

Nature Walks for Wellbeing

Final project report – August 2018



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Summary

The Nature Walks for Wellbeing project was developed as a partnership between NHS Forth Valley adult mental health services based at the Woodlands Resource Centre at Falkirk Community Hospital and Scottish Waterways Trust. Nature Walks for Wellbeing aimed to offer adults living in Falkirk who suffer from poor mental health the opportunity to spend time in a natural setting and take part in a range of nature-based activities within a group. The project aimed to reap the benefits which a connection to nature and spending time outdoors can have on physical and mental wellbeing, while also improving social interaction for participants who may feel isolated within the community. Additionally, the project aimed to encourage physical activity by offering a varied programme of activities, all of which took place outdoors. NHS mental health staff would attend all sessions, and it was hoped that this would not only allow staff to forge stronger relationships with their patients and engage with them outside of the clinical setting, but would also allow staff to feel the health and wellbeing benefits of taking part in the programme themselves, which could translate in to reduced stress levels in the workplace.

Two 10-week programmes of Nature Walks for Wellbeing have been delivered, engaging participants in a range of outdoor activities including outdoor yoga and exercise sessions, natural art, guided history and nature walks, mindfulness and photography. Integral to the Nature Walks sessions was the social aspect, and every session included dedicated social time for all participants to relax and socialise together over a hot drink and snack after completing an activity together.

Through a range of written and verbal evaluation methods we gathered the thoughts and feelings of Nature Walks participants about their experience of taking part in the programme. For almost all Nature Walks for Wellbeing sessions, results showed that most individuals felt either better or the same by the end of the session, compared to how they felt at the start of the session. This gives an indication of how spending time outdoors in a natural setting and within the social Nature Walks group can improve short-term mood, which could in turn lead to longer-term improvements in wellbeing. After taking part in the programme, many participants expressed an interest in taking part in the same or similar activities again in the future, and evaluations showed that participants recognised the link between spending time outdoors and health. Several participants who had previously had low levels of weekly physical active also expressed a desire to increase their activity levels. Feedback from NHS staff members who participated in sessions was also positive – staff not only saw the benefits of attending to their patients, but also felt benefits themselves. Staff reported feeling relaxed and less stressed after taking part.

Despite challenges relating to recruitment, attendance and evaluation, the Nature Walks for Wellbeing project has been largely successful and feedback encourages further development of the project. Scottish Waterways Trust are currently investigating other areas of funding, and hope to continue offering Nature Walks programmes, as a partnership between the NHS and Scottish Waterways Trust, both in Falkirk and in other areas throughout the central belt.

Background

According to the Scottish Government, it is estimated that around one in three people will be affected by mental illness each year [1]. The costs of mental health in Scotland are huge – according to a Scottish Parliament Information briefing, in the year 2009-2010 health and social care costs relating to mental health were £1.92 billion, plus an additional £3.2 billion in output losses and £5.78 billion associated with the human costs of mental health [2].

The World Health Organisation describes wellbeing as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity” [3], and this highlights the complexity of mental illness and the need for a holistic approach to treatment. The Mental Health Foundation states that poor mental health can impact negatively on physical health, and that poor physical health can also lead to mental illness [4]. Their 2010 report on loneliness also highlights how a lack of social connection and long term loneliness can lead to poor mental and physical health, and conversely how experiencing poor mental health can lead to feelings of loneliness [5]. This evidence supports WHO’s definition of wellbeing as encompassing physical, mental and social wellbeing, and highlights the importance of promoting physical activity and socialising to those suffering from poor mental health.

Research shows that being physically active can improve mental wellbeing as well as physical health, and research also suggests that “green exercise” (physical exercise in an outdoor, natural environment) can be particularly beneficial when compared to exercising in an indoor or urban setting [6]. According to Dr Danielle Shanahan, author of an article studying the health benefits of nature experiences “If everyone visited their local parks for half an hour each week there would be seven per cent fewer cases of depression and nine percent fewer cases of high blood pressure.” [7][8].

Anxiety, stress and depression/other psychiatric illness are the main reasons for staff absence in NHS Forth Valley. It is also well known that NHS staff can deal with significant work pressure and stress due to the nature of their jobs, and mental health staff are experiencing an increase in referrals, which in turn can contribute to an increase in staff stress levels as workloads increase. Regular or continual stress cause feelings of being overwhelmed, and can lead to mental health problems [9]. By having NHS staff attend the sessions, they can see first-hand the benefits to their patients, offer support, encouragement and a familiar face to the patients during the sessions, and can also engage with their patients in a different way outside of the clinical setting. However, it was hoped that the staff themselves would also feel the benefits of attending the sessions on their own wellbeing, giving them time to relax and disconnect from their stressful jobs and spend time being active and connecting to nature in a beautiful outdoor setting.

The Project

Nature Walks for Wellbeing aimed to provide unique outdoor ecotherapy sessions to adults experiencing poor mental health who live in the Falkirk area. Nature Walks aimed to offer a holistic approach to mental health by supporting the three strands of wellbeing as described by the World Health Organisation – mental, physical and social - through a range of outdoor activities. In particular, this project aimed to engage with adults experiencing severe and/or long term poor mental health, who may also be socially isolated within their communities. Two programmes of 10 sessions were delivered, from September to November 2017 and from April to June 2018. Sessions ran on Thursday afternoons during the first programme, and Friday mornings during the second programme. This change was due to staff availability, but it also helped us to explore which times of day were best suited to the participants of the group. NHS mental health staff based at the Woodlands Resource Centre in Falkirk recruited patients to join the group. A different group of patients attended the second programme of delivery, however patients were welcome to attend again if they wished, and two individuals from the first 10 week programme did choose to attend again. Over the course of the two programmes, sessions had an average of 10 participants attending, which includes both patients and NHS staff.

