

# **Wellbeing in Nature Project Evaluation**

Natural England & The Outdoor Partnership  
September 2022-August 2023

In recent years, a growing body of research has demonstrated the profound positive impact of nature on human health and wellbeing. The concept of "green social prescribing" has emerged as a promising approach to address various health and social challenges by integrating nature-based activities into healthcare interventions. The intention of this project was to investigate the therapeutic potential of green social prescribing in the context of West Cumbria, particularly focusing on nature connection, forest bathing, bushcrafting, and mindfulness practices as interventions for improving mental and physical health outcomes and connecting people to their local green spaces.

Whilst West Cumbria experiences challenges of social deprivation and health inequalities, harnessing the healing potential of its natural landscapes through green social prescribing interventions offers a promising strategy for improving population wellbeing.

Green social prescribing entails the use of nature-based activities and interventions to improve physical and mental health, as well as social connectedness. By integrating nature into healthcare approaches, it capitalises on the therapeutic benefits of natural environments, which have been linked to reduced stress, improved mood, increased physical activity, and enhanced social interactions. This holistic approach aligns with the growing recognition of the interconnectedness of health, environment, and social factors.

## **Aim of project:**

The aim of this project was to test and trial a range of opportunities for target audiences from the local community in Whitehaven to connect with nature in local greenspace, to explore and understand what events & activities are most enjoyable and accessible for local community members.

Overseen and coordinated by The Outdoor Partnership, Cumbria, the project was designed to help Natural England build new relationships and connect with groups and communities from the Whitehaven area.

The piloting of these events allowed the project to explore which activities were the most popular and created the most meaningful connection for people to engage with nature. The evidence base gathered can be used to evolve and develop a more long-term programme of wellbeing in nature activities open to the local community in and around Whitehaven.

The intention was for events to take place in local greenspace within easy access of Whitehaven, allowing individuals to develop a connection with natural areas on their doorstep, with the long term aim of developing confidence and knowledge contributing to future independent exploration of these local natural spaces.

Targeted promotion of events was undertaken with organisations in the Whitehaven area, including, Warm Hubs, Triple A and Bee Unique. Events were also included in Copeland Borough Council (Cumberland Council post April 2023) online social prescribing directory and formed part of the package of opportunities offered by NHS social prescribing.

### **Objectives:**

Working in partnership with Cumbria Outdoor Partnership, the project's objective was to develop and deliver a pilot programme of 12 wellbeing in nature activities and events, covering a range of nature connection opportunities including forest school, bushcrafting, foraging, nature crafting, forest bathing & mindfulness.

The programme was planned to target events towards:

- 1 x social prescribing providers
- 3 x older local demographic
- 4 x family audiences
- 4 x those experiencing mental health challenges.

This programme was designed to complement existing green social prescribing provision, increasing the diversity of opportunities and developing a meaningful connection with nature for individuals from Whitehaven and the surrounding area.

The learning gained from the project is to inform future activity development around connecting with local greenspace in the Whitehaven area.

### **Outputs:**

- Delivery of 12 community workshops
- Social media & local media coverage
- Impact of the sessions & nature connectedness (where appropriate) measured at beginning and end of each session with participants.
- 3 short case studies celebrating and promoting activities
- Project summary and evaluation produced at the end of the programme, including lessons learned and how the programme has connected people from the local Whitehaven community with nature

### **Project delivery:**

#### **Timeline:**

The project was delivered between September 2022 and August 2023 with the majority of nature connection activities completed between April – July. (See Figure 1.)

The nature connection sessions were led by Lakeland Wellbeing and The Outdoor Partnership and each session and evaluation tailored to the group.

Local greenspaces used were:

Walkmill woods, Moresby near Whitehaven  
Longlands Lake, Cleator  
Whinlatter Forest, Braithwaite

## **Methodology:**

Engaging the community:

The initial task was to find the people and groups who would benefit from the wellbeing in nature sessions. A gatekeeper's day with social prescribers in Copeland was arranged where the activities could be demonstrated and experienced, with the intention to ask advice on which individuals and groups to approach.

It was advised that a social prescribing client base was still being formed, however, there were several groups they could connect the project with to offer free wellbeing in nature activities, including the Whitehaven Warm Hub.

