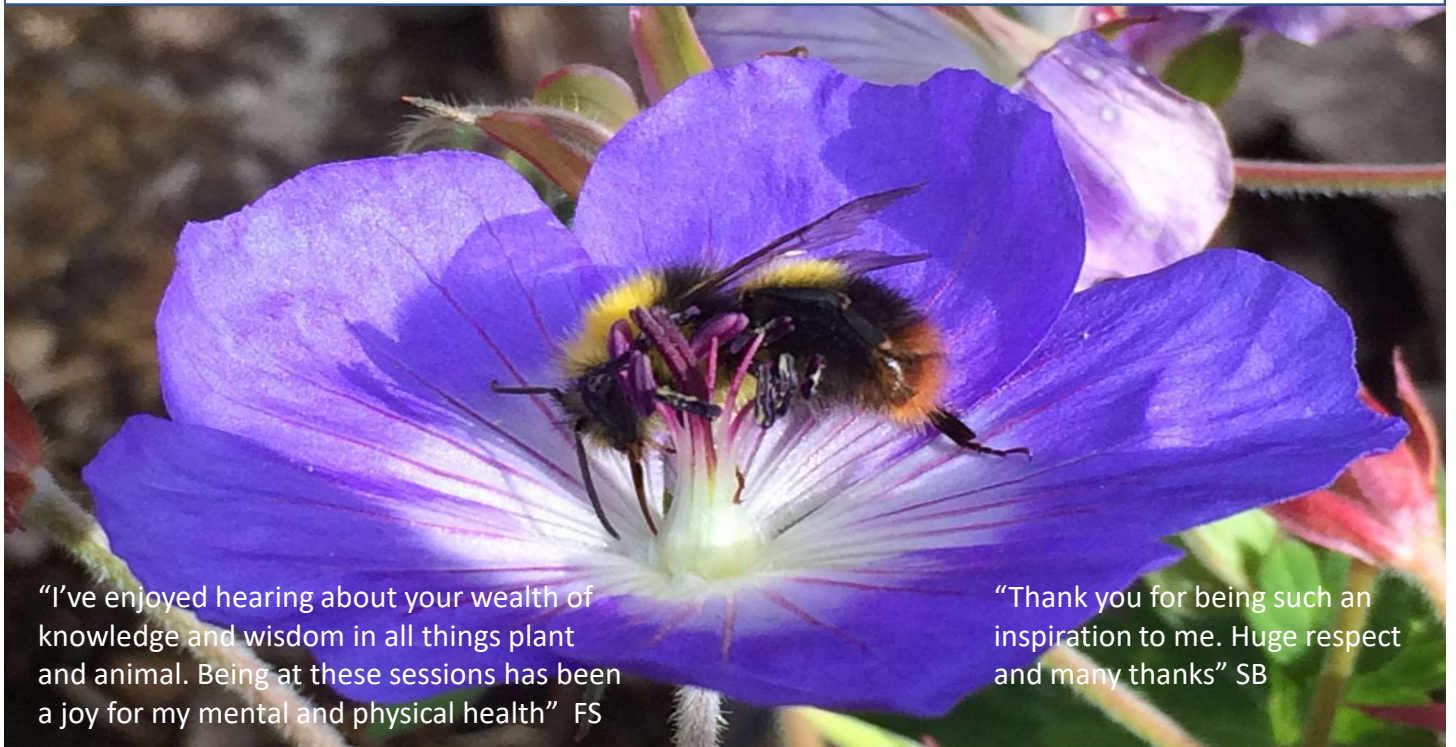
From Haven 4 Wildlife



It is well documented that getting outside in the fresh air and daylight is good for our physical and mental health. Looking at and exploring the world around us gives us a sense of connection and belonging that helps to lower anxiety levels and calm the mind.

Jo at **Haven 4 Wildlife** has over 13 years experience of using **Nature 4 Wellbeing** to benefit the health and wellbeing of people of all ages through a variety of activities such as:

- Working outside and learning practical skills, in particular to improve an area for wildlife, which is proven to reduce anxiety, social isolation, build friendships and give a sense of achievement and purpose
- Walks and talks to encourage using all the senses to be 'in the moment' to calm the mind, restore or create interest in nature and offer a safe, peer supported space
- Reflection and evaluation through written and verbal feedback



"I've enjoyed hearing about your wealth of knowledge and wisdom in all things plant and animal. Being at these sessions has been a joy for my mental and physical health" FS

"Thank you for being such an inspiration to me. Huge respect and many thanks" SB

Nature 4 Wellbeing from Haven 4 Wildlife

DBS certificate ~ Safeguarding Policy

Risk Assessment Policy ~ Public Liability Insurance

Mental Health First Aider ~ First Aider

For more information please contact Jo Worthy-Jones

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