With this project we hoped to provide a different type of therapeutic activity to patients attending adult mental health services at the Woodlands Resource Centre. Activities currently offered to patients include psychoeducational groups such as mindfulness and building self-esteem, condition-specific groups such as anxiety management and bipolar education, and social groups such as active living and gardening. However, a completely outdoor group offering opportunities to get physically active, connect with nature, socialise and try out a varied range of different outdoor activities was a completely new offering for patients attending mental health services at Woodlands.

Patients were encouraged to attend the sessions with a family member or friend if they desired, to provide support and familiarity when they might otherwise feel uncomfortable visiting a new place and/or being around new people. At least one NHS staff member also attended each session, and it was hoped that this would not only help to make patients feel more comfortable attending the sessions, but would also offer staff the opportunity to observe and engage with patients in a different way, outside of the clinical setting. As staff would also participate fully in the sessions and activities, it was also hoped that staff would also feel positive benefits from attending the sessions.

Nature Walks sessions took place exclusively outdoors, within natural woodland and canal-side settings in and around the Falkirk Wheel site, and activities aimed to promote physical activity and nature connection. All sessions featured an element of physical activity, whether a gentle walk through the main woodland site used for group activities, longer walks along the nearby Forth & Clyde and Union canals during nature and heritage walks, or more formal physical activity sessions in the form of yoga and gentle exercise classes.

The project also aimed to increase the confidence and social skills of the patients taking part by offering the opportunity to try a new and different type of therapy. By taking patients away from the clinical setting and in to a natural environment, it was hoped that patients would begin to feel more relaxed, which could in turn have a positive effect on their mental wellbeing. By taking part in group activities and receiving support and encouragement from the activity leaders and NHS staff, as well as their peers, it was also hoped that participants would begin to feel an increase in confidence and pride in themselves for completing activities.

The social aspect of Nature Walks for Wellbeing sessions was seen as vitally important to the project. Each session included an activity, and afterwards a period of social time during which the group would make tea and coffee using outdoor Kelly Kettles, enjoy some home baking and socialise together. Participants were welcome to assist in lighting the Kelly Kettles (building a small fire in the

kettle base), a co-operative activity which participants could build their confidence in completing over the course of the sessions. While having a hot drink and a snack, patients could chat to each other, to the activity leaders and NHS staff or, if they wished, simply sit quietly and experience being in the company of others within the group.

Sessions were facilitated by Scottish Waterways Trust's Community Engagement Officer Claire, and additional delivery was provided by external sessional workers who shared their expertise in yoga, fitness and mindfulness. Each session lasted for 90 minutes, and included an hour-long activity, followed by half an hour of social time. Activities offered during the programme included:

- Woodland yoga sessions
- Mindfulness
- Gentle exercise sessions
- Heritage walks
- Bird watching walks
- Natural art
- Wildlife habitat creation
- Conservation work – vegetation management
- Planting wildflowers
- Nature photography

At the end of each 10 week programme, we had a final “celebration” session when the group took a canal boat trip. This offered an opportunity to come together as a group and enjoy a final, special activity together, and also gave the group the chance to reflect together on the Nature Walks for Wellbeing journey.

During the first 10 week programme of delivery, transport was provided by the NHS for patients during the first two weeks, allowing them to meet at a familiar location – Woodlands Resource Centre – and travel to the site together. This was found to be very helpful for some patients, and so during the second 10 week programme of delivery the NHS provided transport for every session.

Scottish Waterways Trust compiled a list of local opportunities which participants may wish to move on to after taking part in Nature Walks for Wellbeing, including walking groups and conservation volunteering groups, and this was offered to NHS staff to pass along to their patients.

