

#### Perspectives

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**Green Prescribing Newbattle Abbey College** 

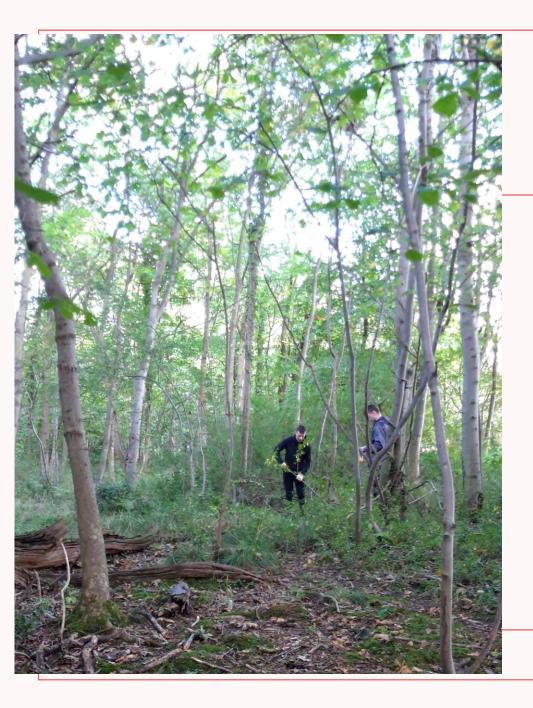
- Nature-based programmes promoting positive mental health combining
- SCQF credit rated awards the Forest and Outdoor Learning /Adult Achievement Award
  - Since April 2021 44 people have benefitted
- 82% success



## **Roots to Learning**

Young People Aged 14 - 24

- Address impact of Covid-19 on learning and mental health
- Holistic person-centred approach
- Nature connection experiences
- Develop new skills to encourage learning and employability



#### **Observations**

- Relaxing
- Freedom
- Motivation and engagement high
- Surprised by learning
- Social connection
- Confidence to try new things



4/4/2022



# **Evaluation**

#### Nature Relatedness Scale (Nr6)

• Significant nature connection across all groups

Warwick and Edinburgh Mental Wellbeing Scale

• Inconclusive results

**SHANNARI** 

• Mixed results

**Journals and Individual Discussion** 

• Greater insights

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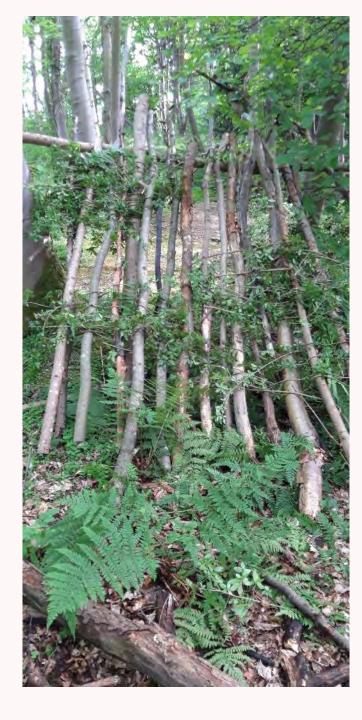


## **Self Reflection**

- I feel a weight lifted from me
- Takes away stress of school, allows me to focus
- This is my natural habitat, in school I feel like a caged animal
- I feel closer to nature, I understand it more
- My confidence has grown
- I can't believe how much there is to learn

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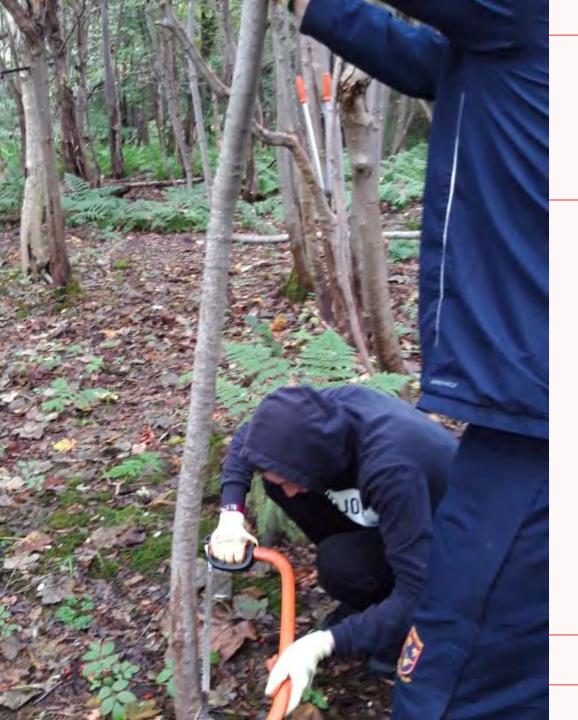




## Learning

- Approach allows engagement at OWN PACE
- Choice and FREEDOM vital for motivation
- Meeting BASIC NEEDS enhances engagement
- Importance of QUIET ZONES
- Seeing OTHER LIVING THINGS and their struggles helps understanding of own place and EMPOWERS to help
- Community PARTNERSHIP building





#### Impacts

- Outdoors allows engagement at OWN PACE
- Choice and FREEDOM vital for motivation
- Meeting BASIC NEEDS allows enhanced engagement
- QUIET ZONES important for reflection and time out
- Seeing OTHER LIVING THINGS and their struggles helps understanding of own place and EMPOWERS to help
- Schools and organisations INVESTING in process and with staff
- Community PARTNERSHIP building
- Enhanced mental and physical health BENEFITS FOR ALL
- Qualifications for all inclusive PERSON CENTRED APPROACH

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#### **Prescribe Nature**



Apply approaches to adult programme

- Meeting basic needs
- Making accessible clothing, transport, childcare
- Build confidence and resilience in parents
- Adult Achievement Award reflective learning and action planning
- Family day



#### Reflections

I'm proud of myself, I've come out of my comfort zone

I would have gone back to bed and stayed under the duvet

I need to be outdoors, I haven't been in learning since S2

I want my daughter to see me walking confidently outdoors

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#### **Next Steps**

- A family day to share new skills
- Outdoor kit for families
- Prescribe Nature 2
- Roots to Learning 2<sup>nd</sup> year
- A new FOLA level 5 award to meet demand
- Referrals!