

# *Welcome to Nature Buddies “Lets Make it happen”*

## *Webinar Housekeeping*



- You will automatically be on mute when you enter the webinar, to unmute please click on microphone



- Please utilise the “chat “ function to share your contact details or to add to discussions



- This **webinar will be recorded**. By staying in this webinar, you consent to be included in the recording



- Presentators slides and a recording of this event will be available on Stepping into Nature website next week [www.stepin2nature.org](http://www.stepin2nature.org)

# Welcome

- Introduction
- Nature Buddies introduction
- Break Out Rooms
- Feedback to the room
- Next Steps
- Q&A

# Introduction

- Funded by National Academy for Social Prescribing, Arts Council England, Natural England and Historic England
- To improve and increase the range and reach of available social prescribing community activities.
- One of 37 projects nationally, 7 in the South West
- Will run for 12 months

# About Us

Arts Development  
Company, SiN, Active  
Dorset , Help & Care

A communication  
framework

Toolkit to enable similar  
initiatives/ facilitate other  
regions

30 trained Nature Buddies

Nature Buddies Network

Robust evaluation

Broker links for socially  
engaged artists and  
community groups

Nature-inspired taster  
sessions to 150  
community groups

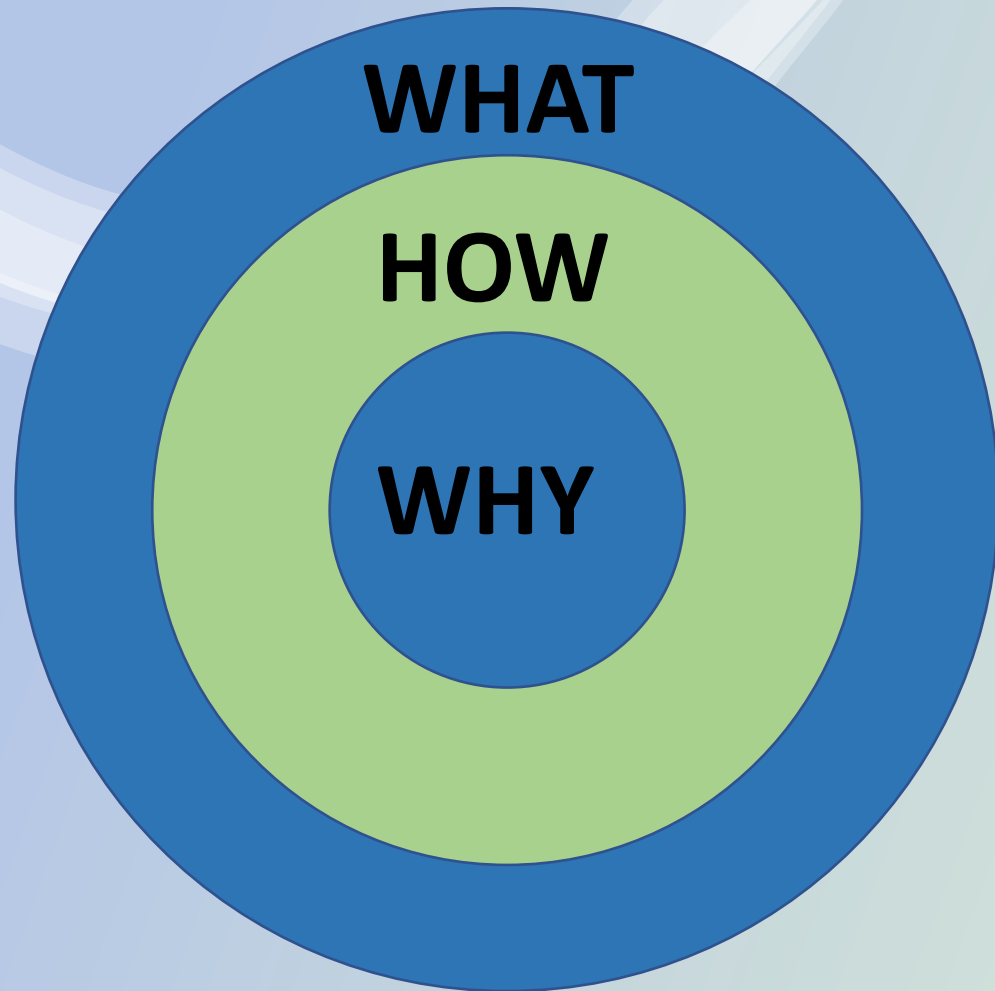
Training programme for  
link workers &  
communities groups

# Nature Buddies Network

What, How & Why

Connecting to  
nature should be  
accessible for  
everyone





### **What**

To set up a volunteer nature buddy initiative to support those finding it difficult or lacking the confidence to getting back out in their local greenspaces for physical and mental wellbeing.

### **How**

To embed the offer into organisations existing outreach offers as an option for people to sign up to NB as volunteers and recipients

### **Why**

To create a network of volunteers to support people to access greenspaces confidently, leading to a reduction of feelings of isolation and to increase physical and mental wellbeing.

A Nature Buddy is a volunteer who supports individuals to help gradually increase their confidence and ability to enjoy engaging with nature again.





