

EVALUATION FINDINGS AT A GLANCE 2022 / 2023



The programme looked to support people experiencing mild to moderate poor mental health, with a focus on those who were less likely to have access to natural green and blue spaces. The programme looked to build on and combine MHF's self management approach with wetland health-promoting activities. Course content was co-produced by people with lived experiences of poor mental health and were delivered through a mix of indoor and outdoor sessions. Support was provided through a 6 week course, with people taking part every week for 3 hours.

60 people took part in the programme

65% experienced a meaningful positive change in their mental wellbeing* n=17

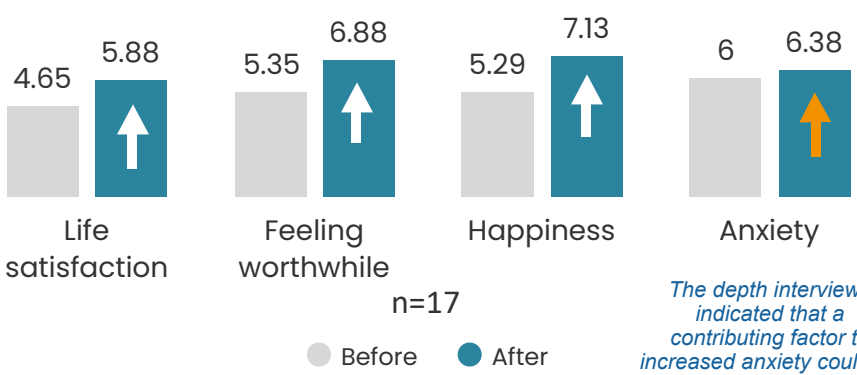


*SWEMWBS: from low to moderate wellbeing

“My mental wellbeing is always improved dramatically after the Wetlands sessions and when I've been in nature.”

ONS-4 Personal Wellbeing means

Three out of the four personal wellbeing aspects saw a positive change, while levels of anxiety remained high.



The depth interviews indicated that a contributing factor to increased anxiety could be due to the course ending

“Here we actually felt the benefits of being outside. We've learned, enjoyed and experienced that together.”

Nature based activities were an effective starting point in connecting people

Having experiences in common and sharing stories led to people feeling less isolated



MOST VALUED

The context in which it was delivered, **in and with nature**, was by far the most beneficial aspect

The **lived experiences** of delivery staff - the level of empathy

The **social interaction** and **connection** with others

"I've become very aware that nature is a key component of my recovery and wellbeing. Doing this with others is very important."

"Their lived experience just makes so much difference, and they've just got an enthusiasm and a passion, which is just lovely to know that they're enjoying what they're doing, and I think we're all just helping each other as well."

KEY OUTCOMES FOR THE PROGRAMME

Beneficiaries have improved self-efficacy and self-care practices through being enthused to manage their wellbeing outside of the programme.

Nature-based activities were an **effective starting point in connecting people with people** -socialising helped to break down barriers.

Beneficiaries have an **improved awareness of nature and the benefits** it can have on their wellbeing.

The combination of indoor and outdoor activities worked well. It offered a good mix of being able to sit and listen to others', whilst the outdoor activities further engaged conversations and connections.

The programme was **a key enabler to explore or try new things** outside the programme delivery relating to nature and the outdoors.

The programme **offered a different dynamic** for beneficiaries who had accessed wellbeing support previously.

"Everything I'm stressed about starts melting away, I'm suddenly able to smell the air and feels thicker with oxygen, I breathe it in deeply every time I cross the bridge - makes me feel alive."