Activities:

Activities were tailored to each group and they were given a choice including:

- Forest bathing & mindfulness
- Bushcrafting including fire lighting, toasting marshmallows, cooking damper bread over the fire
- Foraging
- Forest school – shelter building, outdoor play
- Nature crafting

## **Evaluation method:**

1. Nature Connection Index (NCI)
2. Wellbeing score out of 10 asking participants to consider their physical, emotional, and mental wellbeing at the beginning and end of the sessions. These were accompanied with words to describe how they were feeling before the session and how they felt after.
3. With the groups with language and comprehension difficulties a simple hit/miss/maybe method of thumbs up, down and in the middle was adopted and words to describe how they were feeling.

## Group information:

	Date	Group	Demo-graphic	Location	Participants	Activity	Evaluation method
1	9/11/22 2 x 2 hour sessions	Social prescribers gatekeeper session. 2 x 2 hour sessions	Gatekeepers	Longlands	10	Forest bathing, mindfulness, fire lighting, making stick people & tea	NCI, Wellbeing Score & key words
2	16/1/23 3 hours	Whitehaven Warm Hub session 1	Older demographic	Whitehaven Reform Church	100 people – 12 engaged fully	Nature crafting with string & clay	Exploratory session - words to describe experience
3	13/2/23 3 hours	Whitehaven Warm Hub session 2	Mental health & wellbeing	Whitehaven Reform Church	50 people - 25 engaged	Making cress heads	Words to describe experience
4	27/3/23 3 hours	Asylum seekers/West Cumbria Rivers Trust volunteers	Mental health & wellbeing & older demographic	Walkmill	9	Forest bathing, mindfulness, campfire, making damper bread	Wellbeing score 1-10 and key words
5	24/3/23 3 hours	Women's walking group (MH)	Mental health & wellbeing & older demographic	Whinlatter	8	Forest bathing & foraged tea	NCI, Wellbeing score 1-10 and key words
6	24/4/23 1.5 hours	Green social prescribing day – Groundworks	Gatekeepers	Whinlatter	15	Forest bathing & mindfulness	Wellbeing score 1-10 and key words
7	30/4/23 6 hours	Ukraine refugees 5 x adults & 12 children age 3-15	Family	Whinlatter	18	Forest school activities, shelter building, damper bread, marshmallows, mindfulness	Thumbs up/down and key words
8	5/5/23 2.5 hours	Triple A	Mental health & wellbeing	Longlands	4	Foraging, making fire & damper bread	Wellbeing score 1-10 and key words
9	14/5/23 3 hours	Bee Unique	Family	Whinlatter	9	Forest school, fire lighting & marshmallows	Hit/Miss/Maybe Qualitative Words to describe experience
10	14/5/23 3 hours	Bee Unique	Family	Whinlatter	8	Forest school, fire lighting & marshmallows	Hit/Miss/Maybe Qualitative Words to describe experience
11	21/7/23 2.5 hours	Tinnitus group	Mental health & wellbeing	Walkmill	5	Forest bathing & foraged tea	Wellbeing score 1-10 and key words
12	18/7/23 2.5 hours	Open day session	Mental health & wellbeing	Walkmill	5	Forest bathing & foraged tea	Wellbeing score 1-10 and key words

Figure 1.

Total number of people engaged in sessions: 118

Total hours of engagement 56.5

**Results:**

Overall, all participants increased or maintained their wellbeing. Of the 12 sessions those evaluated through method 2 demonstrated a percentage increase in wellbeing from 0-200%.

The open group session had the greatest increase overall in wellbeing for participants, however the new attendees in group 4 had a 200% increase in wellbeing from the session.

Of those whose wellbeing score did not increase, it was because it was already at the top of the scale.

