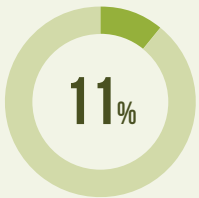


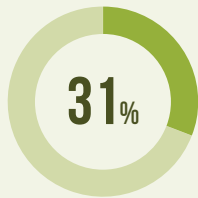


MENTAL HEALTH & WELLBEING

Woodlands for Health is a nature-based intervention for mental health and wellbeing in Coillte forests. The findings indicated an improvement in wellbeing (on average 31%) and nature connectedness (on average 11%).



NATURE CONNECTEDNESS



IMPROVEMENT IN WELLBEING

PARTNERSHIPS



EVALUATION REPORT 2020

FINDINGS

Findings from completed surveys across six counties including Limerick, Wexford, Roscommon, Laois, Wicklow and Sligo were included in the analysis.



PRE - TEST SAMPLE (N=174)

■ FEMALE 56%
■ MALE 44%



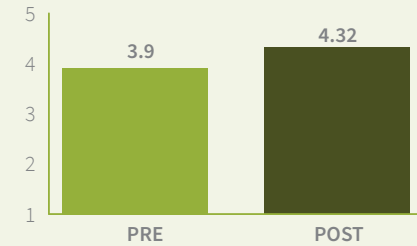
POST - TEST SAMPLE (N=162)

■ FEMALE 61%
■ MALE 39%



This project was approved by Government with support from the Dormant Accounts Fund

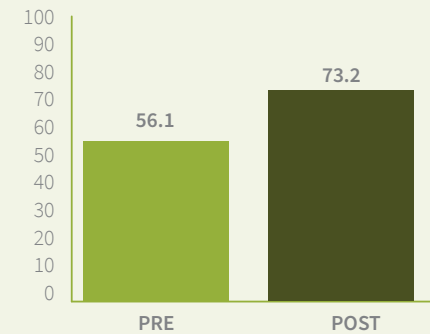
NATURE RELATEDNESS SCORES



10.8% increase in self-reported nature relatedness

Higher scores indicate higher levels of self-reported connection to nature.

WELLBEING SCORES



The findings indicated a noticeable positive impact on wellbeing. Average Post-programme scores were above 70. A score at this level is above the threshold that suggests wellbeing may buffer against future mental health challenges.



GREEN OR BLUE EXERCISE

Exercise within green and blue natural spaces, offers low-cost, non-invasive solutions to public health challenges - particularly for mental health.