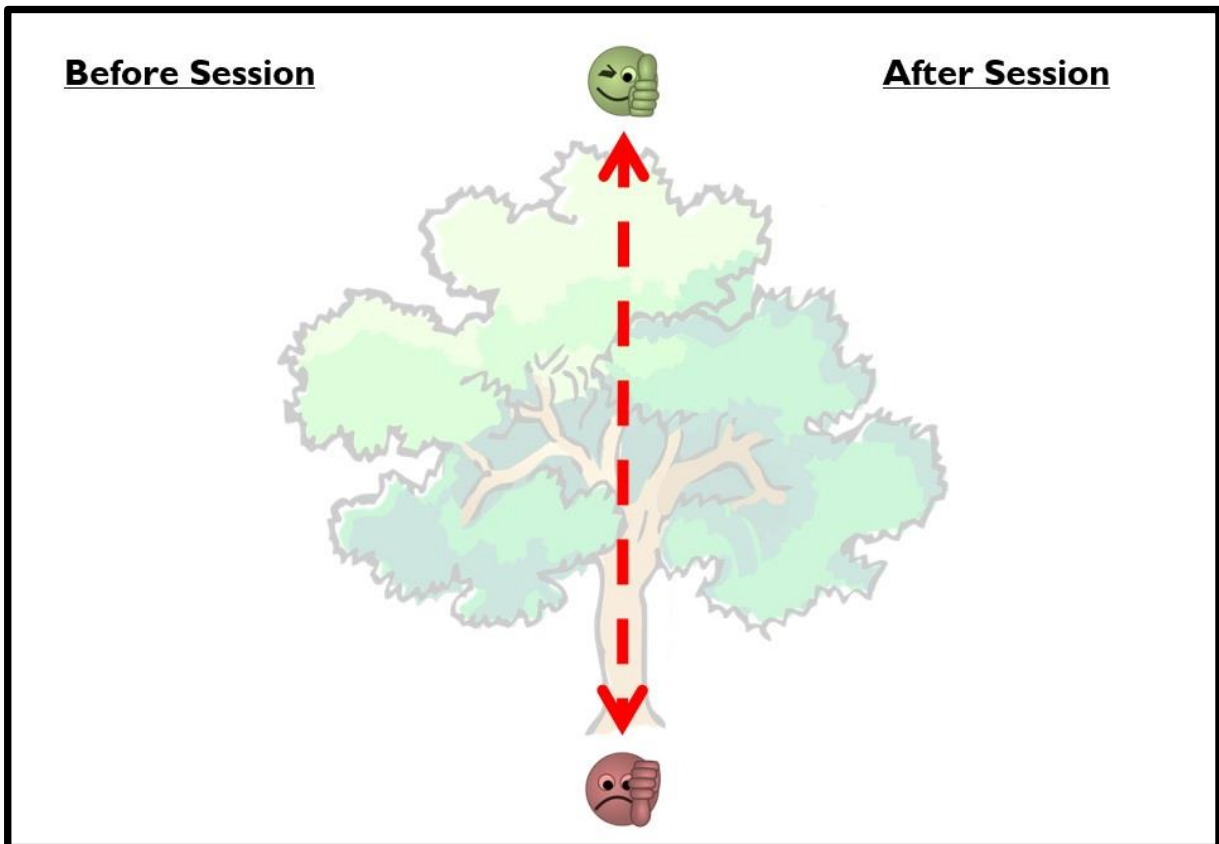
There were no specific ethical considerations relating to this project. All patients were already engaged in NHS mental health services at the Woodlands Resource Centre, and were given full choice about whether they wanted to attend the group. No commitment was required from the patients participating, and so individuals could drop out of the group if they decided it was not for them, and could also attend only the sessions that they wanted to. No personal patient information was required to be held by Scottish Waterways Trust as at least one NHS staff member who was known to the patients was always present at each session to provide support and to deal with any situations requiring patient information – this meant that Scottish Waterways Trust did not require any information about patients' health histories or emergency contact details.

Impact

Evaluation methods:

Tree evaluation

Nature Walks for Wellbeing was evaluated in several different ways. Scottish Waterways Trust conducted a simple form of anonymous evaluation to capture the feelings of the participants. At the beginning of each session, participants were asked to place a sticker on a picture of a tree to indicate how they were feeling, and then were asked again at the end of the session, to determine if how they were feeling had changed during the session. It was important that patients felt as comfortable as possible when attending the sessions, and so no one was pressured in any way to take part in this evaluation if they did not want to, as it was appreciated that sharing feelings can be a difficult thing for individuals to do.



Conversation Evaluation – Programme 1

An informal feedback conversation took place during the final session of the first Nature Walks programme, and participant feedback was recorded. Participants were asked several questions and could choose whether to take part and share their feelings.

- Have you enjoyed the group?
- Is there anything you would change?
- Are there any activities you would like to do more of?
- Have you felt any benefits from attending the group?
- Would you recommend the group to others?
- Would you like to continue doing activities like this?

Questionnaire Evaluation – Programme 2

At the end of the second 10 week programme of delivery, patients were given an anonymous questionnaire by the NHS team at Woodlands resource centre, and several individuals chose to complete this.



1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 hours	5-8 hours	Less than one hour daily.	More than one hour daily
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2) Which activity did you enjoy the most? _____

3) Which activity did you enjoy the least? _____

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? _____

6) Did you find the morning session difficult to attend?

Strongly agree	Agree	Don't know	Disagree	Disagree strongly
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7) How much do you think being outdoors improves health?

Strongly agree	Agree	Don't know	Disagree	Disagree strongly
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8) Will you change your level of activity due to the programme?

Strongly agree	Agree	Don't know	Disagree	Disagree strongly
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9) Do you have any further comments about the Waterways group?

Feedback Café

Additionally, NHS staff and Scottish Waterways Trust arranged an informal feedback café several weeks after the end of the second programme, which allowed us to capture some additional views from patients and NHS staff who attended Nature Walks for Wellbeing. NHS staff kindly provided some healthy snacks and drinks for this session, to emphasise the informal “café” nature of the session. During this session, participants were involved in a discussion about the Nature Walks for Wellbeing programme and were welcome to both answer verbally and to write down their thoughts. Participants were asked a series of questions about their experience of Nature Walks for Wellbeing, including:

- Have you enjoyed the group?
- What activities did you enjoy most?
- What activities did you enjoy least?
- Are there any other activities you would like to have done?
- Have you felt any benefits from attending the group?
- How did you feel after the sessions?
- Did you enjoy being outdoors?
- Would you recommend the group to others?
- Would you like to continue doing activities like this?

Conversational Feedback

Additional verbal feedback from participants was gained through conversations between staff and patients during the Nature Walks for Wellbeing sessions, and during conversations between NHS staff and patients in the clinical setting.



