



Nature, Art & Wellbeing Community Fund

What is the Nature, Art & Wellbeing Community Fund?

The Nature, Art and Wellbeing Community Fund is a collaboration of the following initiatives aiming to support and promote an increased engagement in nature, art, and movement for wellbeing, both physically and mentally, helping communities recover from Covid 19 restrictions.



Nature, Art & Wellbeing Community Fund



Dorset
Council

Supported by the Thriving Communities Fund, made possible thanks to



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The Nature, Art and Wellbeing Community Fund partners;-

Stepping into Nature: Funded through the National Lottery use's Dorset's outstanding natural and cultural landscape to create and provide inclusive activities and sensory rich places to visit. The project aims to improve the health and wellbeing for people living in Dorset that are older, living with long term health conditions including dementia and their carers.

NASP Funded Thriving Communities: Nature Buddies: re-connecting to nature & art through activity, led by The Arts Development Company in collaboration with Active Dorset, Help & Care and Stepping into Nature is a year-long programme aiming to upskill existing voluntary and community groups to deliver inclusive and creative nature-themed local activities for people who are referred by their Link Workers.

Contain Outbreak Management Fund (COMF): Your Nature, Dorset Council Better Days, Coast and Greenspace Teams working with providers and communities aiming to reduce the risk of social exclusion and longer term inequalities by creating opportunities to rebuild community connections, improve mental health and physical activity levels for people significantly impacted by Covid restrictions, in particular people with dementia or learning disabilities including Autism

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COMF Bid

To reduce the risk of social exclusion and longer term inequalities by creating opportunities to rebuild community connections, improve mental health and physical activity levels for people significantly impacted by Covid restrictions, in particular people with dementia or learning disabilities including Autism (not exhaustive).

COMF bid contribution links with current work within Adults and Housing to improve day opportunities for adults with care and support needs.



Improving Wellbeing through connection with Nature

The Contain Outbreak Management Fund (COMF) provided English local authorities (LAs) with financial support to respond to the Covid-19 pandemic.

Priority themes include Health Protection; Communications Engagement, Insights and Research and Supporting Communities and Tackling Inequalities.

COMF Priority Themes:

Health Improvement/Supporting Communities and Tackling Inequalities

And meets the following COMF funding criteria:

- Targeted interventions for specific sections of the local community and workplaces**
- Harnessing capacity within local sectors (voluntary, academic, commercial)**
- Community-based support for those disproportionately impacted such as the BAME population**
- Support for wider vulnerable groups, including rough sleepers**



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Wellbeing

Community Fund
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AIM

To help people make connections to the natural & cultural environment and each other in local communities, for wellbeing. By supporting communities and tackling inequalities, enabling groups and organisations to undertake projects which help to conserve and enhance the natural beauty in their local area and encourage engagement with nature, art and movement.

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Why do we need this?

People with [learning disability and autistic spectrum condition](#), and people with [dementia](#) have been disproportionately affected by the covid pandemic. This includes loss of routine, activities and contact with family, friends and carers. Research also suggests people with dementia have experienced a significant decline in their condition as a result of the pandemic. Longer term solutions are required to assist people to maintain skills and stimulate memory or maximize health and wellbeing.

Engagement carried out by the Council's Better Days Team between January and March 2021 with people who access day opportunities indicated a lack of opportunity to meet or make new friends and keep fit and healthy especially outdoors.

Projects which deliver successful outcomes by connecting people's wellbeing to outdoor space and nature are well documented. These include men's sheds [Men's Sheds](#), [Countrymen UK](#), [Seeds to Plate](#) and [Stepping Into Nature](#).





Our overall aim is to help people make connections to the natural & cultural environment and each other in local communities, for wellbeing. By supporting communities and tackling inequalities, enabling groups and organizations to undertake projects which help to conserve and enhance the natural beauty in their local area and encourage engagement with nature, art, and movement for adults across Dorset who are:

- ● In a Carers role
- ● Living with a long-term health condition
- ● People with learning disability, including autism
- ● People with low level mental health issues
- ● People living with dementia
- ● People who access day opportunities
- ● Vulnerable to social isolation or loneliness
- ● Long term unemployed
- ● People from marginalized backgrounds including ethnicity, gender identity and sexual orientation

In addition

As part of this programme, free training is available in Diversity and Inclusivity, Dementia Awareness and Mental Health Awareness and we strongly encourage you to sign up to this training whether or not you are successful with your funding application.



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Improving access to Outdoor Activities

Principles

- To avoid the need for travel and widen impact
- To make space and use of sustainable and organic
- Establish working groups to widen agenda – inclusion and confidence etc.
- To promote links to other vol opportunities/return to work/and associated activities
- Opportunity for informal volunteering to ‘garden’ for those without space at home to lead to/include working with Adults with additional needs
- Opportunity for income generation through plant sales and use of personal allowances to make project sustainable beyond funding
- Open space for wellness/mindfulness activities – by others or by project
-

Axminster and Lyme Cancer Support	Nordic walking for those affected by cancer
Westhaven House	Westhaven Community Garden
Bournemouth East Allotment Society	Learn About Plants Through Art
Bridport Health and Wellbeing Champions	The Cowshed Goes Wild
The Bus Shelter Dorset	Back to Nature well-being group
Merley Nature Group	Never Enough Nature
Butterfly Conservation	Creating a Wellbeing Assessment Tool for 'Big Butterfly Count'
Dorset Blind Association	Explore: A Sense of Nature
The Parks Foundation	Park Yoga
CoCreate Dorset CIC	Hands Together
Mental Health North Dorset Help and Peer Support	Outdoor Peer Support
ArtfulScribe	Wild Writing for Wellbeing
The Bourne Foundation	Outdoor Theatre Centre
Nature Connects	Walking into Wellness
Blackmore Vale Medical Practice	Bib The Bike scheme
Oceans to Earth CIC	Wild Brownsea, Shore Rangers
Weymouth Town Council	Sensory equipment for Community Woodland
The Shire at Crocker Moor Community Interest Company	Nature Pond – Wheelchair accessible Pathways
Luke Brown Dance	Walk of the Dandelion
Lantern Community	The Green Space project
The Parks Foundation	Mindfulness in Nature
Affinity Trust	Our Inclusive Garden
Sarah Acton	Heart of Stone community play Tour
Dynamic Housing Limited	Seed funding for Social Prescribing
Dorchester Arts	Art Therapy Classes (working title)
The Alcohol Education Trust	Creative Play
Highcliffe Medical Centre	The 5 ways to wellbeing
Rural Mental Health Matters	Portable mental health in nature

Some of the groups and their projects

A close-up photograph of a field of purple crocuses in full bloom. The flowers are vibrant purple with six petals each, and their green, blade-like leaves are visible at the base. In the background, a soft-focus field of yellow flowers adds a warm, bright contrast to the scene. The overall lighting is bright and natural, suggesting a sunny day.

Any Questions ?

Thank You

