



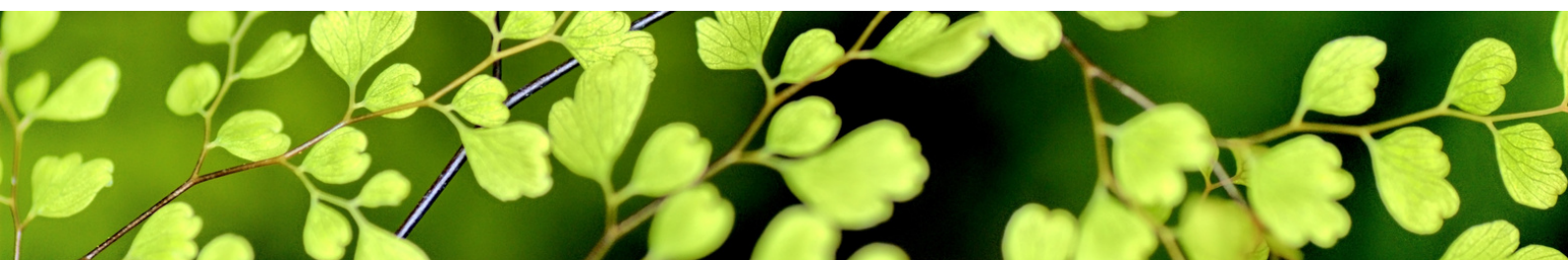
West of England Nature Partnership
Joining up the dots for nature

Nature & Health Learning Programme 2023



Here you can find details of nature and health
learning opportunities:

- Practical nature skills
- Nature connection and health learning pathway
- Opportunities for health and social care teams
- Mental health and wellbeing



Practical Nature Skills

Avon Wildlife Trust offer a range of learning and wellbeing opportunities which can be found [here](#).

Some of the upcoming courses include:

My Wild City: How to Lead a Guided Nature Walk

Community Engagement Officer Alex Dommett. Sunday 7th May 10:30-1 Location: The Northern Slopes Nature Reserve. Free

Improving school grounds for wildlife and learning

Tuesday 25 April 2023 4:00pm - 5:30pm

Online Free

Want to improve your school grounds for wildlife and outdoor learning but don't know where to start? This workshop is for you!

Introduction to Biological Recording: In Person

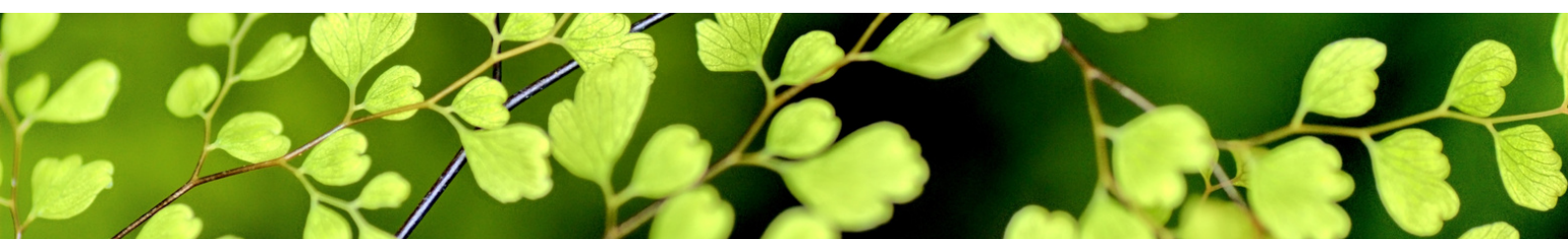
Friday 19th May 9:30-4:30 Grow Wilder, Bristol. £60

Take action for wildlife in your local area by learning how to take biological records on this 1 day course with ecologist Dan Flew

Grow Leader Course: In person delivered over 8 weeks

Monday 5 June 2023 - Monday 24 July Grow Wilder Bristol £545

Learn about organic food growing, wildlife conservation and ecological land management in this 8 session course on-site at Grow Wilder.



Nature Connection and Health Learning Pathway

Learn the foundations

Nature Connectedness: For a new relationship with nature

Derby University free online short course [Join here](#)

There's no wellbeing without nature's wellbeing. Through a focus on nature connectedness, this course will show how we can build a new relationship with nature - for the wellbeing of both people and the rest of the natural world.

Further your understanding and skills

**Natural Academy NatureWell Training
In collaboration with Natural Academy,
WENP are providing training in the
NatureWell approach, from 1 day
workshops to accredited courses.**



The Natural Academy has developed the NatureWell approach from over 14 years of working with people's health and wellbeing in natural settings. It is rooted in supporting people and nature to recover and flourish together. More information about Natural Academy and NatureWell approach can be found [here](#).

NatureWell: Introduction to working with people in nature.

1 day CPD workshop

In this workshop you will explore some of the main ideas and practices that support nature-based approaches to health. You will consider what are the useful skills, experience and knowledge that are essential as a facilitator of people in nature. You will also have experiences of activities and interventions that support health and wellbeing through nature connectedness. Further information is on the Eventbrite page. This course is free of charge.

