



Support nature wellbeing community events & programmes

With binoculars, a field guide and all the clothes and footwear needed for an experience in nature, our expert facilitators will deliver transformative experiences for locals and underserved communities.

'Whilst spending time in nature can be invaluable and beneficial to our mental health, physical, psychological and spiritual well-being, not everyone has an equal access to high-quality, natural spaces that are welcoming, inclusive and accessible. Many individuals face obstacles when accessing these spaces, including economic and social barriers that ultimately exclude communities from being in the natural environment, further deepening the sense of inequality. Some members of the community might not feel safe in the outdoor space, and for some, not being represented or even not having suitable clothing, can really prevent them from participation. Ensuring that everyone has equal access to natural spaces will not only strengthen communities and build social cohesion, it will allow everyone to discover the beauty and magic of nature, and in result, help them care for and protect it.' - Asia from Frome Town Council

Healing people is one of our top priorities at Heal Rewilding. We know the wellbeing benefits nature provides, but we also know that this is not available to everyone. As such, we want to create diverse, relevant and inclusive opportunities, focusing on locals and underserved audiences, so that everyone can enjoy the benefits of Heal Somerset.

Let's start with accessing the site. As there is no public transportation to Heal Somerset, people without a car or who don't drive can't get to us. As such, we will allocate funds to get groups to us, either through hiring a minibus or covering the cost of our existing 6-seater bus.

Once here, we want to ensure there are no barriers to anyone enjoying nature. We will have an 'everything you need for the outdoors' stockroom, a space crammed with wellies, waterproofs, hats and sunscreen to get people nature ready.

We want to provide all the equipment people need to get involved and maximise their time in nature. We will be co-developing a diverse programme of activities with our community partners to ensure that our offer meets what people want. If it's wildlife, there will be binoculars, field guides and pond nets at hand to get close to nature. If it's nighttime investigations, there will be a telescope, thermal cameras and bat detectors to see the unseen. Or maybe it's getting their hands dirty in nature restoration work. If so, all the DIY gear will be available. Or it might be something far quieter altogether, with seating mats and tarps to slow them down in nature, make space and receive the restorative benefits the outdoors provides.

It will be great to have all the gear and get people to us, but for some people this is meaningless without someone to guide them through the experience. As such, we want to develop transformative programmes for people and nature. These will be led by experts in nature wellbeing and we will work in partnership with charities and community groups to ensure we are reaching the people who will benefit the most. A fund for BSL interpreters will also allow us to provide this service when requested and will help ensure our programmes are accessible to those who are deaf or hard of hearing and use an interpreter.

With everything available to get people to us, take part in activities and with facilitated programmes for deeper experiences, we believe we can make rewilding accessible to all.

Impact

Diverse, relevant and inclusive community events and programmes, along with opportunities for free transport, gear and equipment, will allow us to deliver transformative experiences for local and underserved communities.

Legacy

We will endeavour to find long-term and sustainable funding streams to ensure the legacy of community events and programmes. This will either come from external sources or income generated by the charity.