



## **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

4/4/2022

# Observations

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

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# 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**

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# 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**



# 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

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## 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!

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