

APPENDIX RP2 – WSWG Wellbeing and Resilience Pilot Programme 2024

As a means of demonstrating the type of activity which will become regular once the woods are in community ownership and to illustrate the associated community benefit which will accrue, WSWG has developed a Wellbeing and Resilience Programme of events for 2024 in conjunction with the P&K Health and Social Care Partnership which is detailed in the Table 1 below.

The aim of the outdoor activities in the proposed Wellbeing and Resilience Programme is to establish confidence and awareness to families, user groups & individuals, vulnerable and disadvantaged people so they can enjoy and benefit from the outdoors within reach of their own homes. The health benefits and associated savings to the Scottish economy are well recognised and evidenced by the fact that there is an increasing trend of funding nature-based initiatives by governments and public bodies.

This multi-themed programme will have the following objectives:

- Providing an invaluable resource for user groups & individuals, health care & educational professionals
- Increasing awareness of health benefits from engagement with nature
- Aligning priorities with local and national outcomes
- Upscaling capacity to meet demand from increased user groups/individuals when WSWG staff in post.

Unfortunately, WSWG will not have the MiDAS Community Transport project at its disposal during this pilot project. However, we will endeavour to address transport and active travel issues as part of the programme.

| Table 1: WSWG and P&K HSCP Wellbeing and Resilience Programme 2024 (Taymount & Five Mile Woods) A Healthy Living Programme across all three sub-themes crosscutting all themes of the Window on the Woods | | | | | | |
|--|---|-----------------------|---|--|-------------------------|---|
| Key Partner, Purpose and Output: | Activity | Frequency p.a. | No of participants per event including referrals | Cumulative beneficiary engagements p.a. | Social Value ??? | Date(s) |
| WSWG Healthy Living Sub-theme i. Active People, Active Places | | | | | | |
| P4All Stride for Life Health Walks: existing local groups eg Stanley/Bankfoot: WSWG new group: | Short Walks Long Walks Dementia Walks | 12 12 | 10 10 | 120 120 | | Monthly |
| Probation/Community Payback Service Boosting self-esteem through action project with a lasting effect. CLD Qualification | Practical access improvement project: eg brashing to create access and amenity areas under the trees; bushcraft shelter - design and construction | 4 | 10 | 40 | | February/ March or October/ November |
| HSCP - Recovery May Rehabilitation from addiction, mental health issues, etc | Event 1 | 1 | 10 | 10 | | May Week 1 |

| | | | | | | |
|--|---|---------------------------|---|--|---------------------------------|----------------------|
| WSWG Path and Nature Group Path maintenance; habitat management. Benefits for physical and mental health. | Monthly action for access/biodiversity | 12 | 8 | 96 | | Monthly |
| Sub totals Theme i | | 41 | | 386 | | |
| WSWG Healthy Living Theme ii. Healthy Eating | | | | | | |
| HSCP - Recovery May Rehabilitation from addiction, mental health issues, etc | Recovery May Event 2 Wild produce / foraging | 1 | 10 | 10 | | May Week 2 |
| Local primary school: Forest Food Trails | Planting fruit trees along paths in the woods | 3 | 10 | 30 | | October/ November |
| Sub totals Theme ii | | 4 | | 40 | | |
| WSWG Healthy Living Theme iii. Social Wellbeing | | | | | | |
| Key Partner, Purpose and Output: | Activity | Frequency p.a. | No of participants per event including referrals | Cumulative beneficiary engagements p.a. | Social Value ??? | Date(s) |
| HSCP - Recovery May Rehabilitation from addiction, mental health issues, etc | Event 3 | 1 | 10 | 10 | | May Week 3 |
| | Event 4 | 1 | 10 | 10 | | May Week 3 |
| Vision PK Inclusiveness. New individual and group experience | Birdsong event for visually challenged people | 3 | 10 | 30 | | April, May, June |
| Wisecraft Mental health and wellbeing Greater self-awareness and self-worth; stress reduction, etc | Creative event: arts and crafts, creative writing, performance and music sessions | 2 | 5 | 10 | | tbc |
| | Exercise in the Woods: yoga/ movement sessions; group walk etc | 3 | 10 | 30 | | tbc |
| | Woodworking: eg den-building, installing bat poles, etc | 3 | 5 | 15 | | tbc |
| Sub totals Theme iii | | 13 | | 105 | | |
| Grand total | | 58 | | 531 | | |

Output and impact predictions for the pilot Wellbeing and Resilience Programme 2024

| Activity | Output | Outcome | Impact |
|---|--|--|--|
| “Window on the Woods”- themed Year-Round Activities Programmes: | Group activities, individual activities, social interaction. | As a result, people were healthier, happier, increased mental health and wellbeing. Self confidence improved, able to function better in workplace and personal life. New abilities and awareness gained. Greater environmental awareness. | Less reliance on NHS. Fewer days off work. Reduced costs to economy and NHS. Family units more cohesive and happy. Happier and self confident individuals. More cohesive society. Individuals, groups and wider community taking action to mitigate climate emergency and become more resilient. |
| Activity | Output | Outcome | Impact |
| Volunteers learning environmental skills via activities and training sessions | Group activities, individual activities, social interaction, skills learning, confidence building, employability and communication skills. | As a result they were able to find work, try new volunteering activities, moved into higher education and continued learning. Skills and ideas utilized and shared as people move around. | Increased wellbeing from employment, contributed to economy, reduction in NHS costs, reduction in alcohol and drug addiction leading to savings to society and happier family life. |
| Activities for older, less mobile or socially isolated people | Group activities, social interaction | As a result, people felt less isolated, happier, fitter & healthier. Renewed vigour for life. | Less reliance on NHS and social care. Happier individuals and more cohesive society. |
| Activities for people with learning disabilities | Group activities, individual activities, social interaction. | As a result people felt less isolated, better self confidence, sense of achievement, doing activities | Increased self worth leading to greater social interaction and employability. Happier people and less stress in family unit. |
| Activities for young people | Group activities, social interaction | As a result new skills learned, confidence building, self awareness and value. Appreciation of mixed generations. | Happier individuals, fewer drug, alcohol and crime incidents leading to reduced costs on social and HNS services. Greater employment potential. |
| Activities for children | Outdoor learning, social interaction, physical activity | Healthier children, imagination stimulated, physically fitter, greater self-confidence, increased communication skills | Children reconnected with nature leading to greater awareness of the importance of the natural environment. Happier and more motivated children leading to healthier, more resilient young people. |