



**Mark Burr: Founding Director**

# Nature for the neurons: An insight into woodland therapy











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# A Prescription For Nature

Just 20 minutes in nature each day can improve your  
mental wellbeing.





## Happy to be outside: mental health and nature

20 March 2024

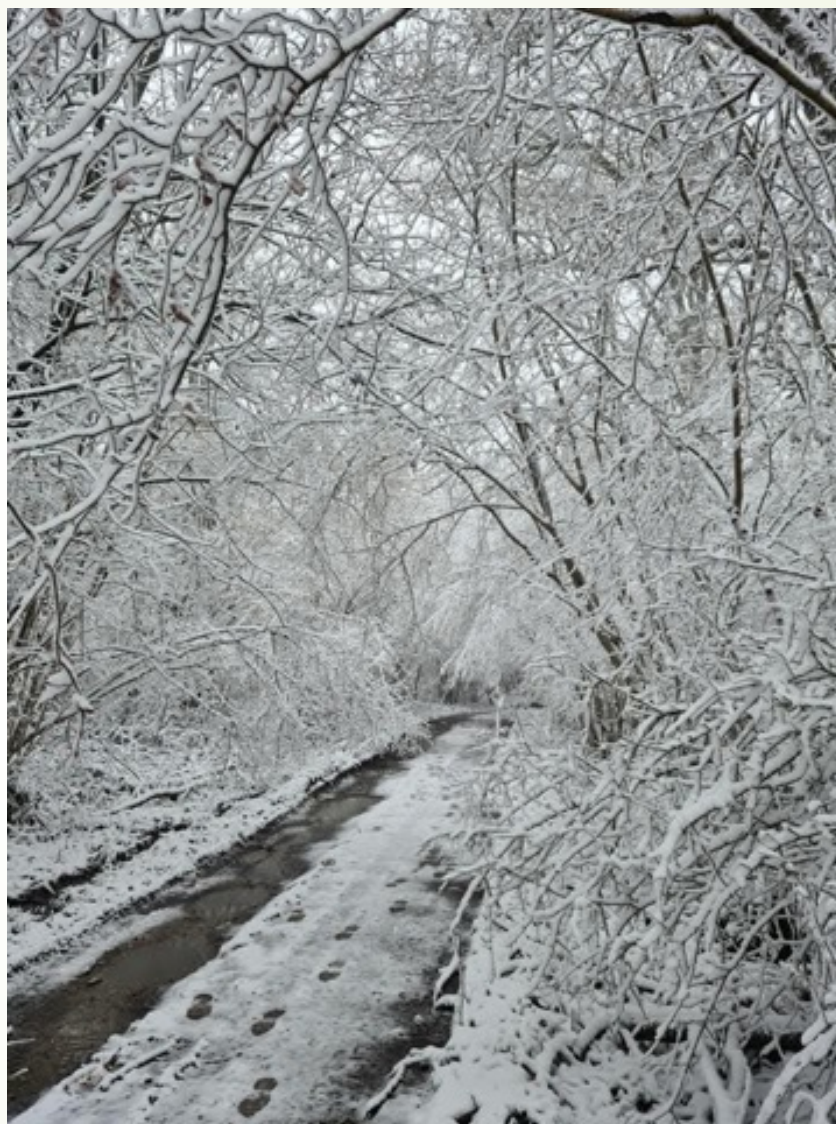
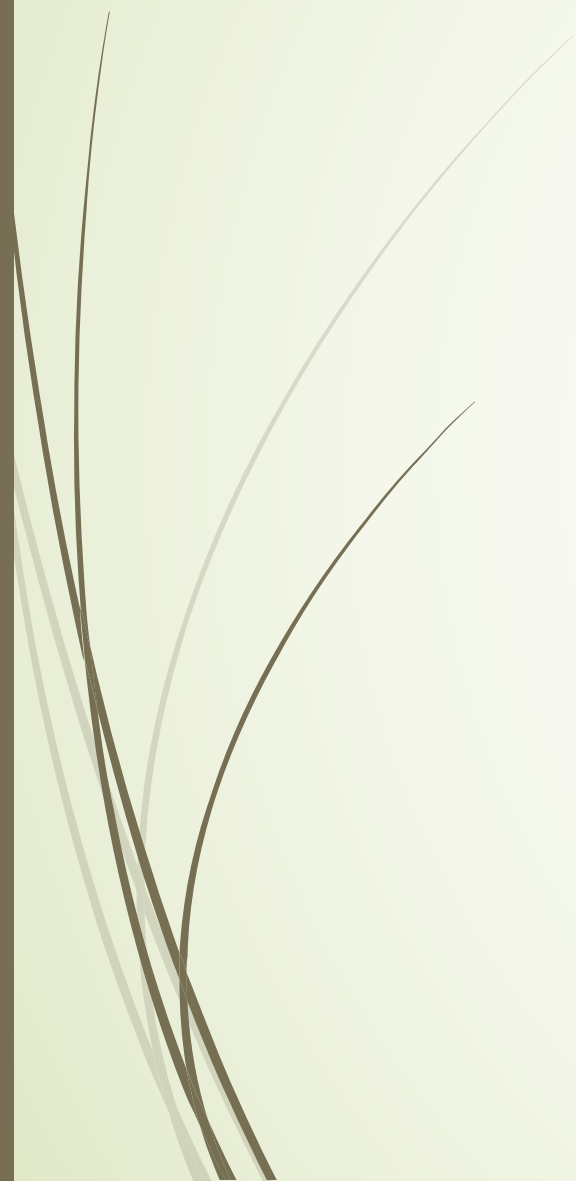
"What is that over there?"



