



THE NATIONAL  
FOREST

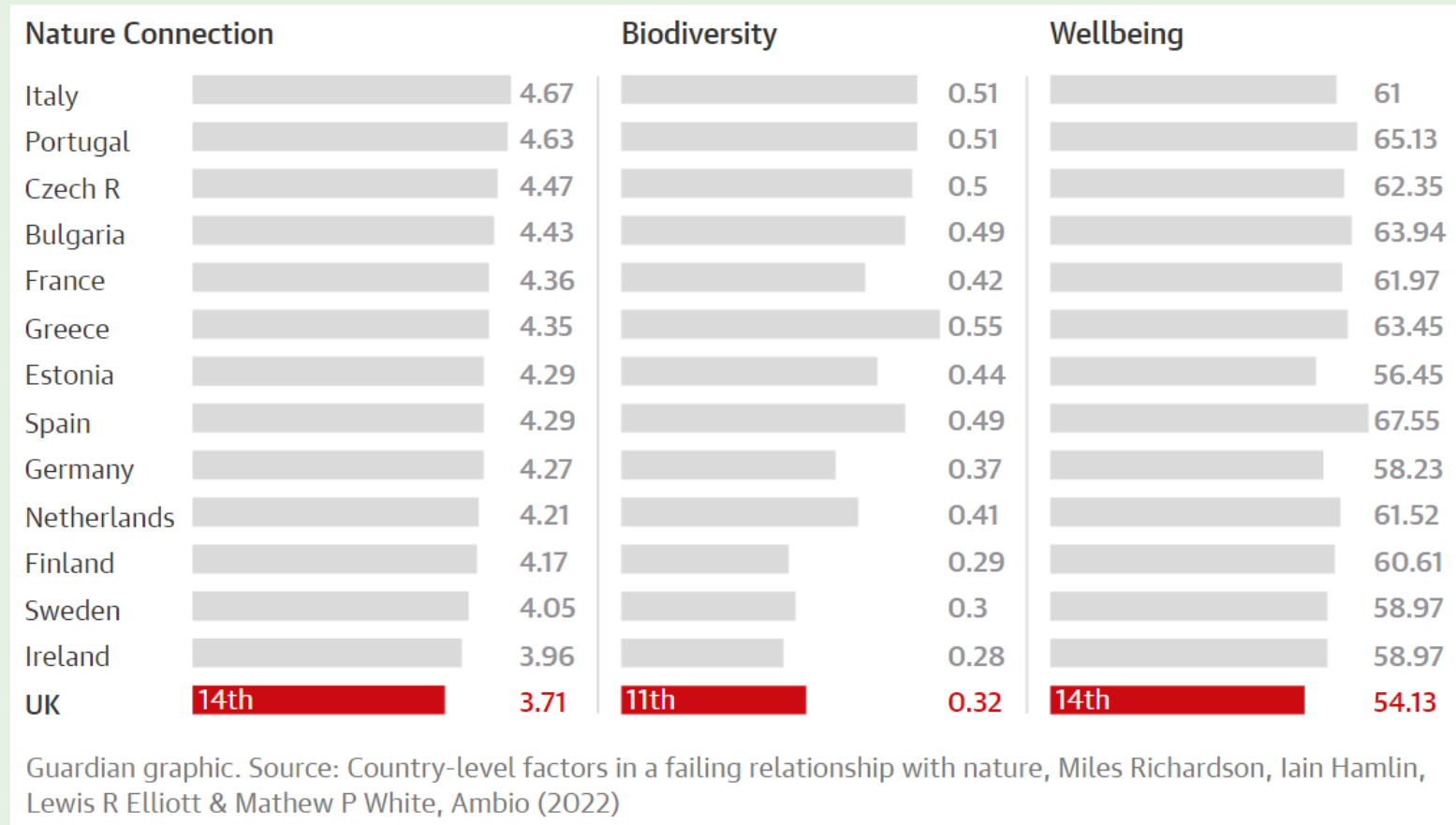
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# The National Forest

