



**CIC**

## Community Nature-Based Wellbeing Programme

### **The Need:**

Residents face rising stress, loneliness, and reduced access to healthcare. NHS guidance calls for more community-based, preventative wellbeing interventions.

### **One Solution for Woolmer Green:**

A seasonal 10-week nature-based occupational therapy programme using gardening, volunteering, traditional practices, herbalism, and sensory grounding to improve wellbeing and strengthen community connection initially for anyone over 18.

Utilising the Jolly Garden in Mardelbury Road and the Woolmer Green orchard and recreational spaces at the Village Hall, whilst abiding with Countryside Act 1981 and any other guidelines provided by Countryside Services and the Parish Council.

### **Outcomes for individuals within the community:**

- Reduced stress and loneliness
- Improved emotional regulation
- Prevention of avoidable hospital admissions
- Increased access to therapeutic support
- Stronger community cohesion
- Enhanced biodiversity and activation of green spaces

### **Costs/Funding:**

- No cost to participants
- Start-up phase supported by volunteers and partnerships
- Ongoing costs limited to materials examples of such costs include and are not limited to: jars, paper bags, apple cider vinegar, olive oil, labels, pens
- Covered through fundraising, grants, and councillor/parish support

### **Benefits to Woolmer Green Parish Council:**

Lower maintenance costs, improved biodiversity, increased community engagement, stronger public health outcomes. Additionally it is proposed that Wild Remedies CIC will also support Janet (if she is still actively participating) with the Weebly Website to update herbal information.

### **Next Step:**

Wild Remedies CIC welcomes collaboration to launch this programme and support a healthier, more connected community. Full details available upon request.