

Improving the Health of People and Nature Introduction



NATUREWELL APPROACH

For Professionals in Nature & Health

If you are an organisation wanting to access professional training and support to develop nature and health services.



INTRODUCTION & BACKGROUND

Natural Academy is a not for profit, social enterprise whose mission is to support the health and wellbeing of people and nature.



We have developed the NatureWell approach from over 12 years experience of working with people's health and in natural settings. We wanted something that would be affordable, scalable and flexible and assured quality.

We have evaluated and learned what most benefits people's health and helps them really connect and deepen their care for nature. This has led to this integrated approach.

We have also delved deeply into the evidence, and together with our experience on the ground, have found ways to deliver this approach simply but effectively.

As NatureWell expands and develops we are partnering alongside a team of very

experienced practitioners and trainers to offer our accredited training and service design and support programme.

We are working with a range of organisations from the health and environment sectors. What they have in common is that they are all wanting to create, or further develop, nature-based approaches to health and wellbeing that are professional and effective.

We as a team are excited to see the expansion of naturebased services for health and fully support this as an integrated solution to our health and environmental challenges.



OVERVIEW

As stated above NatureWell is an integrative nature and health approach, helping people and communities connect to nature for their health and wellbeing.

Realising the value of local communities and natural spaces.

- A way to connect to natural spaces in order to develop healthy communities and care for those natural spaces.
- Use this to frame community engagement to explore the needs of the local community.
- It can be delivered as a community event/ project to support a community.



Encouraging natural Self Care and Self Management.

- It also helps those who are living with challenges to their health, wellbeing and/or are in social exclusion/deprivation access the many evidenced holistic benefits nature connection for health provides.



Training and ongoing support

- We train individuals and teams to deliver the approach and adapt this if necessary to their community and place of delivery.
- We help develop local and sustainable services through strategic and operational support, mentoring and supervision if necessary.



NATURAL ACADEMY TRAINING AND THE NATURE, HEALTH & WELLBEING SECTOR

Our trainings are designed to fit into the model below and we have two main training offers.

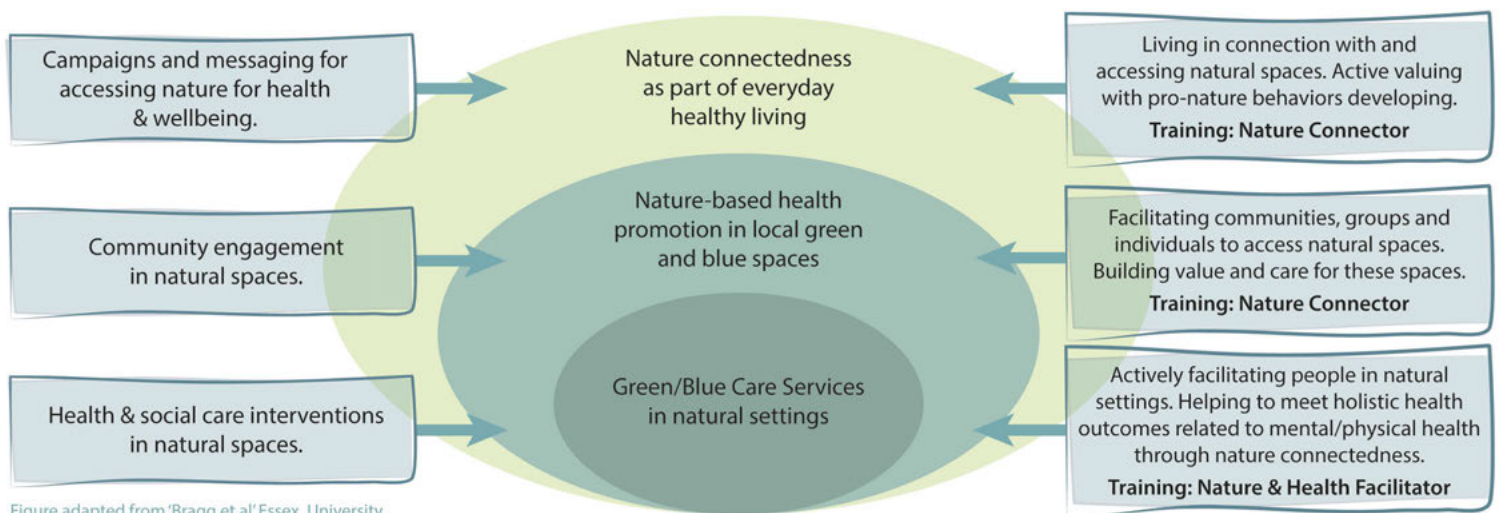
Level 2 Nature Connector Training

is a short training for those working in community engagement in natural spaces.

Level 2 Nature and Health Facilitator Training

is for those working with people with health and social care needs in natural spaces.

**Nature, Health and Wellbeing Sector the 3 streams:
Accredited training and service development**



OUR NATUREWELL ACCREDITED QUALIFICATIONS

Nationally accredited by



Qualification	Nature & Health Community Connector	Nature & Health Facilitator
Level	2	2
Credit Value	4	6
Training Days	4 days training with tutorial support.	6 Days training with tutorial support.
Assessment	Assessment requirements: • Handbook with exercises completed. • Create a nature based community even.	Assessment requirements: • Handbook with exercises completed. • Self-reflective practice. • Observation of delivery.
Online/Outdoor Teaching and Learning	Delivered wholly online or in blended format with 2 days outdoor training.	Delivered in blended learning with a minimum 2 days outdoors.
Programme	2 blocks of training 2 days each. 1 month minimum.	Normally over 3 blocks of training. (TBD) over 3 months.
Post Training & ongoing support packages	Agreed use of resources and ongoing support for CPD and service development.	Agreed use of resources, updates, CPD, mentoring and supervision of practice. Support for service development.
Fees	£340 per person with a minimum of 8 trainees.	£550 per person with a minimum of 8 trainees.