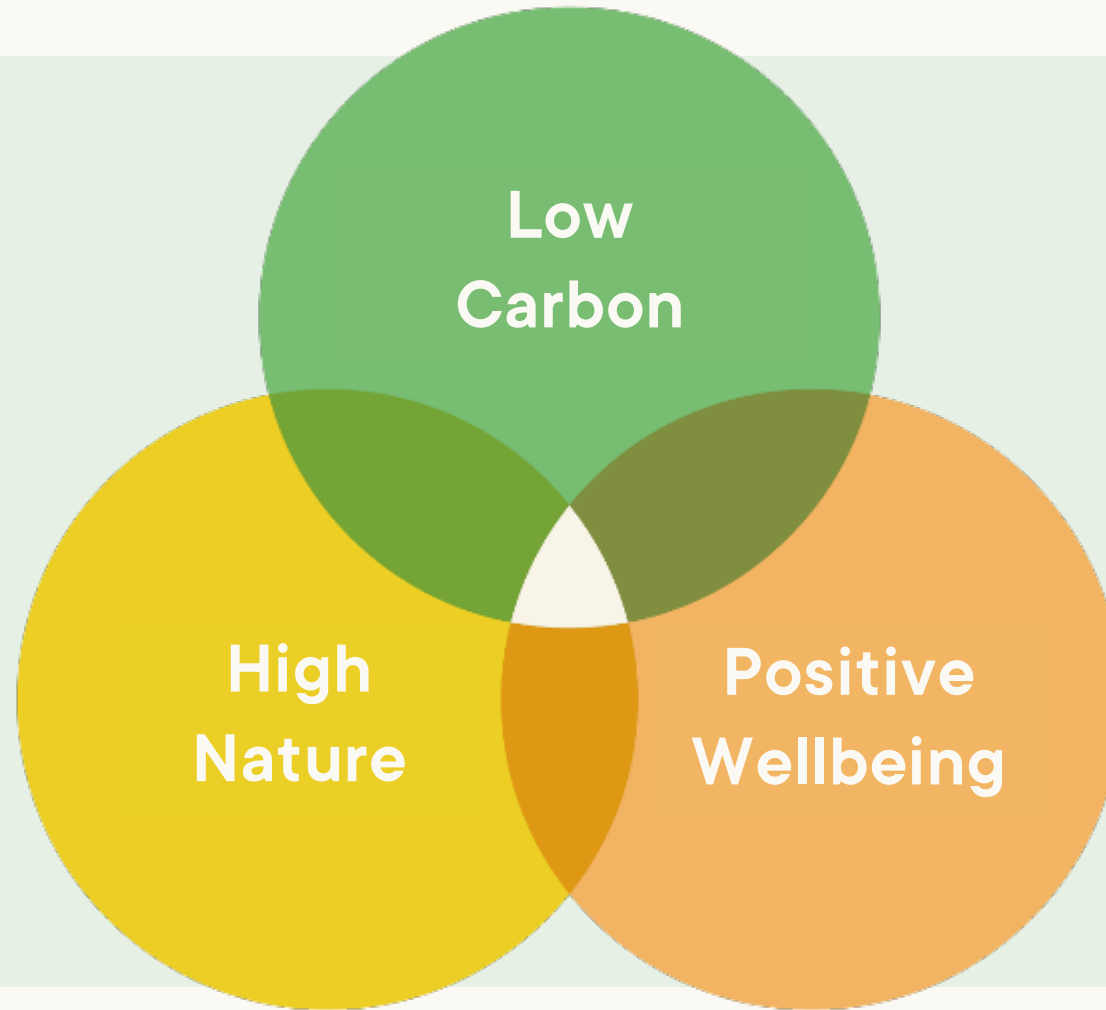
A catalyst for landscape transformation and socio-economic change



