

Health & Wellbeing

What have we found out?

Mental health

Health and wellbeing issues are affecting a wide range of people from a variety of backgrounds

Mental ill health is an issue which affects us all, but no one wants to be singled out and stigmatised

Social isolation is one of the biggest causes of poor mental health

In the most disadvantaged parts of town, poor mental health is a barrier to employment



© Scottish Wildlife Trust

There is an appetite for group leaders to receive more mental health training

Habitats

Cumbernauld has the highest levels of referrals to A&E



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© David Tipling- 2020VISION

The amount of increased physical exercise came as surprise to volunteers



© Tracy Lambert

Play parks aren't just for kids. There is a growing interest from the elderly to get involved and have play facilities.

What are our ideas?

Wild Ways Well

Spending time outdoors amongst nature, makes people feel better about themselves and their lives. The Wild Ways Well programme promotes good mental health with sessions delivered through organisations and open referrals to help those most at need.

- Digging ponds
- Planting trees
- (G)Litter picks
- Wildlife surveys
- Path maintenance
- Clearing scrub



BE ACTIVE – Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

TAKE NOTICE – Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



GIVE – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

CONNECT – Meet new people. Connect with the people, the wildlife and the nature that's all around us.



LEARN – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.

Outings for older people

Lots of people tell us about how they explored Cumbernauld when they were kids, we want to bring this back with outings and trips to wild places. We would do this by working with local organisations that already have an established programme of activities and means of transport.

- Working with CASE to run programme of outings
- Visits with wildlife experts
- Visits to local sites
- Exploring further afield
- Increasing leaders confidence



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The kids aren't alright!

For young people mental ill health and the resilience is a growing concern. We want to incorporate the ethos of Wild Ways Well into the work we do across the project to provide the skills to deal with the challenges faced with singling out or stigmatising any individuals.

- Training leaders of local youth organisations
- YMCA Woodland play rangers
- Wild Ways Well themed sessions in primary school workshops



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Other ideas

- Health and wellbeing paid traineeships
- Health walks across the greenspace sites in Cumbernauld to reach a wider audience
- Promoting the pathway from Wild Ways Well to Nature Ninjas
- Working with health care professionals for referrals

Have your say:

Do you like our ideas?

What have we have missed?