



Nurture in Nature Programme

Brief for third sector commissioned service

For the period April 2026 to March 2029

1. Introduction & Background

In recent years, increasing numbers of children and families have faced challenges related to emotional regulation, social isolation, and mental health. It is recognised that children's emotional wellbeing is influenced by the mental health of their parents and carers. When parents experience stress, anxiety, or isolation, it can affect their ability to support their child's emotional wellbeing, leading to difficulties in behaviour, relationships, and resilience.

This service brief outlines a new programme designed for families of children in Primary 1-4, using outdoor environments to nurture emotional wellbeing through play, exploration, and family engagement. The programme will adopt a whole-family approach, recognising the importance of parental involvement in the development of their child's emotional wellbeing.

The following key national and local legislation and guidance inform this brief.

1. Scottish Government's Mental Health Strategy 2017-2027: Key messages within the document are
 - a. Mental Health Conditions must be treated with the same significance as Physical Health Problems
 - b. Sets the term 'Mental Health' within a continuum which ranges from emotional wellbeing such as happiness and sadness to acute suffering, distress and disturbance.
 - c. Situates suffering and distress within a wider social context and explains that the prevalence is likely to be higher in population groups who have experienced vulnerabilities including trauma, adverse childhood experiences and substance use.
 - d. A key ambition within the strategy document is that *'Every child & young person to have appropriate access to emotional and mental health wellbeing support in school'*.

[Mental Health Strategy 2017-2027 - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/publications/2017/201704/mental-health-strategy-2017-2027.pdf)

2. Community Mental Health and Wellbeing Support and Service Framework

Key messages within the document are:

- a. Community supports should be targeted at young people aged 5-24 (up to 26 if care experienced) and their families.
- b. Every child and young person in Scotland should be able to access local community services which support and improve their mental health and emotional wellbeing
- c. Every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment, or community.
- d. Services should be easily available at the heart of community settings
- e. Support should be available out-with the hours of 9-3 pm, Monday to Friday

These services should meet a higher level of additional needs than might be met through universal community provisions (e.g. youth groups)

[Community Mental Health and Wellbeing Support and Services Framework](#)

3. Scottish Government's Getting It Right for Every Child (GIRFEC) National policy commitment to providing all children, young people in Scotland and their families with the right support at the right time. GIRFEC provides a consistent framework and shared language for promoting, supporting, and safeguarding the wellbeing of children and young people. It is locally embedded and positively embraced by organisations, services and practitioners across Children's Services Planning Partnerships, with a focus on changing culture, systems and practice for the benefit of babies, infants, children, young people and their families. Using the GIRFEC principles, the approach to considering children's wellbeing should be rights-based, strengths-based, holistic and adaptable enough to take account of stage of development and the complexity of each child or young person's individual life circumstances. Practitioners and organisations should consider each of the eight wellbeing indicators (SHANARRI) in collaboration, with children, young people and their family.

[Getting it right for every child \(GIRFEC\) - gov.scot \(www.gov.scot\)](#)

4. Fife's Our Minds Matter Framework

Since its introduction in 2017, Fife's 'Our Minds Matter' Framework has served as a reference for everyone in Fife who supports young people's emotional wellbeing, founded on the following key principles:

- Recognition that children and young people need support from the broad pastoral care around them, though nurturing approaches, and a

means of identifying and providing additional support if they experience difficulties.

- Emotional wellbeing does not sit separately to general health and wellbeing and must be seen in the context of wider needs. It is recognised that young people face many challenges growing up, and caution should be exercised in labelling these as 'mental illness' diagnoses or medicalising the normal growing up process.
- Responsibility for children and young people's health lies with the wide range of supporters around them – families, friends and professionals.
- The focus is on strengthening provision at the Universal and Additional stages of support, to reduce the instances of young people's needs escalating to a more intensive level.

[Our Minds Matter Framework](#)

2. The Service Model

Aims:

To deliver a Fife wide nurture in nature programme to strengthen parent-child relationships, improve emotional literacy, and build resilience in a safe and supportive environment.