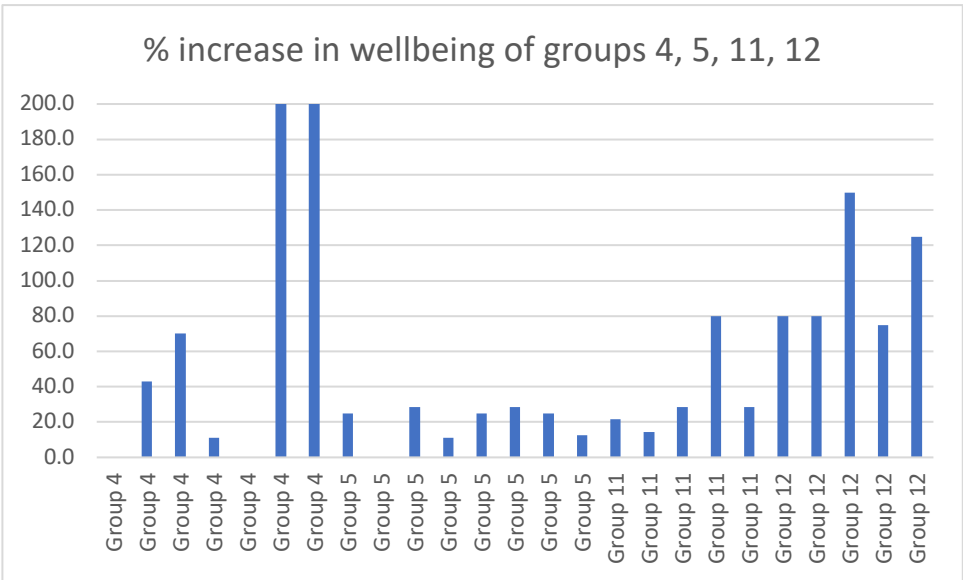


Figure 2.

The initial two groups assessed with the Nature Connection Index demonstrated a percentage increase in their connection with nature of between 0 – 38%.

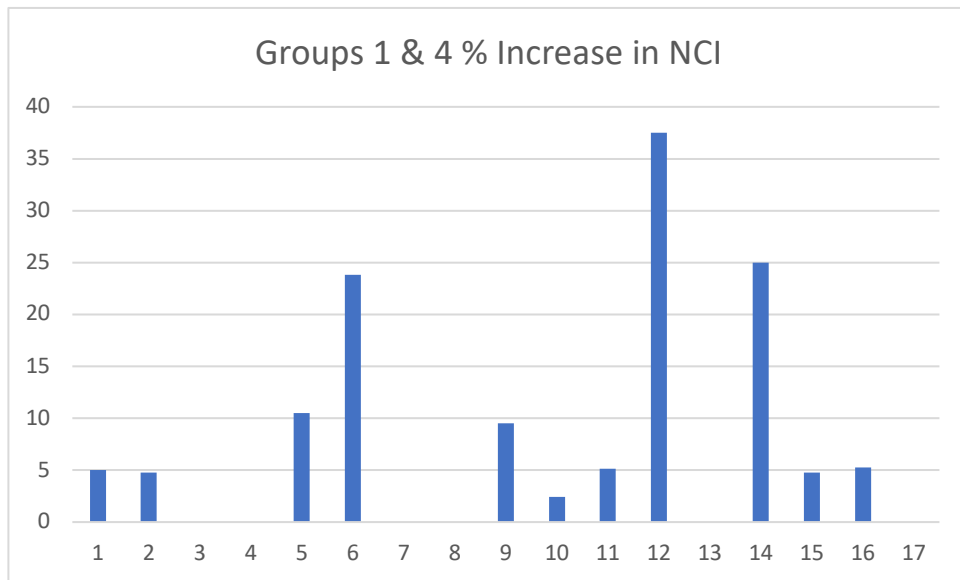


Figure 3.

Qualitative data gathered included words about feelings from each session. These were fed into a Word Cloud diagram (Figures 3 & 4) to highlight key words used before and after the sessions.



Figure 4. Word analysis of wellbeing before sessions



Figure 5. Word analysis of wellbeing after sessions

Words were also analysed through sentiment analysis software  
<https://monkeylearn.com/sentiment-analysis-online/>.

Words of how people were feeling before the session had a score of **78.3% negative**.

Words of how people were feeling after the session had a score of **89.1% positive**.

Other anecdotal comments are below and included in the summary of sessions at Appendix 1.

