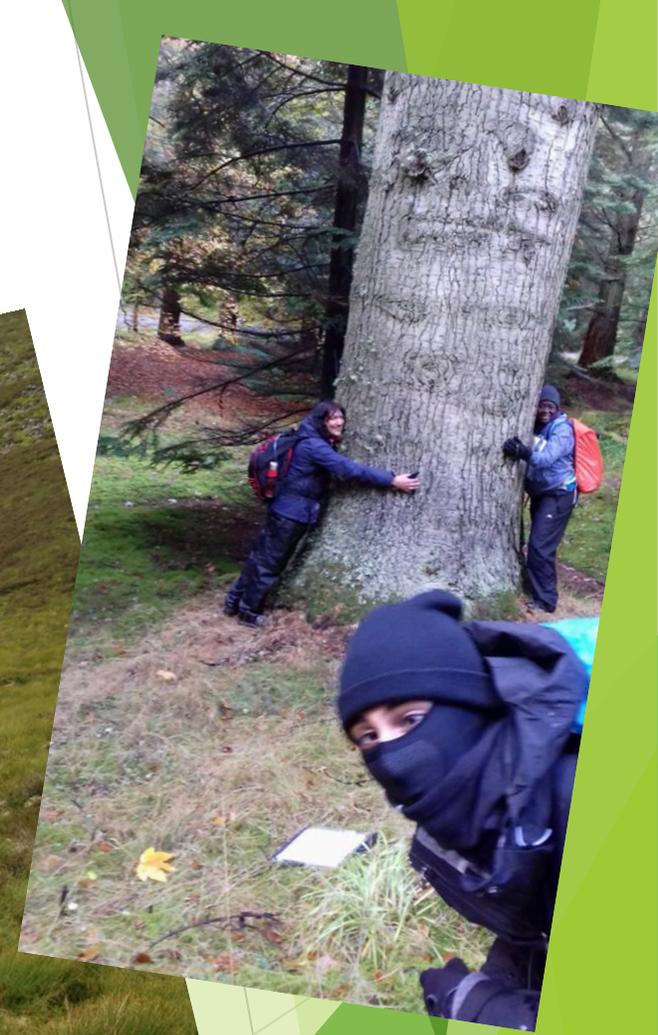


Community Engagement

Women Exploring Natural Heritage Project

Gladness Cole and Theresa McMurtry

Seriously? Are you letting this lot out on the community?



We had to share it!

- ▶ with family
- ▶ at work
- ▶ with friends
- ▶ with new friends

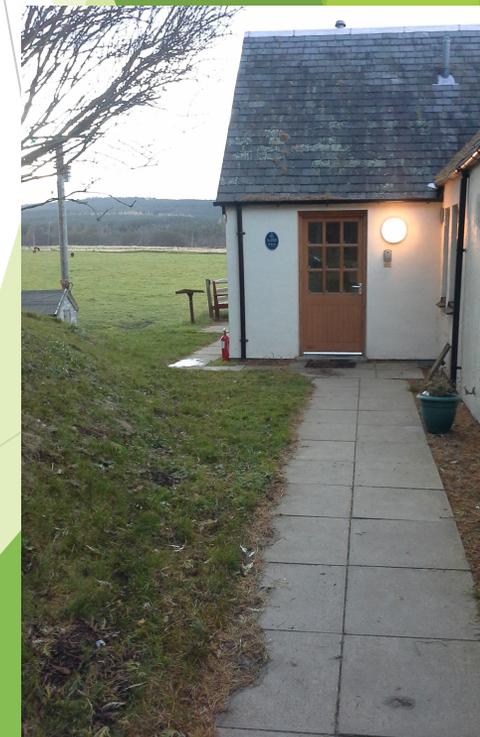


Easterhouse outdoor group



What we offered

- ▶ Confidence and knowledge to keep people safe
- ▶ Lots of information and practical advice for
 - ▶ walking, pace setting and going up and down hills.
 - ▶ Appropriate clothing and footwear/possible to buy in preparation
 - ▶ Anything else they may need
 - ▶ Places to go
- ▶ Supported friends to get healthier and fitter
- ▶ Organised variety of walks for various fitness levels.
- ▶ Residential Breaks
- ▶ And use Rangers Support where possible with groups



The Impact.....



.....Priceless!



The Impact



- ▶ Mental Wellbeing -connecting with nature
- ▶ Physical Wellbeing - feeling the benefit
- ▶ Develop friendships
- ▶ New Achievements → Self Esteem
- ▶ Creativity
- ▶ Identity



The Impact of the Impact



- ▶ People have started going out/taking their family's on walks in nature
- ▶ People are keeping fit because they have continued walking
- ▶ People are planning holidays close to nature
- ▶ Lots of people are keen to participate in more walks in new places. Some like to repeat walks in a natural environment.
- ▶ Friends want to go for a walk in nature instead of meeting elsewhere



What Next?

- ▶ Continue with ‘Project Expand the Nature Lover Network’
- ▶ Reaching out to more excluded groups to give them opportunity to connect with nature too
- ▶ Develop education - John Muir Award.
- ▶ Bush Craft.
- ▶ And lots more walking!!!! 😊

