



# Wellbeing Through Nature

Spending time outdoors can lift your mood, reduce stress, and improve your wellbeing.



Photo © Centre for Ageing Better

## Request a Nature Buddy

If you'd like support to get outside, try a new activity or join a local group, Nature Buddies will match you with a friendly volunteer who shares your love of nature.

Scan the QR code, visit the Nature Buddies Network at [www.dorset-nl.org.uk](http://www.dorset-nl.org.uk) or ask your GP /social prescriber.