

Wellbeing at the Orchard

A wellbeing programme based at Roundway Orchard, Devizes

Funded by Healthwatch Wiltshire



Final Report

Nick Self – Project Officer
Melanie Vincent – Project Support and Administrator

Introduction and background

Wiltshire Wildlife Trust has a long history of delivering wellbeing programmes aimed at improving people's mental wellbeing by engaging them in purposeful and meaningful nature-based activities.

It was the first wildlife trust in the country to provide such a service, operating in Wiltshire since 2008 and in Swindon since 2017, and has inspired other wildlife trusts to set up similar programmes. Over the years, the Trust's wellbeing programme has helped hundreds of participants improve their mental health and, on exiting the programme, helped them move on to other activities, whether it be further volunteering, training or employment.

In 2019 the Trust applied for funding from Healthwatch Wiltshire's Community Cash Fund to fund a distinct eight-session wellbeing programme – themed around apples and orchard maintenance – based at Roundway Orchard in Devizes.

The aim of the programme was to bring people together in a safe, judgement-free space, where people facing different mental health difficulties can communicate or interact at their own pace in a supported way, helping to build confidence and enable connection.

Funding was granted in May and the project started in July.

Project format

The project delivered eight sessions which took place between Tuesday 2nd July and Tuesday 19th November.

A promotional leaflet and poster were produced (Appendix 1 and 2) and distributed widely through the usual channels and established contacts (Trust website, local library, local job centre, GP surgeries, support organisations, etc). New supporting documents were also produced including referral form, participant agreement form and referral criteria (Appendix 3, 4 and 5), and a schedule of proposed activities was prepared and distributed to participants (Appendix 6).

Participants were offered free minibus pick-up and drop-off from Devizes market square, tea/coffee and biscuits on arrival, and food on wild-cooking days.

The original end-date was extended as a couple of sessions had to be postponed due to bad weather and staff availability. An 'Apple Celebration' event, which was originally, meant to mark the end of the project, went ahead and took place on Saturday 12th October; the

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purpose of the event was to celebrate the work the participants had done so far and to harvest some of the apple crop.

The project was delivered by Nick Self, Project Officer, and Melanie Vincent, Project Support and Administrator.

Project outcome

In total 16 referrals were received; some came via community support services including Wiltshire Council, Richmond Fellowship, Victim Support and mental health services, and others were self-referrals.

Five referrals never made it onto the programme as they were too unwell/unable to join (for example, one became homeless, another was too anxious to attend even with the offer of 1-2-1 support from her community support worker, and another had childcare issues which prevented her from coming).

Participants on the programme had a range of mental health issues, including anxiety, depression, obsessive compulsive disorder (OCD), personality disorder, post-traumatic stress, psychosis and schizophrenia.

In terms of demographics, 7 were male (64%) and 4 female (36%), 4 were in the 20-39 age range (36%), 6 in 40-59 age range (55%), and 1 was over 60 (9%).

Of the 11, one participant left after a couple of sessions as he decided the programme was not for him. The rest stayed on, but attendance for some was poor due to mental and physical health issues which prevented them from coming (for example, one participant was sectioned, another had a fall).

Whilst on the programme participants engaged in a number of activities including:

- conservation work including pruning and weed clearing around saplings
- guided walks around the wider nature reserve
- nature craft sessions including whittling
- wild cooking on site including a no-bake apple crumble, apple fritters and a squash and apple soup



Captions (clockwise from top left): Sessions start with boiling the Kelly Kettles for teas and coffees; one of the participants cooking the filling for the no-bake apple crumble; some of apples collected on the Apple Celebration event; the uncommon Collared Earthstar fungi identified on a nature walk.



The wellbeing of participants was monitored using the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) (Appendix 7). The WEMWBS is a scale of 14 positively worded statements which is widely used by organisations to assess wellbeing interventions.

