

ACTIVE RUTLAND

INVESTMENT

Total funding secured to support local delivery: **£41,437**

Strength In Nature Group

Active Rutland trialled new adult sessions based on the concepts and activities used within Forest Schools. A partnership with 'Root & Branch Out' was developed to deliver the sessions as they specialise in engaging communities in projects around food and the outdoors, nature and the environment. Adults of working age [18-65] with long-term health conditions were initially targeted to take part.

Sessions that included low level physical activity alongside arts, crafts, outdoor education skills and socialising activities aimed at improving physical health and mental wellbeing were organised. The underlying theme of the sessions was to connect/reconnect with nature in a way that offers activities that improve physical fitness in a different way to traditional fitness and gym-based classes. Activities aimed to improve the confidence and resilience of participants within the group many of whom suffer with anxiety, depression, diabetes and a variety of physical conditions.



“The Strength in Nature course has been really helpful to me both physically and mentally after a difficult time with several injuries and being unable to work. I really look forward to and enjoy my time there each week; being in nature and learning skills with a nice group of people.” Paula, Participant