How will this be delivered?

The service provider will offer a nurture programme for P1-4 aged children, alongside their parents or carers who are at increased risk or poor mental health outcomes. This programme will be delivered in local green and blue spaces.

The sessions will be designed to strengthen parent-child relationships, improve emotional literacy, and build resilience in a safe, supportive environment. Families will engage in outdoor activities such as nature-based play, mindfulness exercises, emotional regulation techniques and group reflection. The aim of these sessions is to promote positive mental health practices, reduce stress, and enhance family bonding. Parents will gain practical tools to support their own wellbeing and that of their child, laying the foundation for healthier coping strategies and long-term emotional resilience.

The service provider will run a block of 4-6 sessions, with a **target of 35 groups** being offered throughout the year. These groups will be shaped by the needs of the families within the schools and will be offered during school holidays and weekends.

The service provider will be expected to have weather contingencies to ensure there is a consistency in service delivery.

The service provider will work closely with the families and provide signposting information for ongoing community-based supports.

Referrals to the service will be made **only from education**. Families will either be identified by schools' or will have approached the school seeking support.

The service provider will be expected to build strong relationships within schools in, actively promoting the service to ensure school staff are aware of its availability and referral criteria.

The service provider is expected to maintain a high level of partnership working with OMM partners, including education, health, and community services. Collaborative working is essential to ensure the most effective and appropriate support is delivered at the right time, enabling the best possible outcomes for each young person.

3. Eligibility of Service Users:

Families will be eligible if they:

- Have a child who is in **P1-4**, and is experiencing challenges related to **emotional wellbeing, social isolation, or family stress**.
- Are **open to engaging in outdoor activities** and group sessions **alongside other families**.
- May benefit from peer support and **community connection**.
- Are enrolled in a **Fife School**

4. Networking & Communication

The commissioned service is expected to work effectively with all relevant strategic and operational partners.

The service provider will be expected to build strong relationships within schools in, actively promoting the service to ensure school staff are aware of its availability and referral criteria.

The service will be expected to:

- Have clear referral process, management of waiting list, and prioritisation of referrals.
- Advocate for children and young people in Service by attending, if requested to do so by the child and/or young person, multi-agency meetings such as LAC reviews, Re-admittance meetings, Children's Hearings.

5. Outcomes

The service provider must deliver on all the identified outcomes:

1. **Improved emotional literacy** in children and parents.
2. **Increased confidence and resilience** through managed risk-taking.
3. **Strengthened family relationships** and peer connections.

4. Enhanced **access to nature for families** facing social or economic barriers.
5. **Positive changes in behaviour and wellbeing,**

All of the above should be measured through pre and post evaluations.

6. Risk Management

Organisations applying for this brief must meet the following criteria:

- The service must be delivered by suitably qualified Mental Health Practitioners
- All staff involved in service delivery must have up-to-date training in child protection, ensuring they are equipped to safeguard and support young people appropriately.
- The service provider must have appropriate case management supervision in place.
- The service must be delivered by suitably qualified Practitioners
- It is a requirement that the service provider contribute as appropriate to young people's assessment and planning, through the Child Wellbeing Pathway process.
- In line with the Equality Act we require that this service ensures that it is accessible to all young people, including those with higher levels of trauma and additional support needs.
- Appropriate plans for the provision of continuous professional development must be in place, including child protection training.
- Practitioners must be, or must become, familiar with relevant legislation and procedures, including informed consent about information sharing, confidentiality and Child Protection.
- This service must have the capability of providing recognised and effective self-harm and suicide interventions as well as providing structured safety planning.
- Suitable record-keeping responsibilities in line with GDPR.
- Suitable complaints policy and procedures in place.

7. Recording, Monitoring and Evaluation

The commissioned service will be expected to adhere to the monitoring, evaluation and reporting procedure, including collation of data to be reported to the local authority for the purposes of reporting to the Scottish Government.

Quarterly:

Submission of qualitative and quantitative data, using pre and post group evaluation based on the outcomes identified in this brief.