Evaluation Results:

Tree Evaluation

The results from the tree evaluations were generally very positive (see Appendix 1). For almost all Nature Walks for Wellbeing sessions, results showed that most individuals felt either better or the same by the end of the session, compared to how they felt at the start of the session. There are several limitations to the tree evaluation method – results are completely anonymous and so cannot give information about improvements in individuals, not all participants took part in this evaluation, and there is not a tree evaluation for every session due to participant uptake. However, despite these limitations the tree evaluations were useful for recording overall general group improvements over the course of each session. The results give an indication of how spending 90 minutes outdoors in a natural setting and within the social Nature Walks group could improve short-term mood, which could in turn lead to longer-term improvements in wellbeing.

Conversation Evaluation – Programme 1

Three patients shared their views during the informal conversation evaluation during the final session of programme 1 (see Appendix 2). Feedback was very positive. Selected quotes include:

- “Liked the variety. That's the good thing about it - always something different.”
- “Always looked forward to going and always feel better after it.”
- “Definitely” would recommend the group to others.

Questionnaire Evaluation – Programme 2

Six patients completed the NHS questionnaire at the end of programme two (see Appendix 3). The results were generally very positive.

- Most participants were fairly inactive before joining the group, with most stating that they would usually be active for around 1-4 hours per week. However, most participants agreed or strongly agreed that they will change their level of activity after taking part in the programme. This is a very positive outcome and supports the project aim of encouraging participants to take part in outdoor physical activity.
- Participants chose different options for their favourite and least activities, which confirms verbal evidence that the variety of different activities offered throughout the programme was a positive for participants and allowed us to appeal to the different interests of a range of individuals.
- All participants either strongly agreed or agreed that being outdoors improves health. It was very positive for us to see this recognition from the participants after they had taken part in the programme, as a particular aim of the Nature Walks for Wellbeing project was to have a positive impact on the health of participants by offering a programme of activities which took place 100% outdoors.

Some comments from the questionnaires include:

“The weekly experts were excellent. Claire was also very good. Great cake.”

“Enjoy doing different activities”

“Best fun ever”

“I found out some interesting things about the Forth & Clyde canal”

Feedback Café

Four patients attended the feedback café after programme two. An NHS staff member who regularly attended the group also joined to offer their views of taking part. Participants provided a wide range of comments on their experience of attending the Nature Walks for Wellbeing sessions (see Appendix 4). Participant comments included:

- When asked how they felt after the sessions, participants answered:
 - “relaxed and tired”
 - “confident”
 - “informed”
 - “less isolated”
- When asked if they would like to continue doing similar activities, all participants answered yes.
- When asked if they enjoyed being outdoors, all participants answered yes.
- NHS staff enjoyed having “time out to talk to people” and felt that attending was a “good way of de-stressing” themselves.
- NHS staff stated that “doing activities makes you feel better too [as well as the patients]” and that “people open up more when outdoors rather than being in Woodlands [Resource Centre, NHS mental health department]”
- Staff also stated that attending “improves communication... [and] relationships... All makes it easier to work with the patients – they were calmer as a result of taking part in this”

Conversational Feedback

NHS staff collected additional comments from colleagues and from patients during consultations, including:

- “Fantastic for the wellbeing of patients and staff alike.”
- “Enjoyed it very much”
- “Carer commented “noticed improvement” in family member and “gave reason to get out of the house”
- “Different projects each week made the group interesting and encouraged me to attend.”



Patient Case Study

Participant A has serious and enduring mental health problems. A is isolated within the community, having little or no social contact. They have proved very difficult to engage in activities offered by the NHS mental health team in the past. A attended every session of the first 10 week programme of nature walks, and although generally quiet and not able to take part in social discussions, A took part in all activities. During the 9th session, A asked (via their NHS support worker) if they could help to light the Kelly Kettles used each week to make hot drinks for the group. A asked to return for the second programme of 10 nature walks sessions, and again attended every week. A also attended a post-delivery “feedback café” and shared written thoughts about their experience of attending Nature Walks. NHS staff stated that it was very positive and out of character for A to attend the feedback café. Feedback offered by A included that they “enjoyed being outdoors” and “enjoyed the activities” and that they felt “relaxed and tired” after the sessions. A has expressed an interest in attending again in the future if the group continues.



Project Challenges & Lessons Learned

Recruitment

Initially we had planned to target Nature Walks for Wellbeing towards young people who were transitioning from child and adolescent mental health services to adult mental health services. However, upon beginning recruitment the NHS team found that this was very difficult as the programme did not hold much interest with individuals of this age group. We have found that Nature Walks for Wellbeing appeals to adults, and the age range of patients attending the programme was mostly 30-50 years old.

Attendance

An average of 15 patients were recruited to each programme. Attendance declined over the course of each programme, as some individuals decided that Nature Walks was not suited to them and decided not to continue. Attendance also varied from week to week as participants fit attendance around other commitments and appointments, and sometimes could not attend due to illness. Experience of running groups for patients engaged in services at the Woodlands Resource Centre shows that encouraging and maintaining attendance can often be a challenge, especially when working with individuals with severe and/or enduring poor mental health. It was therefore to be expected that attendance would decrease from the initial numbers recruited and would vary from week to week.

Evaluation Challenges

Additional to the evaluation methods undertaken, we had also hoped to have additional evaluations - Warwick-Edinburgh Mental Wellbeing Scale and the Global Assessment of Functioning – completed for each participating patient by their NHS mental health case workers both before and after their participation in the programme, to determine if any positive changes could be quantified. However, we found that this proved difficult to arrange because of the additional paperwork that this would create for NHS mental health staff who are already dealing with significant workloads and increasing referral numbers to mental health services.



