

**Connect** with nature...

**Information Pack**



## Introduction

The aim of this pack is to raise awareness of the key messages from the national Mental Health Awareness Week campaign and provide organisations and workplaces with ideas and activities on how you can get involved with nature in Fife.

## Mental Health Awareness Week 10th – 16th May

Mental Health Awareness Week takes place from 10 - 16 May 2021. The theme of this year's campaign is nature.

The week is hosted by the Mental Health Foundation and will provide an opportunity to open our eyes to the power of nature. Nature is our great untapped resource for a mentally healthy future. (Mental Health Foundation, 2021). Nature and the natural environment can have a positive benefit on mental health and wellbeing. Simple activities like visiting a park, growing a plant, listening to birdsong, reading about nature, or walking round your local community and taking notice of the natural environment, are all ways to help us to connect with nature.

Mental Health Foundation is keen to hear your stories of how nature has supported your mental health. This might be as simple as tending to a house plant, listening to the birds, touching the bark of trees, smelling flowers or writing a poem about our favourite nature spot.

During Mental Health Awareness Week, Mental Health Foundation is asking you to do three things:

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you've made during the week, to inspire others. Join the discussion on how you're connecting with nature by using the hashtags #ConnectWithNature #MentalHealthAwarenessWeek
- **Talk about nature:** use our tips, school packs, research and policy guides to discuss in your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.

To find out more about the national campaign or to get involved please visit - Mental Health Awareness Week 2021 or join the conversation on social media using #ConnectWithNature and #MentalHealthAwarenessWeek

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## Mental Health and Wellbeing

During the pandemic many people have reconnected with nature. Spending time in green space or bringing nature into your everyday life can benefit both your mental health and physical wellbeing. If you would like to find out more about how nature can help improve your mental health please visit the following websites.

### Thriving with Nature

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

### Nature and Mental Health

<https://www.mind.org.uk/media-a/2931/nature-and-mental-health-2018.pdf>

### Mind

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

### Access Therapies Fife

[www.accesstherapiesfife.scot.nhs.uk/](http://www.accesstherapiesfife.scot.nhs.uk/)

This is an NHS service offering a range of free psychological therapies in Fife.

### Moodcafe

[www.moodcafe.co.uk/](http://www.moodcafe.co.uk/)

Moodcafe gives easy access to information about things that can help mental health.

## Mindfulness and Relaxation

Mindfulness is another way that you can connect with nature. We have developed a range of mindfulness colouring sheets which can be downloaded or can be requested from our online catalogue HPAC. There are also a range of mindfulness resources available from Moodcafe and Access Therapies Fife websites.

## Ways to Wellbeing

During Mental Health Awareness Week OnFife Libraries have a range of activities to help you connect with nature. Nature and wellbeing go hand in hand so let their 'Spring Selection' exhibition inspire you to head outside and explore the wonders of this magical season  
<https://artuk.org/discover/curations/spring-selection>

Or why not take a mindful walk with mindfulness expert Martin Stepek as part of their dementia friendly Cultural Connections project? For all this and more check out their Facebook page [www.facebook.com/onfifelibraries](http://www.facebook.com/onfifelibraries) and look out for their posts throughout the week.

## Bring Nature Indoors

Here are a few suggestions of how you can bring nature indoors:

- Buy flowers or potted plants for using indoors.
- Flower arranging indoors.
- Write a poem or read a book about nature. Draw or paint your favourite nature scenes. Build a nature jigsaw.
- Create a collage from magazines or photos. Download your favourite photo to your mobile phone or ipad desktop.
- Open a window and listen to nature sounds. For example birdsongs, ocean waves or rainfall.
- Arrange a comfortable place to sit and look outside from your window.
- Watch a nature programme on TV or listen on the radio.

## Outdoor Activities

If you want to enjoy nature outdoors:

- Walking – go for a walk in green space – join a local walking or rambling group.
- Exercise outside.
- Gardening.
- Woodland Trails.
- Fishing.
- Wildlife spotting.
- Birdwatching.
- Cycling.
- Photography – take photos of your favourite nature spots.

## Resource Pack

We have put together a small resource pack to help you to get started connecting with nature. The pack consists of:

- mindfulness colouring book
- colouring pencils
- mindfulness booklet, produced by Mental Health Foundation
- A4 poster
- wildflower seedsticks

If you would like to request a pack please contact [fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

We hope that you find this pack both informative and beneficial. If you have details of any projects taking place locally that you would like to include within this document or share with us please email [fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

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## Useful Websites

### Mental Health

#### Access Therapies

[www.accesstherapiesfife.scot.nhs.uk/](http://www.accesstherapiesfife.scot.nhs.uk/)

#### Fife Moodcafe

[www.moodcafe.co.uk/](http://www.moodcafe.co.uk/)

#### Clear Your Head

<https://clearyourhead.scot/>

#### Mental Health Foundation

<https://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide>

#### Mind

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

#### NHS 24 Breathing Space

[www.breathingspace.scot/](http://www.breathingspace.scot/)

#### Samaritans

[www.samaritans.org](http://www.samaritans.org)