# Nature connection and wellbeing in the UK



# Strategy for the Future

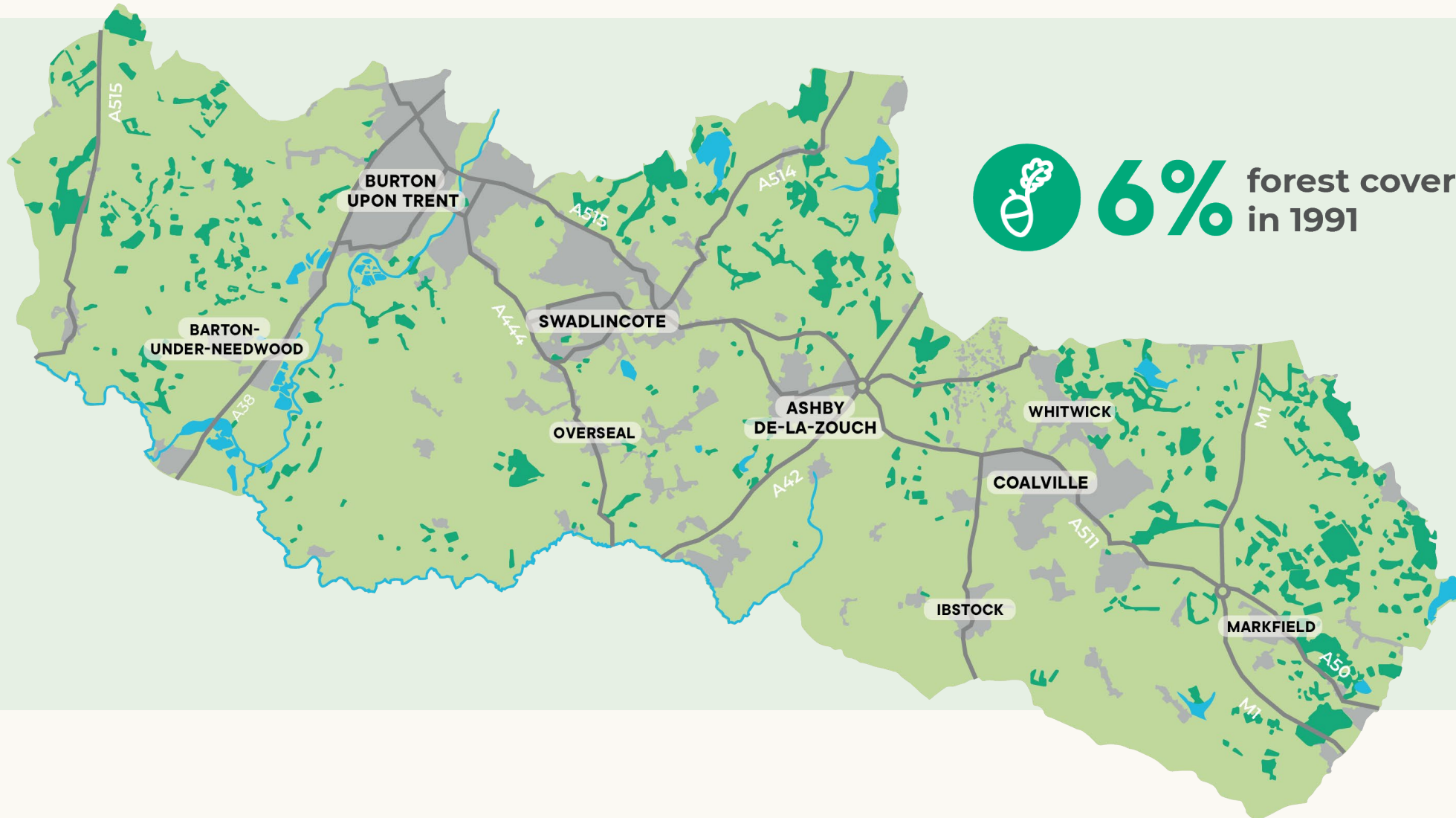


# What is the National Forest?

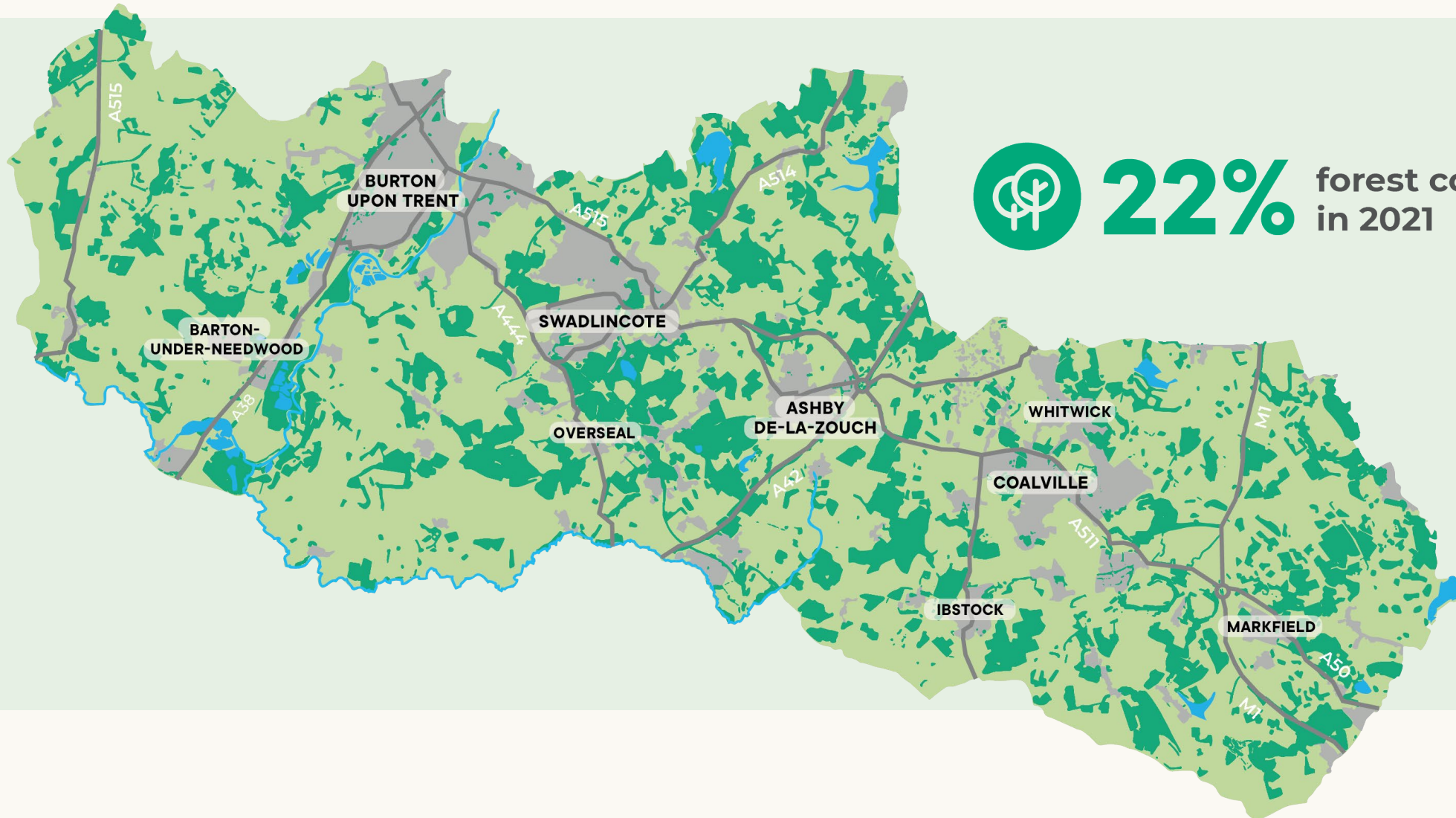




# 30 years, 9 million trees



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 **22%** forest cover in 2021



**How do we use this to  
connect people with  
nature?**

# Creating a Forest for Learning



We worked with primary schools across the Forest to support them in providing outdoor learning to their pupils.

Interventions included:

- Funding for infrastructure development on site and nearby
- Funding for Forest School training for staff
- Establishment of an outdoor learning network allowing schools to learn from each other