Sharing Our Work

This was a pilot project to identify a need in the NHS Forth Valley area using the model that had been developed in and around the Caledonian Canal at Inverness to address nature deficit disorder and highlight the benefits of walking and taking part in activities in the outdoors for those experiencing poor mental health.

- Scottish Waterways Trust (SWT) used the data collected from this Falkirk Nature Walks for Wellbeing pilot and the original, ongoing Inverness project to deliver a presentation to the former Minister for Public Health Aileen Campbell on the benefits of Nature Walks for Wellbeing, and to discuss the further development of the model in other NHS areas.
- A parliamentary reception sponsored by Angus McDonald, MSP for Falkirk East, in partnership with Scottish Association for Mental Health (SAMH) and Yoga Nu U highlighting yoga as a positive technique for coping with mental health has been arranged for October where the work with Scottish Waterways Trust and Nature Walks for Wellbeing will be highlighted.

Next Steps

Scottish Waterways Trust is currently applying to various funding sources to further develop Nature Walks for Wellbeing within Forth Valley and North Lanarkshire.

- Scottish Waterways Trust is currently in discussions with NHS Lanarkshire to develop a similar project on the Forth and Clyde and Monkland canals.
- Due to the success of the Falkirk pilot, a meeting to further develop the project has already been scheduled to include other third sector mental health agencies and Falkirk Council.

Conclusion

On the whole the project has been successful and has opened the doors to further develop a partnership between NHS Forth Valley and Scottish Waterways Trust. Patients and NHS staff have seen and felt the benefits of taking part in the programme of Nature Walks for Wellbeing activities. This project was developed to explore a need for a new type of activity to be offered to adults with severe and enduring poor mental health within the Falkirk area.

The main feature of Nature Walks for Wellbeing was to offer all activities in an exclusively outdoors, natural setting to reap the health and wellbeing benefits of spending time connecting with nature, and our evaluations and feedback from both patients and NHS staff show that all participants responded positively to spending time outdoors during the project. Nature Walks for Wellbeing also encouraged gentle outdoor exercise, and our evaluations and feedback from participants showed that after taking part in the programme, some participants planned to increase their activity levels, and recognised the health benefits of spending time outdoors.

After spending 90 minutes outdoors during Nature Walks for Wellbeing sessions, participants regularly reported feeling “better” and more relaxed, and staff spoke of how attending the sessions had helped them to feel less stressed. Attending Nature Walks for Wellbeing also appears to have allowed patients and NHS staff to forge stronger bonds by giving them the opportunity to spend time together and socialise outside of the clinical setting, and it is hoped that these improved relationships can benefit the future clinical experiences of these patients.

Given the positive reaction to Nature Walks for Wellbeing from both the patients and the NHS staff who took part, and the desire of both parties to continue with such activities in the future, Scottish Waterways Trust will explore opportunities for future funding which would allow us to continue offering Nature Walks programmes, as a partnership between the NHS and Scottish Waterways Trust, both in Falkirk and in other areas throughout the central belt.



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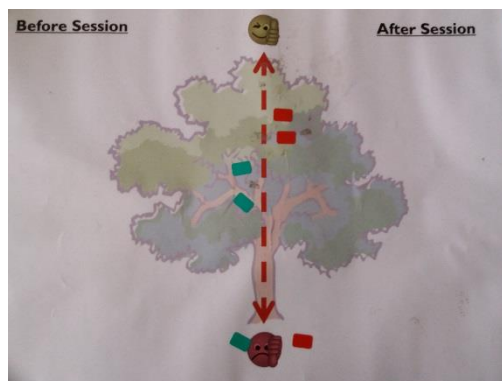
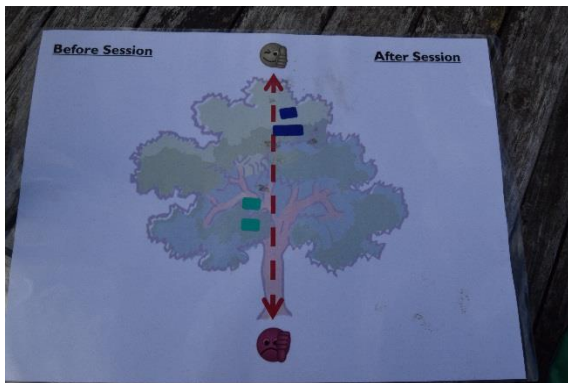
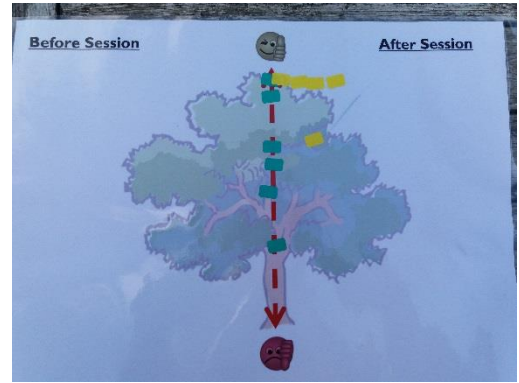
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Financial Report

