



GET OUT MORE FOR **WELLBEING**

OUR SERVICES WELLBEING

ACCESSING NATURE
TO FEEL GOOD IN
MIND AND BODY

Research shows that connecting with nature helps us all feel good. Get Out More's wellbeing programmes support people to get outdoors and boost their physical and mental health drawing on our skills in forest schools and developing nature connections through engaging activities such as mindful walks, wild art and nature discovery.

Get involved – find out more about:

- Weekly wellbeing activities for adults in Keighley
- Breathing Spaces; self guided walks with a wellbeing focus
- Nature-based wellbeing sessions for staff teams to build resilience and positive action

CASE STUDY

Mary loved working with children, but had been unable to work for a long time due to a health condition. As a lover of nature, taking part in Get Out More's Outdoor Futures course was the stimulus she needed to rekindle her interests and get active again. Since completing the course, Mary now volunteers on Get Out More's forest schools and regularly attends the weekly Wellbeing Wednesday sessions. Mary feels that her involvement has helped her find her strength and purpose; *"Taking part in Outdoor Futures has helped me to live my life fully, within the limits of what I am able to do."*



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