Twice Annually (May and October):

Submission of 2 qualitative case-studies, evidencing impact of intervention.

Report to the Link Officer or Health and Wellbeing Coordinator on progress of provision, including challenges and opportunities.

8. Budget

The funding for this project will be in place for a short, fixed-term period between April 2026 to March 2029 with a total budget of **£70,000 per annum**. This budget includes all management, employment, administration and overhead costs and service delivery costs.

Applications will be accepted for both a Fife-wide service model and a locality-based approach. This includes either a single service delivering a Fife-wide programme, or a locality-based model split across the seven Fife localities (Kirkcaldy, Dunfermline, Glenrothes, Levenmouth, North East Fife, South West Fife and Cowdenbeath) with a locality spend of **£10,000**.

Please use appendix A for budget overview when submitting application.

9. Service Bids

Please note that as well as outlining the details of their model, services will be required to stipulate the following information in their bids:

- a) How many total hours the service will provide per annum for direct support with young people.
- b) Transport arrangements for young people and travel time arrangements for staff.
- c) Their supervision model and its associated costs.
- d) Qualifications of Service Deliverers.
- e) Administration and management costs within each year.

Bids should also detail the policy frameworks the organisation will require to manage risk within the project, examples include

- (1) Operational policy reflecting equalities legislation
- (2) Staff absence and management policy
- (3) Recruitment policies and procedures
- (4) Procedure for lone working and working in service users' homes;
- (5) Use of Volunteers
- (6) Risk assessment and management
- (7) Dealing with accident and incidents
- (8) Safe Management of Distress Related Behaviours
- (9) Protection of vulnerable groups including both an Adult and Child Protection policy
- (10) Confidentiality policy
- (11) Training and staff development
- (12) Job descriptions and details of duties
- (13) References and enhanced disclosure check for staff

(14) Procedures for the supervision, appraisal and disciplinary of staff

The funding of the service will be subject to compliance with Fife Council's Monitoring and Evaluation Framework which requires that all funding awards are reviewed on an annual basis as part of the council's on-going commitment to ensure that organisations are meeting the terms of their Service Level Agreement. A Link officer will be appointed to work closely with the organisation if the organisation does not already have an appointed Link Officer.

10. Commissioning timeline

Closing Date for application: **6th March 2026**

Shortlisting: 11th March 2026

Panel meeting: 24th March 2026

All applications should be submitted through using this link:

<https://forms.office.com/e/jcYCKTTQq0>

Appendix A

	YEAR 1	YEAR 2	YEAR 3
STAFF COSTS - SALARIES			
Salaries & Wages			
Employers National Insurance Contribution			
Employers Superannuation Contribution			
Sub-Total	£	£	£

STAFF COSTS - OTHER			
Travelling Expenses			

Conference & Training			
Staff Recruitment			
Other (Please Specify)			
Sub-Total	£	£	£

PROPERTY COSTS			
Rates			
Rent			
Insurance			
Repairs & Maintenance			
Heat & Light			
Cleaning Materials			
Other (Please Specify)			
Sub-Total	£	£	£

SUPPLIES & SERVICES			
Provisions			
Office Equipment			
Equipment Leasing			
Publicity			
Publications			
Other (Please Specify)			
Sub-Total	£	£	£

VEHICLE COSTS			
Fuel			
Licence & Insurance			
Repairs & Maintenance			
Other (Please Specify)			
Sub-Total	£	£	£

ADMINISTRATION			
Printing & Stationery			
Postages			
Telephone			
Audit Fee			
Secretarial/Accountancy/Fees			
Subscriptions			
Volunteer Expenses			
Other (Please Specify)			
Sub-Total	£	£	£

TOTAL EXPENDITURE	£	£	£
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LESS INCOME / OTHER FUNDING (please specify)			
Total	£	£	£

GRANT APPLIED FOR (ANNUALLY)	£	£	£
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TOTAL GRANT APPLIED FOR OVER 3 YEAR PERIOD:	£
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