

FEEL GOOD IN THE FOREST FAQS



WHAT IS FEEL GOOD IN THE FOREST?

Feel Good in the Forest is part of Forestry England's Active Forests Programme, supported by Sport England. It is a flexible programme of activities helping people to increase their physical activity, improve their wellbeing and enjoy the benefits of spending time in forests.

Feel Good in the Forest is all about supporting each other to find ways to be active, feel restored and build resilience, connect with each other and the forest, be empowered to try new things and be included in the activities.

WHO ARE THESE SESSIONS FOR?

Everyone is welcome. Feel Good in the Forest is open to any individual with mild-to-moderate health conditions or who is looking to improve their health and wellbeing. This includes anyone with long-term mental health conditions, low mood, anxiety or stress and who wants to increase their physical activity through movement in the forest. You can self-refer or be referred by a support worker.

ARE THESE SESSIONS FREE TO ATTEND?

Yes! Our Feel Good in the Forest nature journaling sessions at Guisborough Forest are free to attend. However, pre-booking is required which can be done via our website or by emailing/calling us.

WHAT ACTIVITIES ARE INCLUDED WITHIN A SESSION?

Our nature journaling sessions include a gentle walk in nature, followed by 3 nature journaling activities that focus on deepening our connection to nature, tapping into our inner creativity, and boosting wellbeing. Our sessions include opportunities for self-reflection and group discussion, and always finish with optional refreshments back at the Visitor Centre for those who wish to stay and have a chat.



WHERE DO THE SESSIONS TAKE PLACE?

Our Feel Good in the Forest nature journaling sessions take place at Guisborough Forest in North Yorkshire. Session attendees should park at Guisborough Forest Walkway and Visitor Centre car park (please note: there is a charge of £4.80 for the car park), and meet at the Visitor Centre entrance.

HOW LONG IS A TYPICAL WORKSHOP?

Our sessions typically last 2.5 - 3 hours (10am - 12.30pm/1pm), with added time for optional refreshments back at the Visitor Centre for those who wish to stay longer for a chat.

WHAT IS THE GROUP SIZE FOR A SESSION?

Group sizes for these sessions are generally 7-12 people.

WHAT MATERIALS ARE INCLUDED?

All supplies are provided, including art paper, pens, pencils, clipboards, other creative materials, and sit mats. Everyone will take home a small sketchbook and a creative project booklet to continue their creative practice after the session.

WHAT ARE THE BENEFITS OF THESE WORKSHOPS?

Our past participants have told us that they've left our sessions feeling relaxed, more connected to nature, creatively inspired, and re-energised (have a read through our recent testimonials!). These sessions are a great way to reduce stress, reconnect with our inner creativity, connect with others, and enjoy some much-needed time outdoors.

WHAT DO I NEED TO BRING?

Feel free to bring a rucksack or comfortable bag to carry anything else you might like (e.g. water, snacks, spare layers). Your instructor will contact you in advance of the session with a reminder and any additional details. We will provide all the essential supplies, including art paper, pens, pencils, clipboards and sit mats.

WHAT SHOULD I WEAR?

Our sessions are hosted in a forest habitat, which can feel cooler than expected. Please bring layers to keep you warm and appropriate footwear for walking. We also suggest bringing a waterproof, too!

WHAT WILL I GET TO TAKE HOME?

You will be able to take home a customisable nature journal and a woodland project booklet full of creative activities to try after the session, along with some Feel Good in the Forest wellbeing resources.

WHAT IF THE WEATHER IS BAD FOR AN OUTDOOR SESSION?

Our sessions will go ahead whether it's sunny or raining! There are a lot of benefits to experiencing and noticing nature in different weather conditions (but make sure to bring your wet weather gear if it's due to rain). Workshops will be rescheduled in cases of adverse weather conditions (e.g. high winds, storms, dangerous conditions).

CAN I BRING MY DOG ALONG?

Sorry, no dogs!



CAN MY CHILDREN COME ALONG?

Apologies, our workshops are for adults aged 18+ only. To check if there are workshops for families and/or children and young people, please email wildcreativesuk@gmail.com.

DO YOU ACCOMMODATE FOR THOSE WHO CAN ONLY WALK SLOWLY/FOR SHORT DISTANCES?

During our sessions, we tend to cover a distance of 1-2 kilometres. This will be at a slow pace, and there will be opportunities to stop and sit. If you would like to have a chat before booking, please email wildcreativesuk@gmail.com.

DO YOU HAVE A QUESTION THAT HASN'T BEEN ANSWERED HERE?

Please get in touch with us, we'd love to help!

Email us: wildcreativesuk@gmail.com

Call us: **07840 210403**