‘A lovely morning’

‘I already felt connected to nature and now feel it even more’

‘This was new to me but I loved it, it really helped me to slow down’

‘I noticed loads more than I usually would’

‘I’m going to do this more myself’

“The session you delivered allowed me to switch off from the world which is great for reducing stress levels and distracting from the norm. Afterwards I felt relaxed and more positive – Brilliant start to my week! 😊”

“Upon entering the forest, any feelings of stress and anxiety I had from the 'outside world' immediately started to reduce. Jen made our group feel calm and at ease and we were presented with the opportunity to really engage and immerse ourselves in

the beautiful surroundings of the forest. I began to notice things I wouldn't usually and was able to really focus on all different senses. We were a group of 15 people and you could see that every single person had relaxed and all were feeling the benefits of nature and of Jen's practice. I came out of the forest feeling revitalised and nourished and this feeling continued for a long while after."

Of the activities provided, the highest increase in wellbeing scores were associated with forest bathing and foraging.

### **Evaluation:**

Green social prescribing awareness and development in West Cumbria has developed over the 12 months of the project and large steps have been made since the project commenced.

### **Numbers & groups:**

The most difficult challenge of this project was connecting with parts of the community who would benefit from being guided to connect with nature. Intentions were set at the start of the project for the demographics we would target (see above) As the project evolved, we connected with the following groups, although these had some cross over:

- 2 x gatekeeper
- 2 x older population
- 5 x mental health
- 3 x family

The first group engaged were Copeland Borough/Cumberland Council social prescribers to support the project to connect to individuals and groups, which helped the project to gain access to the groups, including the Warm Hubs. Attending these worked as a way to connect with the community and support the project understand what people wanted/needed. Connecting with groups and committing to dates was still challenging, despite the offer of free activities.

Some of the group activity sessions were well attended and others not. Due to the groups being voluntary, mental and physical health often limited participants who may decide on the day they are unable to attend.

### **Evaluation methodology:**

Forming a standardised methodology across all groups was challenging due to differing activities, group needs and abilities. The initial intention was to use the Nature Connection Index for those groups that were able to complete it, however when trialled it was felt that this was over complicated and did not fit with the rhythm of the sessions. Feedback from the social prescribers gatekeeper session was that many of their clients would find this difficult to engage with.



A second method used was the wellbeing score out of 10; to ask participants to consider their physical, emotional, and mental wellbeing at the beginning and end of the sessions. These were accompanied with words to describe how they were feeling before the session and how they felt after. When trialled with the gatekeeper group they felt this would be a more appropriate method of analysis.

With the groups with language and comprehension difficulties a simple hit/miss/maybe method of thumbs up, down and in the middle was adopted and words to describe how they were feeling.

Therefore, the project measured the impact that connecting with nature had on participant wellbeing, rather than how connected to nature they were.

### **What worked:**

The gatekeeper sessions worked well, not only to provide the project with information and contacts, but also providing a method for others, like Groundwork, to adopt to demonstrate the work they are doing.

Bringing nature inside the Warm Hubs with crafting activities, gave an opportunity to connect with the community to learn more about people's needs. It was also an opportunity for participants to talk as they crafted which had therapeutic benefits in itself and made conversations with other advisers, e.g. Credit Union, easier.

Towards the end of the project green social prescribing was becoming more well-known and an open session was offered to sign up via Eventbrite and was available on the Joy app (<https://www.thejoyapp.com>) used by social prescribing teams.

The wellbeing results demonstrate that those who chose to come to the open session, for personal reasons, had the biggest improvement to their wellbeing. This is discussed further in Case Study 3.

It was difficult to evaluate which activity had the most impact as they varied for each group, however, the adult groups participating in the forest bathing, foraging and mindfulness sessions, had the greatest increase in wellbeing scores.

### **What didn't work/challenges:**

Initially, individuals in Copeland were difficult to connect with, as social prescribing was still in its infancy, therefore it was decided to target specific groups. This was challenging with limited response to offers of free activities and difficulty with motivation and finding dates.

The project had difficulty finding a standardised methodology for groups of differing abilities and language and this had to be adapted during the sessions. Initially it was anticipated we would use the Nature Connection Index however, it was discounted early on due to complexity and group abilities.

Whilst the project attempted to target particular sections of the community, there was often a cross over between categories, in particular mental health & wellbeing.

The group sessions, in some instances were less effective as participants did not always have a vested interest in coming and had been advised that they should.

### **Next steps:**

The landscape of green social prescribing has changed significantly over the last 12 months and outdoor and nature connection sessions better understood by social prescribers, GPs and the local community. This project was a test and trial of a range of wellbeing in nature opportunities to see what worked for different groups and communities, and what didn't work (as above). Now better established, the social prescribing community has more contacts and resources to support projects like these going forwards.