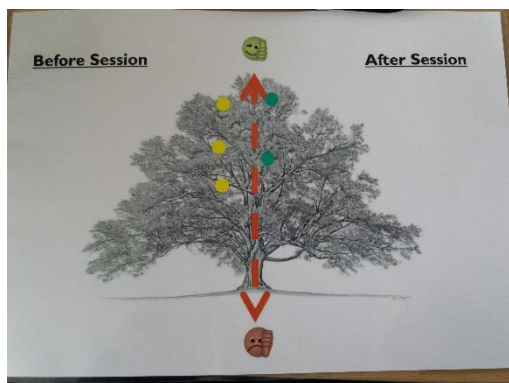
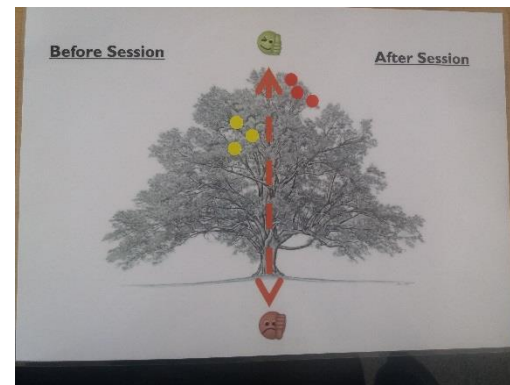
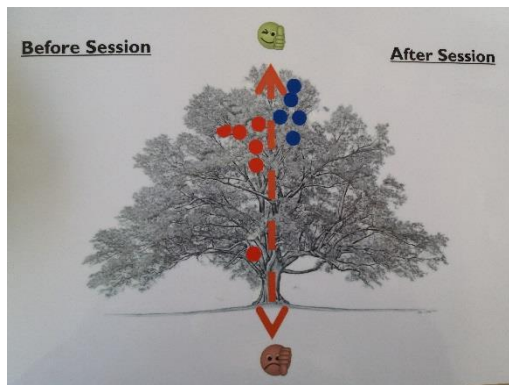
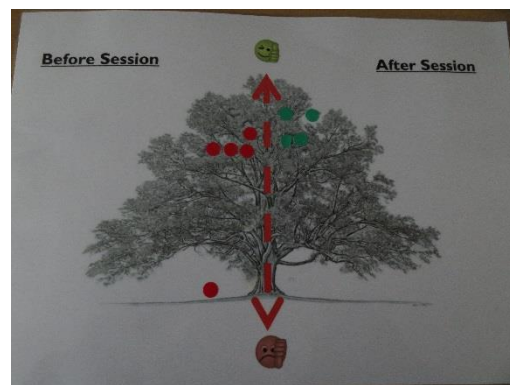
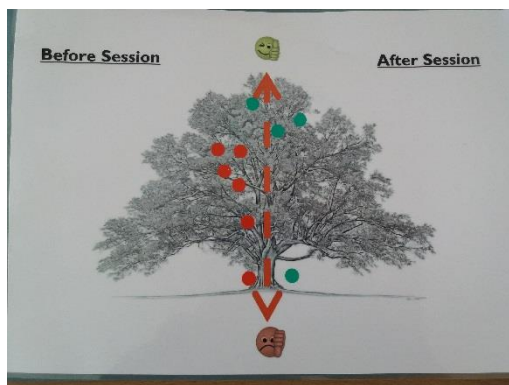
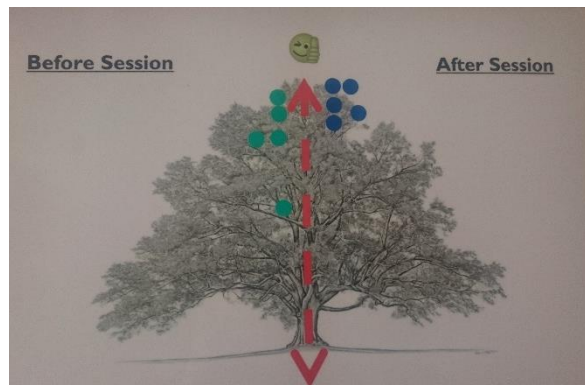
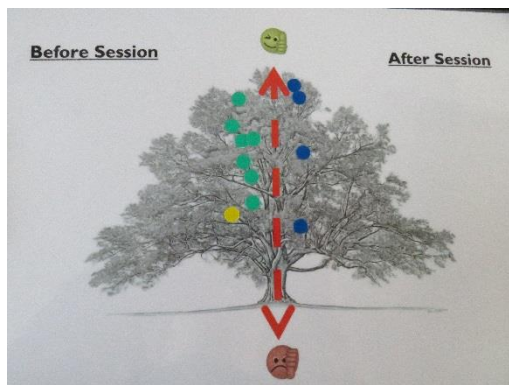
<u>Item</u>	<u>Detail</u>	<u>Budget</u>	<u>Actual</u>
<u>Staff Costs (detail number of staff and number of hours allocated to project)</u>	Staff and Professional Experts 10days delivery, 5days planning 2days evaluation= 17 days x 7hours @£17 per hour =£2023 x 2 programmes	£4046	£4046
<u>Travel Costs (detail travel for staff and for participants, including travel to two QNIS workshops)</u>			
<u>Venue Costs (include hire costs for rooms)</u>	Celebrations	£300	£300
<u>Other (materials, postage, evaluation etc)</u>	Materials, Admin	£654	£654
<u>Total</u>		£5,000	£5,000

Appendix I

Programme I



Programme 2



Appendix 2

Question	Participant 1	Participant 2	Participant 3
Have you enjoyed the group?	Yes	Yes	Yes, very much
Is there anything you would change?	Possibly the time of year. So it's less cold!	No	No, it was interesting – all the different things we did.
Are there any activities you would like to do more of?	Boat trips, yoga	No	No – liked the variety. That's the good thing about it – always something different.
Have you felt any benefits from attending the group?	Most certainly have	Yes	Always looked forward to going and always feel better after it.
Would you recommend the group to others?	Definitely	Yes	Yes, definitely
Would you like to continue doing activities like this?	Yes	Yes	Yes, definitely. 100% enjoyed it, would do it again in a minute.