## 6 times more

primary schools in regular outdoor learning in the National Forest in 2022







# Community Forest Woodland Outreach

**30**

Schools engaged with the program



**752**

Pupils engaged in tree planting

**5291**

School outreach sessions



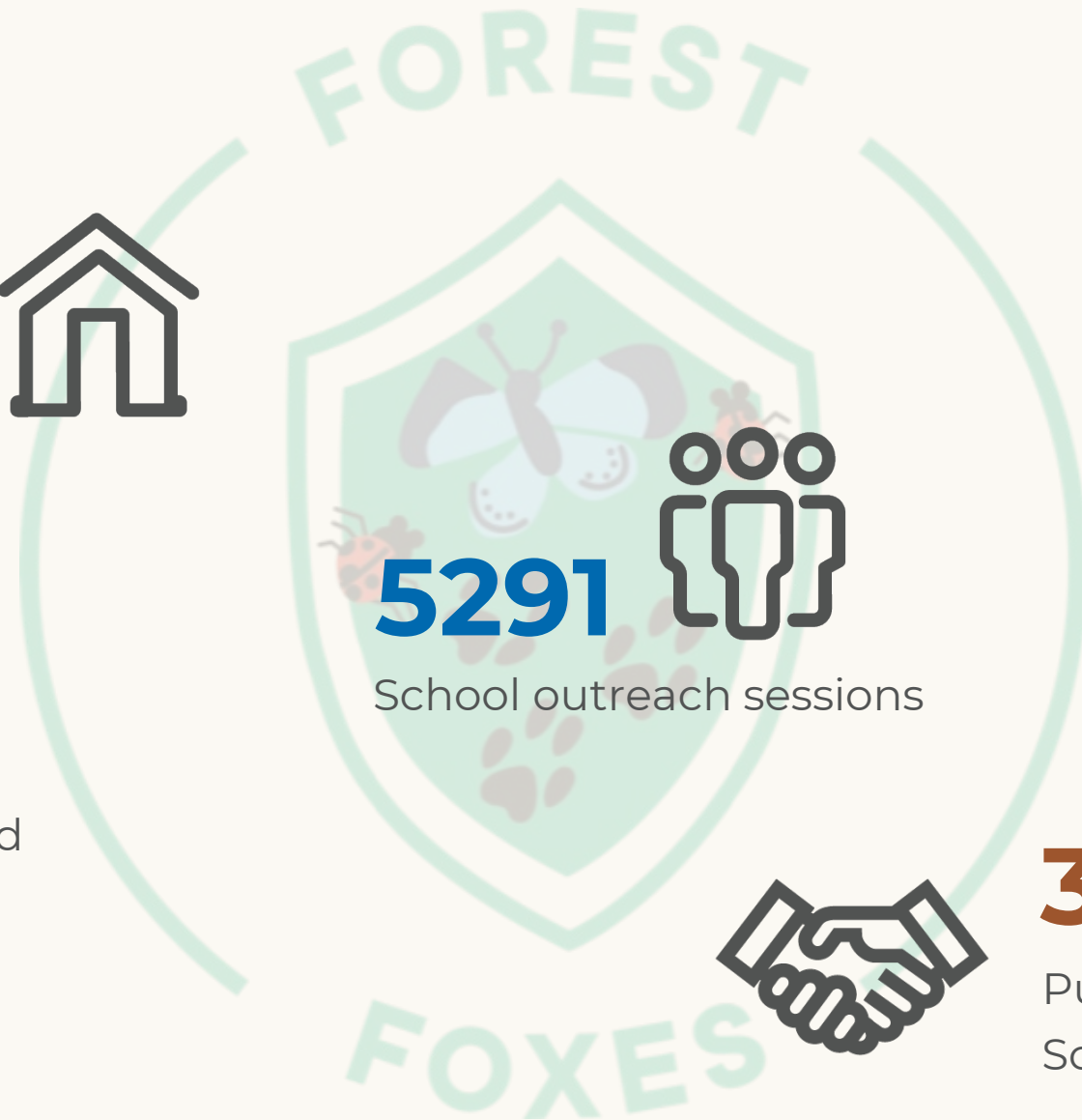
**16**

Newly qualified Forest School Practitioners



**348**

Pupils visited Champion Schools in the National Forest



# The Natural Health Service



Spending time in nature delivers proven benefits for mental health and wellbeing.

**Green social prescribing** - the practice of supporting people to engage in nature-based activities to improve their mental health and wellbeing.

Green social prescribing enables more people to experience nature as an effective way of improving mental resilience and supporting mental health.

National cross-governmental 'Test and Learn' pilots.