## Mindfulness and Relaxation

### Meditation

(NHS Fife Psychology)  
[www.youtube.com/](http://www.youtube.com/)

#### Fife Moodcafe

[www.moodcafe.co.uk/](http://www.moodcafe.co.uk/)

#### Mind

<https://www.mind.org.uk/information-support/mindfulness>

#### Countryfile

<https://www.countryfile.com/how-to/a-to-z-of-mindfulness-in-nature/>

#### Healing Power of Wetlands

##### – taken from BBC Winterwatch

<https://www.bbc.co.uk/blogs/natureuk/entries/healingpowerofwetlands>

#### The Call of the Ocean

##### – taken from BBC Winterwatch

<https://www.bbc.co.uk/blogs/natureuk/entries/calloftheocean>

## Ways to Wellbeing

### Fife Cultural Trust

<https://www.onfife.com/>

<https://www.facebook.com/onfifelibraries/>

## Bringing nature indoors

Doing your bit for wildlife from the comfort of your own home

<https://www.bbc.co.uk/programmes/articles/keep-doing-your-bit-for-wildlife>

## Healing Countryside Nov 2020

<https://www.bbc.co.uk/programmes/m000pk32>  
BBC iPlayer Link

## Trellis Scotland

<https://www.trellisscotland.org.uk/>

## Thrive

<https://www.thrive.org.uk/files/images/Thrive-FINAL-The-Feel-Good-Factor-V5.pdf>

<https://www.thrive.org.uk/>

<https://www.thrive.org.uk/how-we-help/gardening-advice/gardening-tips>

## Walking

### Active Fife

[www.activefife.co.uk/](http://www.activefife.co.uk/)

<https://active.fife.scot/locations/lochore-meadows>

### Walk Fife

<https://www.walkfife.com/>

### Welcome to Fife

<https://www.welcometofife.com/things-to-do-results/gardens-and-parks>

<https://www.disabilityscot.org.uk/info-guide/accessible-outdoors/#accessible-walks-in-scotland>

## Couch to 5K

[www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

## Mental Health Foundation

<https://www.mentalhealth.org.uk/events/take-action-get-active>

## National Trust for Scotland:

<https://www.nts.org.uk/stories/the-kingdom-of-fife>

## Paths for All

[www.pathsforall.org.uk/lets-walk](http://www.pathsforall.org.uk/lets-walk)

## Ramblers

<https://www.ramblers.org.uk/forth-valley-fife-tayside>

## Walking Month in May

<https://www.cclg.org.uk/WalkThisMay>

## Fishing

<https://www.welcometofife.com/highlight/fife-fife-fishing-spots>

## Angling Scotland

<https://www.anglingscotland.org.uk/>

## Gardening

### Clear Buckhaven

<https://www.clearfife.org.uk/>

### Eats Rosyth

<https://www.eatsrosyth.org.uk/volunteer/>

## The National Allotment Society

<https://www.nsalg.org.uk/>

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**Royal Horticultural Society**

<https://www.rhs.org.uk/>

**Gardeners World**

<https://www.gardenersworld.com/>

**Take Part in Plant Britain**

<https://www.bbc.co.uk/programmes/articles/take-part-in-plant-britain>

**Trellis Scotland**

<https://www.trellisscotland.org.uk/>

**Thrive**

<https://www.thrive.org.uk/files/images/Thrive-FINAL-The-Feel-Good-Factor-V5.pdf>

<https://www.thrive.org.uk/>

<https://www.thrive.org.uk/how-we-help/gardening-advice/gardening-tips>

**Wildlife**

<https://www.welcometofife.com/things-to-do-results/wildlife>

<https://fifecoastandcountrysidetrust.co.uk/walks/local-nature-reserves-others/>

<https://scottishwildlifetrust.org.uk/local-group/fife-and-kinross/>

**Cullaloe Nature Reserve Burntisland**

<http://cullaloe-reserve.edan.io/>

**Ecology Centre: The Ecology Centre Kinghorn**

**Tentsmuir National Nature Reserve**

<https://www.nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/tentsmuir-national-nature-reserve>

**Nature Scot**

<https://www.nature.scot/>

**Scottish Wildlife Trust**

<https://scottishwildlifetrust.org.uk/>

**Birdwatching**

**RSPB Nature Reserve Loch Leven**

<https://www.rspb.org.uk/reserves-and-events/reserves-a-z/loch-leven/>

**RSPB**

<https://www.rspb.org.uk/>

**RSPB Wild Challenge**

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/>

**Cycling**

<https://www.walkfife.com/cycle-fife/>

<https://www.cycling.scot/>



## Other Useful Websites

### HPAC

<http://hpac.fife.scot.nhs.uk>

### Fife Voluntary Action

<https://www.fva.org/>

### On Your Doorstep

[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

### The Well

[www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well)

## References

### Mind (2018) Nature and Mental Health

<https://www.mind.org.uk/media-a/2931/nature-and-mental-health-2018.pdf>

### Mental Health Foundation (2019) Thriving with Nature

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

### Mental Health Foundation (2021) Mental Health Awareness Week 2021

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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Fife Health  
& Social Care  
Partnership



Supporting the people of Fife together

Health Promotion Service