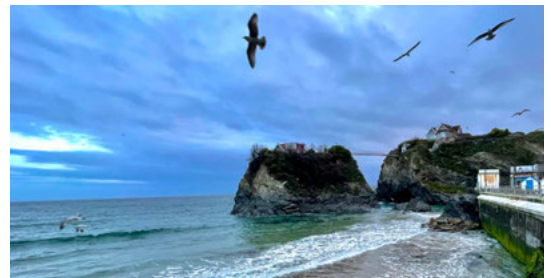
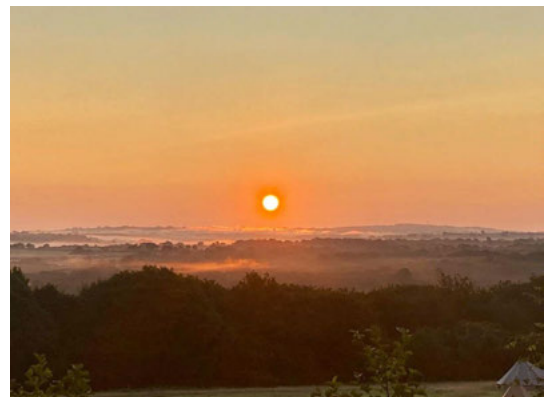


OUR ONGOING SERVICE DEVELOPMENT AND DESIGN SUPPORT

We know that every natural space and community has different challenges and opportunities. We support the organisations we work with to embed the approach into their local environment and focus it into community needs.

This means we can offer a bespoke package of support offering:

- **Strategic support:** Helping you develop a strategic view on how to sustain, develop and support the ongoing development of the service
- **Operational support:** Helping your team reflect and learn from experience with the community you are supporting to reflect on what is the best delivery and design for the service.
- **Team support:** Reflective practice and ongoing CPD to support the team as they deliver.



SOME OF OUR PARTNERS AND NATUREWELL COLLABORATIONS

Working with Marlborough House Oxford.



- We are working in acute mental health within Oxford NHS Trust.
- We have trained a multi disciplinary health team, made up of a psychiatrist, nurses, Occupational Therapists and Support teams, to deliver NatureWell as an approach to their developing Nature and Health programme at Marlborough House
- We are finalising a report and papers to share learning and experience across the trust and further afield.
- We continue to offer support and mentoring of practice for the team

Working with Avon, Somerset and Cheshire Wildlife Trust.



- We are working with Somerset and Cheshire Wildlife trusts and have trained their nature connection and wellbeing teams with our Level 2 facilitator training.
- This follows on from our work with Avon Wildlife Trust and the Wellbeing With Nature programme that they delivered and our input into the training, service design and development. We are also in discussions with Avon on how we can offer further training.
- We will be working with SWT for three years as we embed and sustain the approach in ways that meet the needs of the local places and communities. We are in discussions with Cheshire on how we can create a sustainable, scalable service across the Cheshire region.

Working with We Hear You Charity.



- We are working with WHY Cancer Charity and have trained a team of facilitators in NatureWell to work outdoors with people with Cancer and other life changing illnesses.
- The team are now delivering a full programme based on the approach with community days and a six week programme and have found this to be a very accessible, effective and important part of the services they offer. We continue to offer mentoring and supervision of practice.

Working with the NHS Forest and the Centre for Sustainable Health Care.



- We have completed a project with the centre for sustainable health care offering NatureWell services for staff support across 5 NHS hospital sites in England, Liverpool, Brighton, London, North Bristol and Kent. Evaluation is very positive.
- We have trained 10 health care professionals, 2 from each site in our Level 2 NatureWell approach and are offering ongoing support.

FEEDBACK FROM OUR PARTNERS

Some comments from students on our training.

When asked to give a percentage for the training the average so far has been over 92%.



"Wonderful locations... looking forward to using my new skills."

"Thank you for such amazing training."

"The whole course felt really beneficial to people's wellbeing."

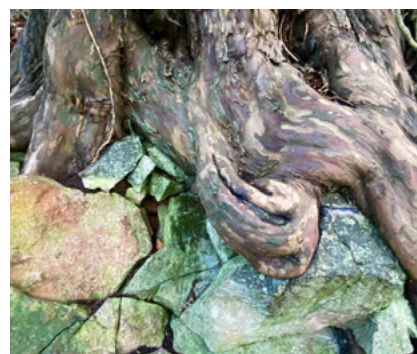
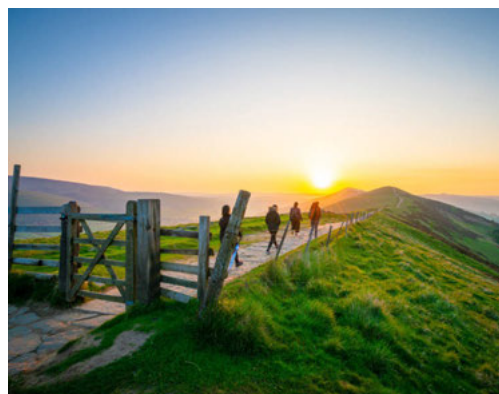
"The challenges were manageable and worthwhile... Feeling more confident now."



FOR FURTHER INFORMATION



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