"It's the wild," said the mole  
"Don't fear it."

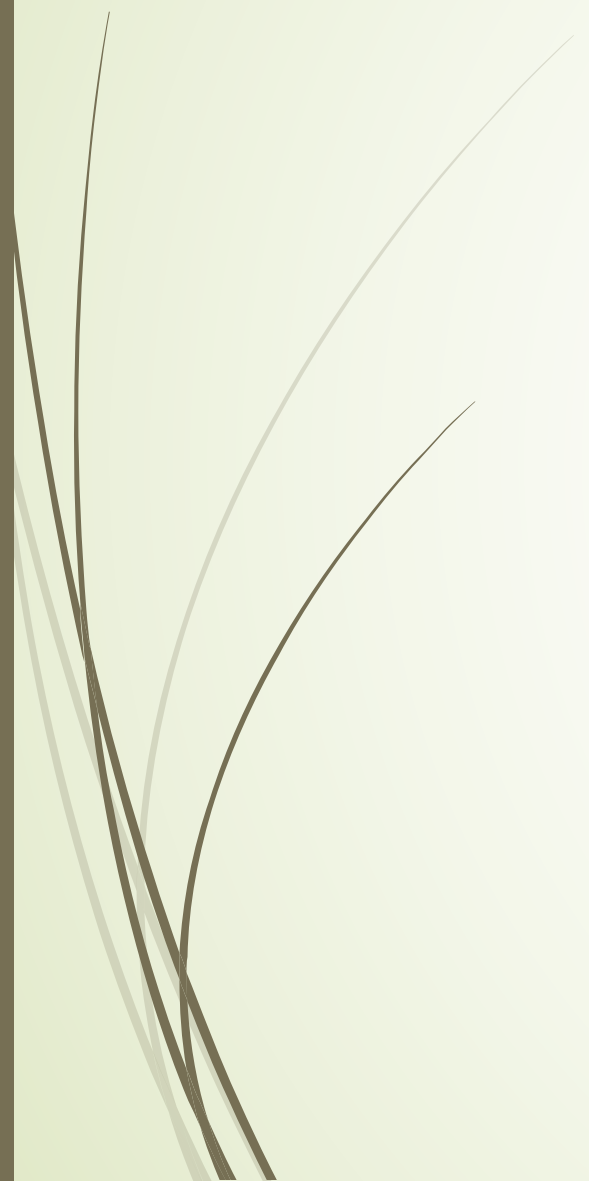


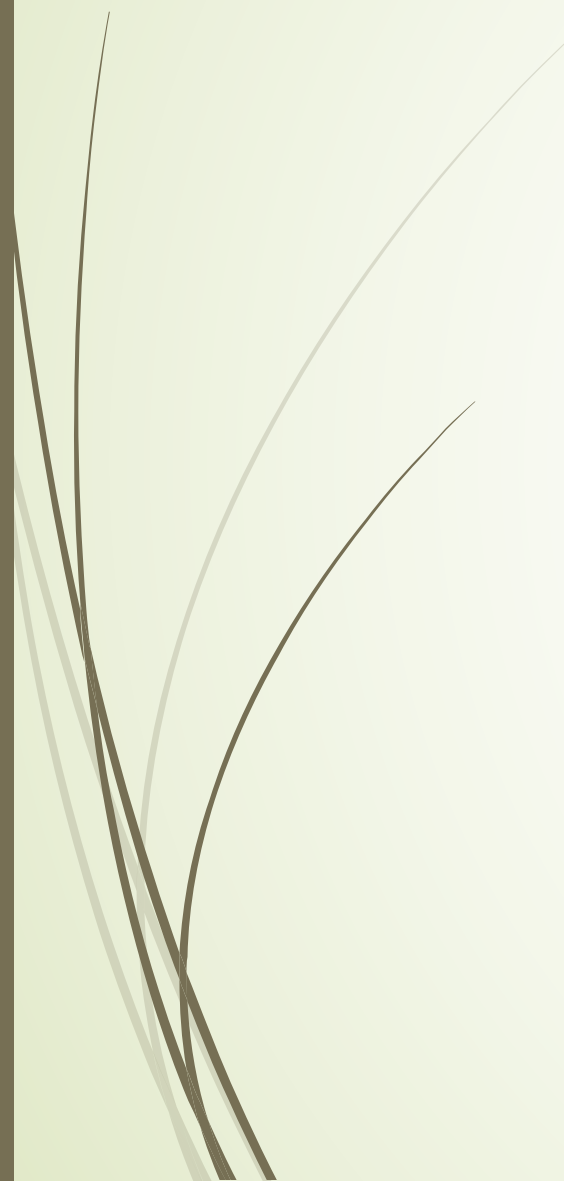





















# What does the woodland offer?

## EJ – Occupational Therapist

From my viewpoint sessions can be tailored to the client's needs & rehabilitation goals with opportunities to work in a variety of areas whilst building self-confidence and self esteem:

- ▶ Driving the garden tractor & trailer
- ▶ Tree management
- ▶ Bonfire management and building camp fires
- ▶ Maintaining and repairing the tracks
- ▶ Repairing the outbuildings and shelters
- ▶ Shooting at targets
- ▶ Maintaining the pond
- ▶ Repairing building fencing