Wednesday 16th August [Book here](#)
Grow Wilder, Bristol

Tuesday 7th November [Book here](#)
Penny Brohn UK, Pill

NatureWell: Nature and Health Community Connectors Level 2 accredited by OCN. 4 days in person

This training helps develop community engagement and facilitation skills. It includes nature connectedness for health and wellbeing, exploring the 5-Pathways to Nature Connectedness, developing simple light touch activities, and the Do, Be, Know, Connect NatureWell model. There are about 4-6 hours of self study expected. (Location to be confirmed but will be in a natural setting in the Bristol area)

Dates: 2nd-3rd October and 7th-8th November

Fees: WENP are offering fully funded and half funded places for those Bristol, North Somerset, South Gloucestershire, Bath and North East Somerset. Additional self funded places are also available costing £380.

Please email to register: info@naturewelltraining.com

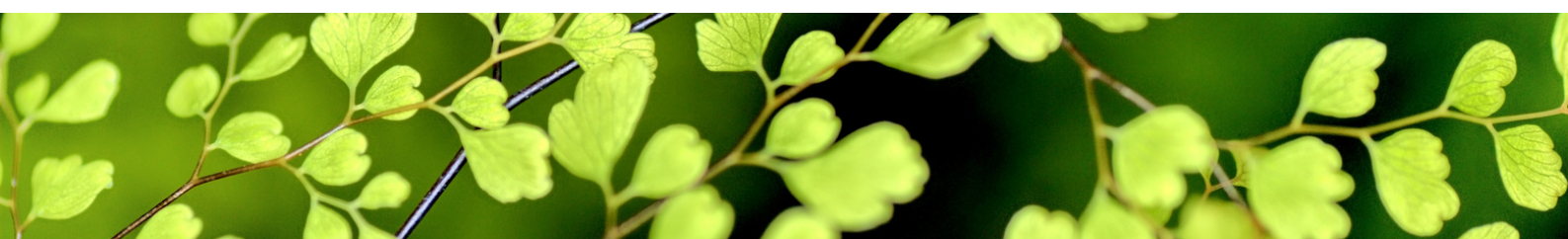
NatureWell: Nature and Health Facilitator Training Level 2 accredited by OCN. 6 days (4 in person, 2 online)

You will learn about The NatureWell approach, green care activities and health interventions that encourage health and wellbeing outcomes, key facilitation skills needed, staying safe and within boundaries and support to integrate and develop nature-based programmes into your organisation. Includes delivery plans, nature based activities for health, practices and tool kit. The course is open to individuals who are already facilitating people in nature or those within the health sector.

Dates: 20th- 21st June: Grow Wilder, Bristol, 17th- 18th July (online), 8th- 9th August: Penny Brohn, Pill.

Fees: WENP are offering fully funded and half funded places for those in Bristol, North Somerset, South Gloucestershire and Bath and North East Somerset. Additional self funded places are also available costing £580.

Please email to register: info@naturewelltraining.com



Health and Social Care teams

WENP is keen to support whole teams access training to embed nature into practice. To enquire about funding available please contact helen.wood@avonwildlifetrust.org.uk

Natural Academy NatureWell

The NatureWell workshops and accredited trainings can also be delivered to health and social care teams on request. Please contact info@naturewelltraining.com for further information.

Nature-Based Practice for People with Severe and Enduring Mental Health Difficulties (Jon Fieldhouse)

Jon has been a mental health occupational therapist (OT) for 35 years and currently trains OTs at the University of the West of England. He's long been immersed in social and therapeutic horticulture (STH) as an NHS practitioner, a freelance trainer for Thrive, and external examiner for Coventry University's Professional Development Diploma in STH. He currently teaches nature-based practice at UWE.

A ½ day workshop (on site or online) focusing on nature-based practice to promote wellbeing for people living with a wide range of mental health difficulties ranging from anxiety/depression to the psychosocial challenges associated with psychosis. The workshop covers topics such as:

- Ways to promote personal agency, social confidence, social inclusion and recovery
- Cultivating practitioners' use of self and the creation of affirmative environments
- Exploring theoretical underpinnings (eg. cognitive-behavioural, humanistic, and psychodynamic approaches) and therapeutic reasoning
- Practical ideas for designing sessions that serve individual and group needs
- Linking nature-based practice to the structures/processes of statutory mental health services: CPA care-planning, integrated care, social prescribing, etc.
- Making links to what's happening in the region re. mental health and nature-based practice that may support ongoing work by your team



Safe practice in the community

We recommend community providers to quality and safety standards of practice as set out by the Nature and Health Practice Network ([available here](#)). Public health teams offer a range of free training in mental health, safeguarding, equality, diversity and inclusion. You can also seek support from voluntary sector networks such as [3SG](#), [Voluntary Action North Somerset](#) and [Voscur](#).

Mental Health and Wellbeing

A range of mental health trainings are available through the following organisations and local authorities.

[North Somerset Council](#)

[South Gloucestershire Council](#)

[Bath & North East Somerset Council](#)

[Thrive Bristol](#) This training programme includes courses covering mental health awareness, communication skills, psychological wellbeing tools and suicide intervention. Please contact thrive.bristol@bristol.gov.uk to discuss

A range of resources relating to supporting mental health in children and young people have developed by B&NES council and can be accessed [here](#)

B&NES are also offering free [Make Every Contact Count](#) training, a reflective skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.