- *Influence policy change at a national level*
- *System change to drive efficiency and joining up health, social care and communities*
- *Funding better targeted to improve the nation's health*

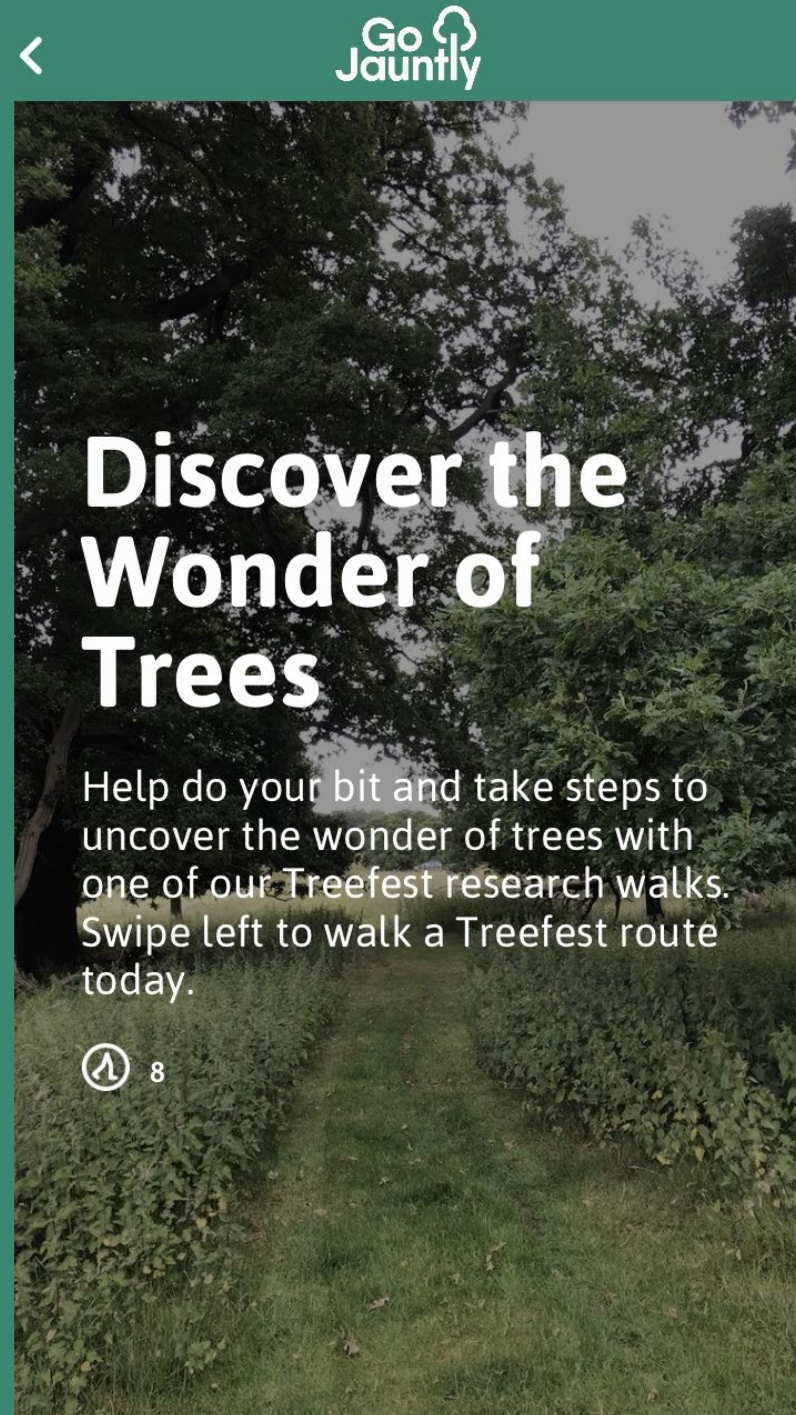
## Maximising wellbeing benefits

We are collaborating with researchers from the University of Derby to look at how different types of treescapes affect people's perceived wellbeing while walking in nature

Eight walks established across the National Forest, all accessible through the GoJauntly app

Data collected will inform our future planting designs to maximise benefits for people

[www.gojauntly.com/treefest](http://www.gojauntly.com/treefest)