### **Recommendations:**

1. To adopt a series of monthly open sessions in West Cumbria, for people to book on when they feel they need to come. This could also be available for groups by booking individuals on the sessions.
2. To spend more time connecting with the local community through community events, such as the Warm Hubs, and find out what people actually want from green social prescribing.
3. To work with other organisations such as Groundwork to form a collaborative approach to the green social prescribing offer in West Cumbria.
4. To find a standardised method to evaluate groups of different needs.

### **Appendix 1:**

#### **Evaluation of each session:**

##### **Group 1:**

Gatekeepers session 9/11/22:

Demographic targeted: Copeland social prescribers

Length: 2 x 2 hour sessions

Numbers: 10

Location: Longlands Lake (West Cumbria River's Trust forest school area)

Activities: forest bathing, mindfulness, fire lighting, making stick people & tea sessions.

Method of evaluation: NCI

Feedback: All participants really enjoyed it and said it was useful have experienced it themselves to know what they were referring their clients to. The feedback methodology was considered too complicated for some clients.

Facilitator comments & key learning: This was a really useful session to get to know some of the key social prescribers and hear about the clients and groups they work

with. We were able to trial a mix of activities and ask which ones would work best for different groups. This gatekeeper method was then adopted by Groundworks later in the year to share the work they are doing.

**Group 2: Warm Hub 1 - 16/1/23**

Demographic targeted: Older population

Length: 3 hours

Numbers: 100+ present, 12 engaged in activity

Location: Whitehaven Reform Church

Activities: Nature crafting with pine cones, sycamore seeds, acorns, moss etc.

Making nature people/creatures from clay and string.

Method of evaluation: anecdotal

Feedback: Those people who engaged in the activity enjoyed it and wanted to take their models home. They enjoyed chatting whilst they were creating.

Facilitator comments & key learning: This was a fact finding session and we were unsure what to expect. The session was planned around nature crafting, taking materials to make nature people out of clay and string. This mainly targeted an older demographic. Several women had fun making their nature people and wanted to take them home. When asked if they would like to do something outside in the summer and they said, 'oh no, we like coming inside and having tea here'.

Key learning:

- To understand what activities might work next time and to ensure we were more visible in the room.
- That there is a diverse community using the Warm Hubs and we need to create an easy activity accessible to all.
- Not everyone likes getting their hands dirty
- Older demographic less keen to be outside

**Group 3: Warm Hub 2 – Whitehaven 13/2/23**

Demographic targeted: Older population

Length: 3 hours

Numbers: 50+ present, 25 engaged in activity

Location: Whitehaven Reform Church

Activities: Nature crafting making cress heads decorating the cardboard pots filling with soil and planting the seeds.

Evaluation: anecdotal - did you feel making your cress head? Do you feel any more connected to nature? We experienced language barriers with Ukraine women and asylum seekers.

Feedback: This was a fun activity enjoyed by all who engaged and a good opportunity to have a conversation with people and each other. Most people wanted to take their cress heads home to grow. Several people wanted to take the pots and cress away to do the activity at home with their grandchildren.

Facilitator comments & key learning: In the second session we knew what to expect and moved our table to a more obvious location to attract more people. There were many more people interested including a group of Ukraine refugee women, PSCO and Credit Union adviser. This was a great opportunity for people to sit down and

engage and chat. For the Ukraine women it was something to do while they talked about some of their challenges and difficulties together. We were able to connect with them and offer an activity day for them and their families. The Credit Union adviser also chatted to people as they made their pots, which made it less formal and more sociable to chat about financial difficulties.

Key learning:

- People are more inclined to talk whilst they are doing something, and this made it easier to talk about our offer and engage groups in nature connection works.
- Most people said they felt more connected to nature having touched the soil and planted the seeds.
- Our activities also made it easier for others to engage with the community, e.g. the PCSO and Credit Union rep.

**Group 4: Women's walking group 24/3/23**

Demographic targeted: Older female population, including 3 x referral through social prescribing team.

