

Action in Rural Sussex - Lost of the Low Weald and Downs Woods Project – Development Phase NHLF

Pilot Engagement Activity. Case Study: Woodland Winddown.

BACKGROUND:

A response to Covid on staff that had supported their service users throughout the pandemic.

Our aim was to give people a restorative experience and a taster of activities their clients might enjoy.

We organised the afternoon following a doodle poll.

ABOUT THE GROUP:

9 people attended from 2 groups – staff and volunteers from the Motor Neurone Disease Association (MND) support group and 3 social prescribers from Adur & Worthing Going Local Team.

4 volunteers from (MND) were within the project area.

WHAT WE DID WITH THE GROUP:

We spent an afternoon at Woods Mill in October. The group enjoyed a range of different activities including simply walking quietly in nature, art activities to encourage engagement with nature, hammocks and a circle chat with hot drinks and coffee.

LEARNING:

All participants enjoyed the session but would have liked it to be a little longer.

Acted as informal networking and people would like networking in nature opportunities.

Simple activities worked well and allowed people to relax, reflect and connect with nature.

“Breathing deeply in amongst the trees and leaves, feeling refreshed and relaxed after a busy week”

Participant on Woodland Wind-down

“It was a perfect way to end a day”

Participant from Woodland Wind-down

DATE: 01/12/2021

AUTHOR: Fran Corney