## Survey of local residents

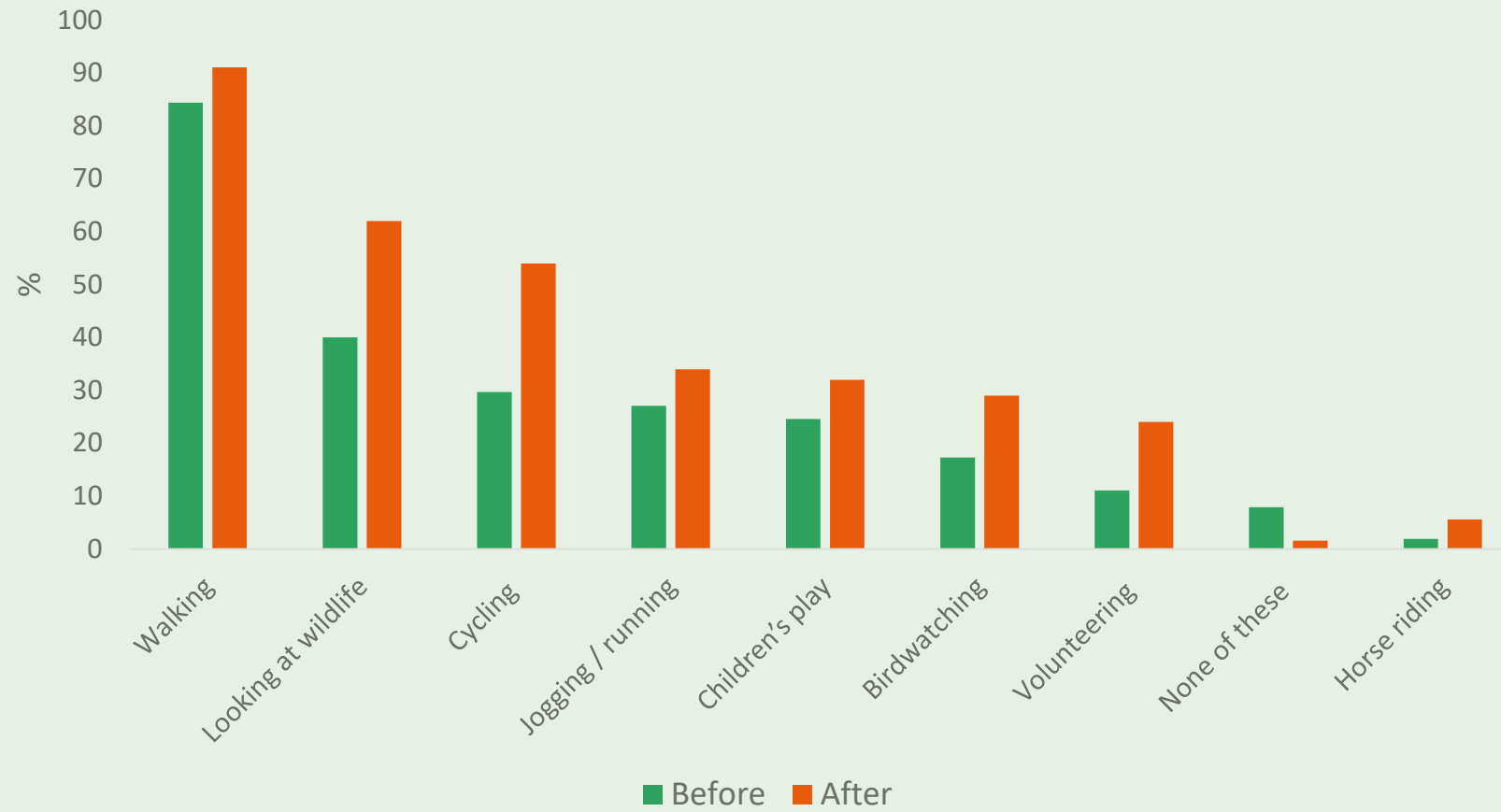
We asked people about our plans for the Heart of the National Forest

87% said that proposed changes will improve their or their families health & wellbeing





# Awareness affects perceived likelihood of engagement





# National Forest Community Woods project

Over 60 individual community groups and organisations across the Forest involved in regularly managing woodlands and community greenspaces.

Community Woods network – active network of groups where sharing of resources, knowledge, skills and ideas is encouraged.

Over 40,000 volunteer hours recorded in the National Forest 2021-22



## Future Plans



### Engaging with underserved audiences

Redress imbalance of access to greenspace particularly for urban and peri-urban communities.

Understanding barriers to involvement: Nothing close by, transportation, knowledge or confidence to visit, other demands on time, financial pressures.

Creation of 10 new community woodlands. High level of public engagement in locating, designing and creating new woods so they reflect the needs of the communities, and promote a sense of ownership.





# Thank you

## Contact us

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