

Our Natural Health Service

Artwork by Megan Dobbyn



Contact with, and connection to, nature is linked to a range of positive mental and physical health outcomes



There are many studies* showing the scientific benefits of spending time in nature. Some of which are:

- Becoming more physically engaged
- Improving aerobic fitness
- Lowering our blood pressure
- Reducing fatigue
- Boosting the immune system

- Lowering risk and improve symptoms of diabetes & obesity

- Lowering cortisol (stress inducing hormones)
- Decreasing hypertension, anxiety and rumination

- Calming our flight, fight and freeze responses
- Engages our parasympathetic nervous system of rest and restoration

Nature-based supported activity and social prescribing can positively impact happiness and wellbeing and reduce social isolation.