- ▶ Making green-wood projects using timber from the surrounding woods
- ▶ Wood chipping the paths



Goals are tailored to the client and can include vocational, physical and cognitive skill areas.

Regular meetings with the facilitator and OT / vocational therapist take place as required to ensure that they continue to work towards their goals.

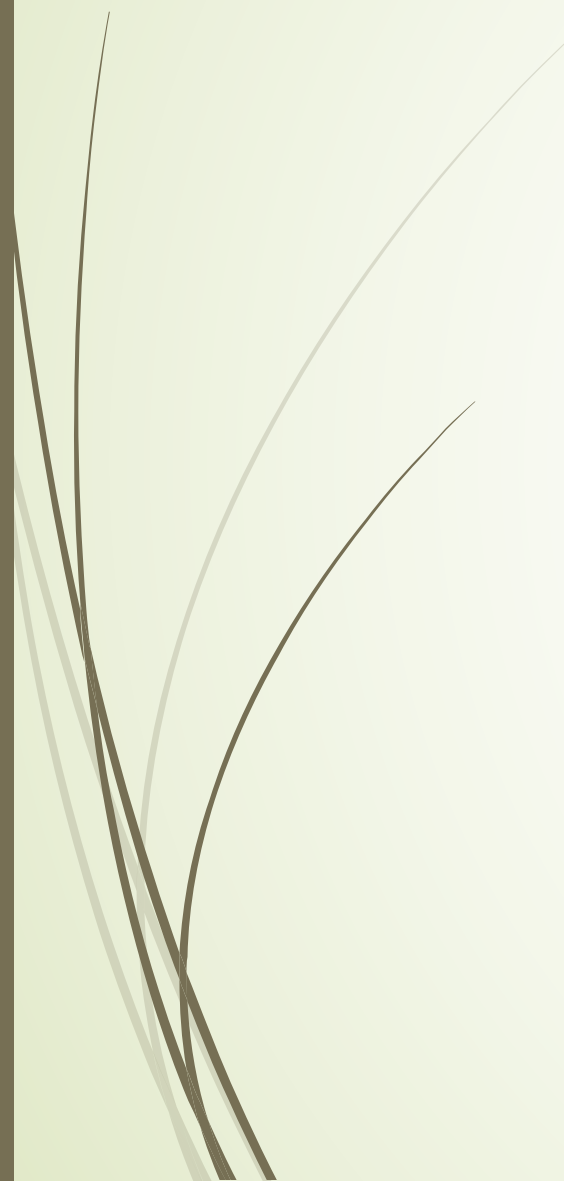
The woods enable clients to make a regular time commitment, where they have to adhere to rules and PSHE requirements, work with others as part of a team, as well as revisit work skills.

This is effective work hardening.




















I built this for you to thank  
you for rebuilding me. I'm  
forever grateful, from Max x















