



Nature Buddies

Make a referral



Support patients to connect with nature.

A free, non-clinical service designed to complement social prescribing, that helps people improve their wellbeing through gentle, nature-based support.

Whether someone is anxious about going outside, feeling isolated or unsure, trained volunteers help them take a first step - on a walk, at a local group or even from home.

Nature Buddies offers a flexible, person-centred approach that builds confidence, connection and wellbeing. We work closely with local partners to ensure smooth referrals and meaningful outcomes. Suitable for people with mild to moderate mental health needs or limited mobility.

Photo © Centre for Ageing Better

Make nature part of your toolkit.

Full information at
dorset-nl.org.uk/nature-buddies-referrals

Or contact Kate & Jules at
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or call **01305 228246**