

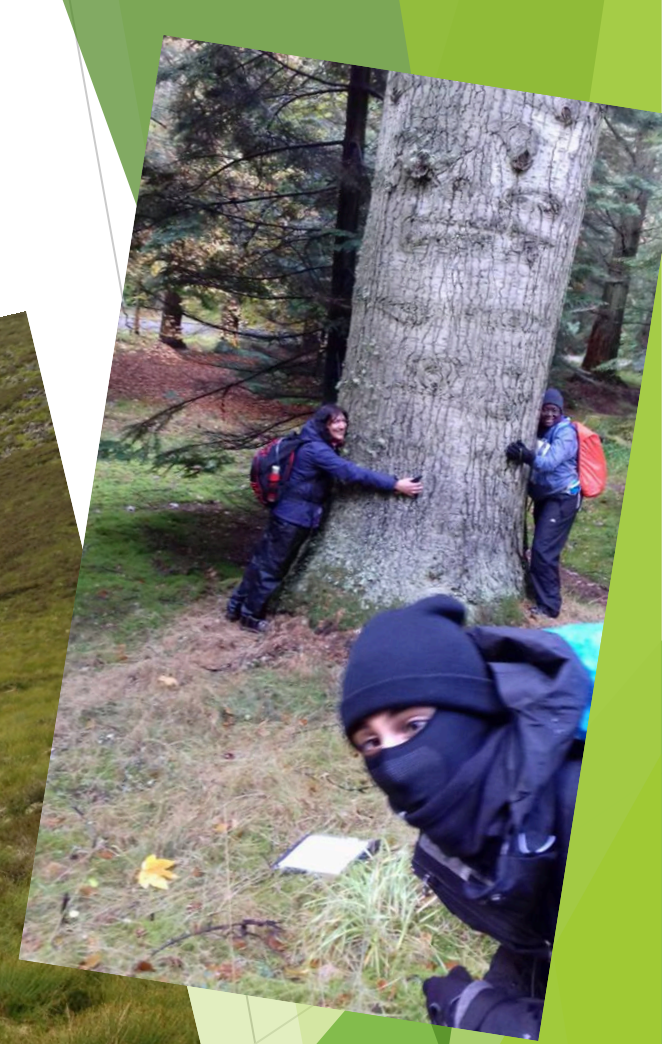
The background features abstract, overlapping green geometric shapes in various shades of lime and forest green, creating a dynamic, modern feel. The shapes are primarily located on the left and right sides of the frame, framing the central text.

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



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!!!! 😊

