

How to bring Nature Connectedness into your practice

I think people taking inspiration home into daily life, wildlife at home how we build a legacy. Creating more biodiverse and wildlife friendly and attractive neighbourhoods

Having access to both plant life and farm animals provides something for everyone

ICS team members plan to go on a walk together as a team soon (we are all currently working from home and separately).

lunch breaks in the garden

We are currently delivering walking/photography groups through the Green SPS

are struggling to implement activities to individuals. There are some green projects in our area and one of the most successful is the walking group which encompasses photography. I believe the organiser

We're looking at a heritage walk and taking photos was mentioned last time

I am trying to get my team to take walks in their lunch break (as we don't take lunch breaks and the last 2 years has been a struggle for everyone so I am trying to support their mental health as well as our learners)

your question - our team try to keep ourselves abreast of all the working groups in the city - Sport, Health, Nature, Dementia, etc. so as to make links between people and commissioners and help join these things

Share the info from this meeting with partners via the PKW newsletter

From a work perspective we have a small garden, one of the staff is talking about starting a lunch group for staff to look after it

some grants to encourage community and voluntary sector green prescribing projects across South Yorkshire and Bassetlaw. We will also be doing some video interviews to share on social media to promote green

find objects of particular textures, picture frames to choose a favourite view, magic spots/sit spots to immerse in nature, blindfold activities. We have created a mindfulness in nature - <https://www.peakdistr>

We are getting people out on The Chesterfield Canal in Bassetlaw encouraging them to maintain the canal using our historic workboat Python

Creating opportunity and environments for nature connectedness is what we try and do Growing confidence is key .

What do you think of NCI? Could you use NCI in your practice?

We are adding elements of it in our Service Users Survey

Have a look at MS forms for making feedback type forms,

It could be useful but we are struggling with collecting data and need some help with this aspect of GSP

I certainly think the NCI would be a great tool for participants of our project

How to bring play into your activities?

We're organising fitness taster sessions at an English Heritage site and plan to run family fitness sessions when it falls into the school holidays. We plan to make these more play sessions where adults will be encouraged to be silly with their families

What areas of Best Practice could you share?

Could share some ideas on using mindfulness in the outdoors - Jo Hanney