Appendix 3

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 Hours	5-8 Hours	Less than one hour daily.	More than one hour daily.
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2) Which activity did you enjoy the most? Photography

3) Which activity did you enjoy the least? Bird-watching

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? None

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
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7)- How much do you think being outdoors improves health?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
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8) Will you change your level of activity due to the programme?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
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9) Do you have any further comments about the Waterways Group?

I found out some interesting things about The Forth & Clyde Canal.

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 Hours	5-8 Hours	Less than one hour daily.	More than one hour daily.
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2) Which activity did you enjoy the most? Yoga

3) Which activity did you enjoy the least? hirstay walks *would have been better for light by shade*

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? _____

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

7) How much do you think being outdoors improves health?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

8) Will you change your level of activity due to the programme?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

9) Do you have any further comments about the Waterways Group?

The weekly experts were excellent.
Claire was also very good.
Great cake.

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 Hours	5-8 Hours	Less than one hour daily.	More than one hour daily.
------------------	-----------	-----------	---------------------------	---------------------------

2) Which activity did you enjoy the most? Ag. ~~BB~~

3) Which activity did you enjoy the least? HIGH WAVE BECAUSE OF LENGTH OF WAVE.

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? HAPPY WITH ALL ACTIVITIES

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

7)- How much do you think being outdoors improves health?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

8) Will you change your level of activity due to the programme?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

9) Do you have any further comments about the Waterways Group?

enjoy doing different activities.

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	<u>1-4 Hours</u>	5-8 Hours	Less than one hour daily.	More than one hour daily.
------------------	------------------	-----------	---------------------------	---------------------------

2) Which activity did you enjoy the most? Boat trip

3) Which activity did you enjoy the least? Gardening

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? _____

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	Disagree	<u>Disagree Strongly</u>
----------------	-------	------------	----------	--------------------------

7)- How much do you think being outdoors improves health?

<u>Strongly Agree</u>	Agree	Don't Know	Disagree	Disagree Strongly
-----------------------	-------	------------	----------	-------------------

8) Will you change your level of activity due to the programme?

Strongly Agree	<u>Agree</u>	Don't Know	Disagree	Disagree Strongly
----------------	--------------	------------	----------	-------------------

9) Do you have any further comments about the Waterways Group?

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 Hours	5-8 Hours	Less than one hour daily.	More than one hour daily.
------------------	-----------	-----------	---------------------------	---------------------------

2) Which activity did you enjoy the most?

making the fire

3) Which activity did you enjoy the least?

509a

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme?

laser tag

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

7)- How much do you think being outdoors improves health?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

8) Will you change your level of activity due to the programme?

Strongly Agree	Agree	Don't Know	Disagree	Disagree Strongly
----------------	-------	------------	----------	-------------------

9) Do you have any further comments about the Waterways Group?

<p><u>BEST FUN. even</u></p>

Waterways Questionnaire

Date: 22/6/18

1) Please rate your usual level of activity on a weekly basis.

Less than 1 hour	1-4 Hours	5-8 Hours	Less than one hour daily.	More than one hour daily.
------------------	-----------	-----------	---------------------------	---------------------------

2) Which activity did you enjoy the most? socializing

3) Which activity did you enjoy the least? weeding

4) Is there anything else you would like included in the programme/encourage you to attend more? Yes No

5) If yes, what would you like included in the programme? DONT KNOW

6) Did you find the morning session difficult to attend?

Strongly Agree	Agree	Don't Know	<u>Disagree</u>	Disagree Strongly
----------------	-------	------------	-----------------	-------------------

7)- How much do you think being outdoors improves health?

Strongly Agree	<u>Agree</u>	Don't Know	Disagree	Disagree Strongly
----------------	--------------	------------	----------	-------------------