# How will it work?

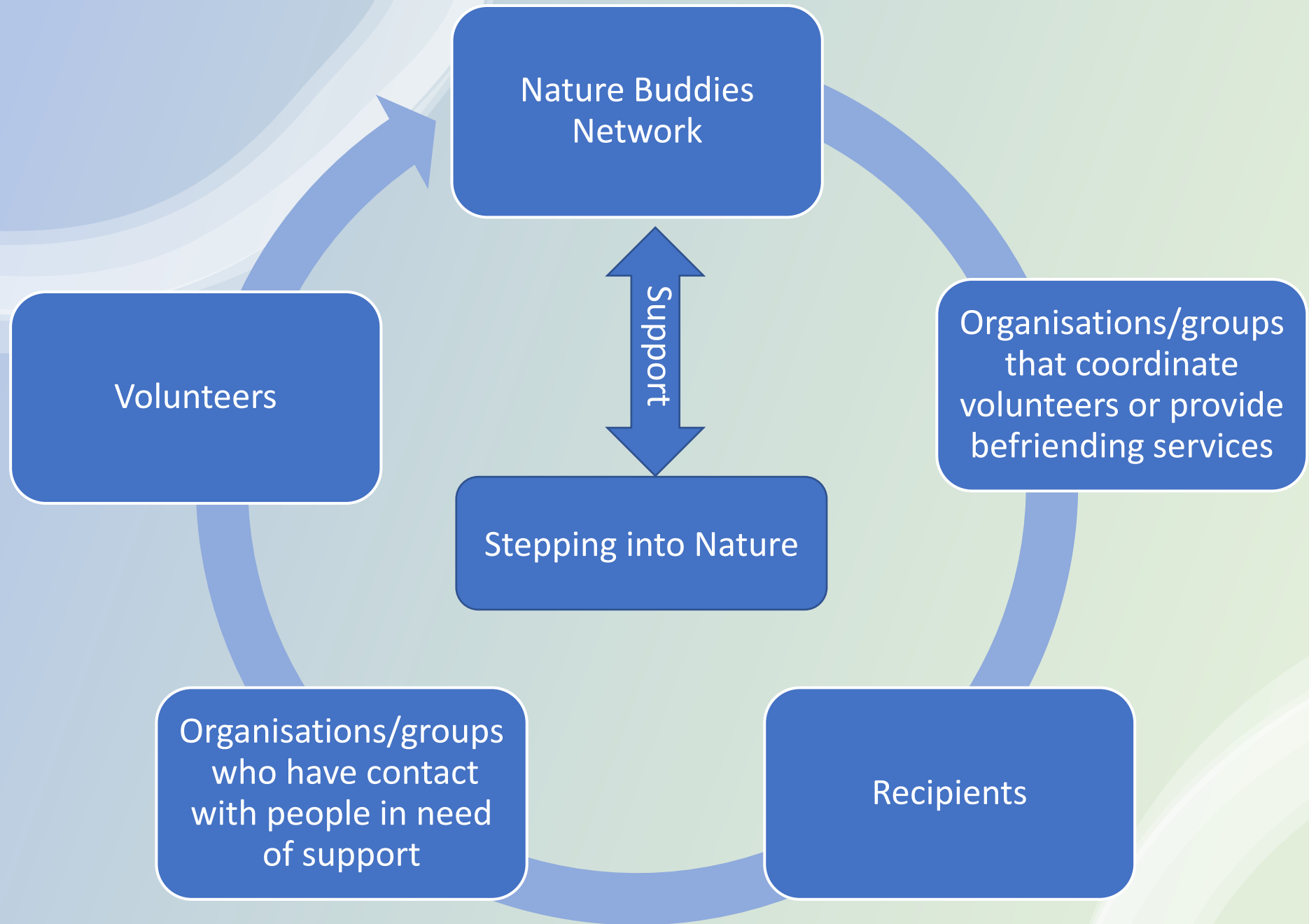


Nature Buddies





A nature buddy will find what suits to the person best and will support them on their journey to living happier and healthier.



A nature buddy is not a wildlife expert but loves nature and is happy to share moments of nature with others



# The Role of the Nature Buddy (DRAFT)

- ❖ Be available for 3/4 hours once or twice a month to attend sessions for at least 12 months.
- ❖ Be happy to attend ongoing training and networking sessions once every 3 months.
- ❖ Provide regular support to enable people to walk or visit their local parks and open spaces.
- ❖ Encourage people who would not normally engage with outdoor environments, aiming to encourage accessing nature on their own or supporting them to access new groups
- ❖ Work with the person on what activity they would like to do paying particular attention of likes, dislikes, past hobbies and interests to tailor the activity.
- ❖ Be aware of the key messages and benefits of health and well-being, from being outdoors
- ❖ Share knowledge and lesson learnt within a Nature Buddies Network organised by the project lead.  
(this will include adding to a journal after each visit)

# Break Out Question

- 1. How do you see the Nature Buddies initiative working within your organisations/groups?**
- 2. What does a successful Nature Buddies programme look like for you and your audiences?**

A photograph of two elderly men walking away from the camera on a winding brick path in a lush garden. The man on the left is wearing a light-colored sweater and dark trousers, while the man on the right is wearing a striped polo shirt and blue jeans. The garden is filled with various green plants, shrubs, and trees, creating a vibrant and natural setting.

## Next Steps

### **“Lets Make it Happen” Group**

- ❖ Admin - H&S, polices, risk assessments
- ❖ Volunteer Role – training, support needed
- ❖ Promotion – engaging with audiences
- ❖ Be part of Nature Buddies pilot

Thank you

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