Length: 3 hours

Numbers: 8

Location: Whinlatter forest

Activities: Forest bathing & foraged tea

Evaluation: NCI & Wellbeing score/words

Feedback: 'A lovely morning', 'I already felt connected to nature and now feel it even more', 'This was new to me but I loved it, it really helped me to slow down' (first time to group) 'I noticed loads more than I usually would', 'I'm going to do this more myself'.

Facilitator comments: This was an established group walking for mental health, with several new women referred through social prescribing team. They keenly participated and enjoyed the slowing down and mindfulness. Their nature connection score was already high and increased further. This was a sociable group and talking an important part of it. They left in high spirits to go and have lunch together.

Learning points:

- Nature provides the space for people to talk and open up about their difficulties
- Nature provides many metaphors for people to explore their lives
- Whilst the women enjoyed the session, they already had a high NCI score and due to this had less change in their wellbeing than other groups.

**Group 5: Asylum seekers/West Cumbria Rivers Trust volunteers at Walkmill 27/3/23**

3 hours

Demographic targeted: Older population

Length: 3 hours

Numbers: 9

Location: Walkmill Woods

Activities: Foraging, mindful walking, fire lighting, forest tea and making damper bread

Evaluation: Wellbeing score & key words

Feedback: The group enjoyed the afternoon after a morning of planting meadow flowers, especially making and eating the damper bread with wild garlic that we had foraged.

Facilitator comments: Sadly, no asylum seekers turned up that day, so we did the activities with the WCRT volunteers. They had a high level of wellbeing and nature connection already but enjoyed the foraging and campfire cooking as this was a bit different for them.

Learning points:

- People often do not turn up for free activities. The refugees had been there every week for a few months, and we were unsure of the reason they did not attend.
- Whilst the volunteers enjoyed the session it was felt that other groups less used to spending time in nature would have benefitted more.

**Group 6:** Social Prescribers event organised by Groundworks

Demographic targeted: Social prescribers & those working in green social prescribing

Length: 3 hours

Numbers: 18

Location: Whinlatter Forest

Activities: Networking, forest bathing, mindfulness

Evaluation: Testimonials of the event

Feedback: The whole group really enjoyed the session, and even though the distance covered was short, a lot of nature was explored. The group meditation at the end was very peaceful and appreciated.

Learning points:

- Networking was very valuable at the event, exploring the different needs for social prescribing and what was on offer.
- The social prescribers through personal experience were able to understand the benefits, and have a greater understanding of how this may benefit clients.

"I participated in a forest bathing and mindfulness session with Jen from Lakeland Well being at a green social prescribing event. Despite the group size, hilly location and heavy schedule of work for the day Jen encouraged & enabled us to be in the moment, to benefit fully from the activities she supplied and left me feeling re-energised and focussed ready for the second half of the day"

"I would certainly promote the services of Lakeland Well-being to clients and others and Groundwork NE&Cumbria would be keen to help and support Jen to develop the business through our Green Community Hub and Green Social prescribing projects which she has in turn shown interest in."

"The session you delivered allowed me to switch off from the world which is great for reducing stress levels and distracting from the norm. Afterwards I felt relaxed and more positive – Brilliant start to my week! 😊"

“Upon entering the forest, any feelings of stress and anxiety I had from the 'outside world' immediately started to reduce. Jen made our group feel calm and at ease and we were presented with the opportunity to really engage and immerse ourselves in the beautiful surroundings of the forest. I began to notice things I wouldn't usually and was able to really focus on all different senses. We were a group of 15 people and you could see that every single person had relaxed and all were feeling the benefits of nature and of Jen's practice. I came out of the forest feeling revitalised and nourished and this feeling continued for a long while after. I would thoroughly recommend forest bathing with Jen and engaging in other activities at Whinlatter Forest.”

**Group 7: Ukraine Refugee group 30/4/23**

Demographic targeted: Families (5 women and 13 children aged 3-15)

Length: 6 hours

Numbers: 18

Location: Whinlatter Forest

Activities: Forest school activities, shelter building, fire lighting, damper bread cooking, nature crafting, mindfulness for the parents

Evaluation: Attempted wellbeing score & key words – adapted to hit/miss/maybe

Feedback: All participants gave a 'thumbs up' for the day.