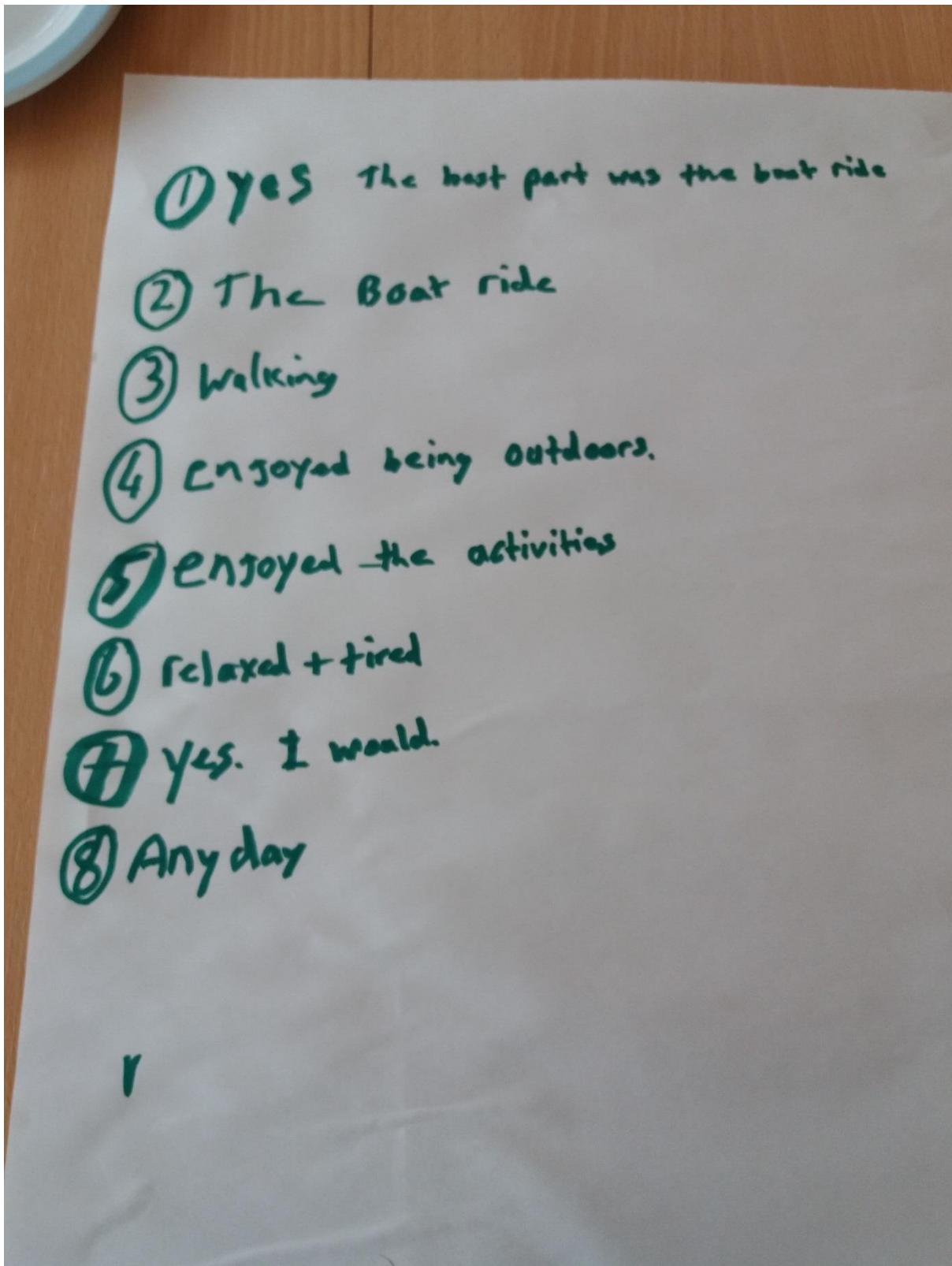
8) Will you change your level of activity due to the programme?

Strongly Agree	Agree	<u>Don't Know</u>	Disagree	Disagree Strongly
----------------	-------	-------------------	----------	-------------------

9) Do you have any further comments about the Waterways Group?

thank's very much for
you efforts and commitment to
the group

Appendix 4



1. Yes. I enjoyed
THE group course

2. Claire's cake




3. ~~FILMING~~

4. enjoyed
THE
OUTSIDE

I found it interesting
meeting other people, although
it was a bit over-whelming.

I enjoyed being
outdoors, the cakes,
the mindfulness, the
photography and the canal-trip
in the boat.

 I thought the walk
was a bit long and
I didn't see a lot of birds ~~down~~ the
the bird-watching.

① Being outside
Having someone to go
meeting people

Being outside
The history talk.

② Yoga / encourage interaction.

Yoga

Time out socialising

③ Art

Wood whittling

Documentary making / short adverts.

④ Yes -

⑤ Water life to continue.

and relaxing it.

7) Key water present
left to be followed

later in the day
more suitable.

any clay suits.

⑥ Most out of:-

confident
relaxed.

~~formed~~ informed

unexcluded - less isolated. (now socialising).

didn't like
aerobics

walk was a bit long

Why came

wanted to get out → stuck in a rut

"I loved it"

Yes - would like to do
activities like this
(all agreed)

liked best

yoga

Kelly Kettle

boat ride

going out on the water

photography

being outdoors → peaceful

* Where do I sign up for
Green Action again? *

Staff enjoyed

time out to talk to people
good way of destressing

Patients felt it was
an ice-breaker to beat
the canal rather than
Woodlands.

Would like to

- Canal cleaning

- e-litter pick

- Volunteer opportunity on work boat
(potentially 3 people, 1 very keen)

Would like to do
more courses

- making shelter

- twigs

- painting

- crafting

- charity work

- canoeing

- white water rafting

- jumping off
bridge

- Poetry
session

- make a
documentary

Benefits

patients
- "enjoyment"
- "less un-included"
- "socialising"

Staff
- "informed"
- "convenient"
- "relaxed"

Would you recommend the group to others?

Yes - "Gives others positive advice"

Staff

"doing activities - makes you feel better too"

"people open up more when outdoors rather than being in Woodlands"

"Improves communication"

"Improves relationships"

"All makes it easier to work with the patients - they were calmer as a result of taking part in this."

Minibuses

Yes it was - helped to go in a minibus from Woodlands

Yeah I like that - key workers with you.

Yes - did you get to know them better?

On again would you back?

"Yes I think I would"

"morning"

"lunchtime"

"all day"

? 11-12.30pm.

1 person

Mon

Wed

Thurs

Friday

1 person

Any day

"Couldn't speak when I was eating Claire's flapjacks"

Would like to help develop next session & funding acco