'This is the best day I have had since I have been in the UK'

'Today is a good day (boy age 7)'

'I have gone from a 5 to a 10'

Facilitator comments: There was so much joy that came out of this session and they were all very grateful for the experience. The children really engaged in the activities such as shelter building and fire lighting, whilst the women preferred to stay under the shelter by the fire and chat. They did partake in the nature crafting and very much enjoyed the mindfulness at the end. We talked about how they engaged with nature in Ukraine and that foraging was a much more common activity, even though they all lived in the city.

Learning points:

- The level of English was mixed and children often interpreted for their parents
- Evaluation was more difficult than anticipated and had to be adapted

**Group 8: AAA group 5/5/23**

Demographic targeted: Individuals & mental health

Length: 2.5 hours

Numbers: 3 plus group leader

Location: Longlands Lake

Activities: Foraging, mindful walking, fire lighting, making damper bread

Evaluation: Attempted wellbeing score but ended up just with key words

Feedback: The views of the group were mixed. 'Shame it wasn't the sea', 'I thought we would be going for a walk, there was too much sitting, I got bored.' 'I loved the bread'.

Facilitator comments: Each group member had different needs and the activities didn't suit all. One was very keen with everything, one took a while to engage but did after peers joined in, one preferred to walk around rather than sit but did take part in fire lighting.

Learning points:

- Difficult to provide activities to suit everyone.
- Not all group members were keen to be there.
- Group found it difficult to express their wellbeing in number form but could describe how they were feeling.

**Group 9: Bee Unique Group 1**

Demographic targeted: Families

Length: 3 hours

Numbers: 9 (3 adults 6 children)

Location: Whinlatter Forest

Activities: Forest school, mindful activities, shelter building, fire lighting, marshmallows

Evaluation: Wellbeing score & key words

Feedback: 3 families in a mixed age and ability group. We explored colours, textures, nature treasure, made little people houses. The young people were really engaged in the mindful colour activities, especially finding the colours of the rainbow. 'He's really enjoyed it even though he's very tired', 'Happy to get him out', 'made us want to get out ourselves and do it again'.

Learning points:

- This session really benefitted the parents/grandparents as well as the children, by guiding activities for the children while they were able to enjoy the forest and join in when they wanted.
- Some of the children were siblings of those with autism and had been brought for a day of caring respite. They really enjoyed it.
- The parents now feel they want to go out themselves and do it again in a local woodland.
- Evaluation with numbers didn't work so we worked with words and feelings instead.

**Group 10: Bee Unique Group 2**

Demographic targeted: Families

Length: 3 hours

Numbers: 8 (3 adults 5 children)

Location: Whinlatter Forest

Activities: Forest school, mindful activities, shelter building, fire lighting, marshmallows

Evaluation: Wellbeing score & key words

Feedback: 3 families in a mixed age and ability group. We explored colours, textures, nature treasure. This session was a lot more physically active, with the children attending needing more physical movement, so played more games and engaged more in shelter building.

Learning points:

- Being flexible with activities was key as each child had different needs.
- Resorted to words and feelings for evaluation rather than numbers.

**Group 11:** 10 July Tinnitus & hearing impaired group

Demographic targeted: Mental health & wellness

Length: 3 hours

Numbers: 5

Location: Walkmill

Activities: Forest bathing & foraged tea

Evaluation: Wellbeing score & key words

Feedback: Some people were familiar with Walkmill woods but hadn't explored or connected in this way before. Very interested in the foraging and also hawk moth caterpillars on a plant. 'Listening to the sounds of crunching of stones under our feet and the wind dulled the noise in my ears.'

Learning points:

- Working with a BSL interpreter worked really well and the profoundly deaf participant was able to fully engage in activities and conversations.
- Next time if group ability known in advance would plan a more challenging route off the main paths.

**Group 12:** Open group 18/7/23

Demographic targeted: Mental health & wellness

Length: 3 hours

Numbers: 5

Location: Walkmill

Activities: Forest bathing & forest tea

Evaluation: Wellbeing score & key words

Feedback: The people that came to this session had a personal reason to improve their wellbeing and have some 'time out from life'. Several were suffering from family and health difficulties and found the session calming and healing.

Learning points:

- The people on this session wanted to be there and had signed up to it personally
- Several of them had emotional and physical difficulties and the session made a significant difference for them.
- At the end of the session they had more personal resilience and strength (See case studies)