A participant's first WEMWBS score becomes their baseline score from which progress is measured. Participants are invited to fill in a form every session they attend. This is optional, and although it is encouraged, participants are aware it's not compulsory.

Only five participants regularly completed forms. Of those, the wellbeing score increased for 3 out of 5, and remained the same for 2 out of 5.

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The WEMWBS is only one way of measuring the impact of the programme; another is simple talking to the participants about how they feel the programme is benefiting them, and observing the changes in participants and progress made. With one particular participant for example, when she started the programme, she was very quiet and would hardly say a word, but by the end there was a definite change in her behavior – she became more confident and was able to start a conversation, ask questions, and even share a giggle.

Two participants gave the following feedback:

“When I was told about [the programme], I had never done anything outside before so I wasn’t sure how I would feel. But when I came out on the first session, I loved it. Being out gives me peace – I always look forward to my ‘nature’ days.”

“It’s been an amazing experience, to have the opportunity to take part in the Wellbeing Programme and come out and learn new things. There’s life out there – in all senses of the word – and something to get up for. I have gained the confidence to have a go – I’ve learnt that you can do things, and get on with life.”

By the end of the programme, 7 participants went on to further volunteering roles – some on another wellbeing programme which started soon after ‘Wellbeing at the Orchard’ came to an end.

Going forward

Since the programme came to an end, further funding has been secured from Wiltshire Council Public Health for the Trust to provide a wellbeing programme in Wiltshire over the next 12 months. Some of the participants on the orchard programme have since moved on to the new programme and are already benefiting from the activities on offer.

Participants on the orchard programme will be followed up 3, 6 and 9 months after the programme came to an end to find out how they are feeling. In addition to questions about

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how happy and content they feel, there will also questions on trust and social isolation. The questionnaire will also ask if participants visit more local green spaces and/or nature reserves following their participation on the programme. One of the participants has agreed to have a case study written about her; this will be done in spring 2020.

Plans are still ongoing to set up a follow-on volunteer group to manage the orchard, and participants from the Wellbeing at the Orchard programme will be invited to join that group.

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Appendix 1 Promotional leaflet

Session 6 Planet - Care for the planet

Participants will have the opportunity to contribute to essential conservation work carried out by the Trust. The activity on the day could involve cooking with apples from the orchard.

Session 7 Spirit - Give

Volunteering your time and seeing yourself and your happiness linked to the wider community can be incredibly rewarding. The activity on the day could include preparing the orchard for the Apple Celebration Event for the local community.

Session 8 Celebration

The programme will conclude with a celebration event, designed to enable participants to reflect on what they have achieved and what they would like to do next. There will be an opportunity to share a meal cooked on site, and the programme will conclude with a certificate presentation to celebrate each person's participation.

Please note that the schedule of activities may be subject to change.

All participants are invited to come along to the Apple Celebration Event at Roundway Orchard on Saturday 12th October (timings tbc)



The programme will be delivered by the Wellbeing Team.

For more information you can contact us on 01380 736 098 or by email to wellbeing@wiltshirewildlife.org.

About Wiltshire Wildlife Trust

Our vision is to create a county rich in wildlife and to help people live sustainable lifestyles that protect the environment for the benefit of everyone.

We have more than 18,000 members, look after 38 nature reserves, are supported by hundreds of volunteers, and work with local communities, schools, businesses and public bodies to achieve our aims.

Wiltshire Wildlife Trust Ltd, Elm Tree Court, Long Street, Devizes SN10 1NJ Charity No. 266202
info@wiltshirewildlife.org www.wiltshirewildlife.org
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June 2019

What is it?

The **Wellbeing at the Orchard** programme, offered by Wiltshire Wildlife Trust and funded by Healthwatch, provides a series of outdoor nature activities designed to improve people's wellbeing. Activities include conservation work, wildlife walks, wild cooking and nature-based crafts and all take place at Roundway Orchard Nature Reserve, Devizes.

Is it for you?

- Are you looking for something to improve your mental and emotional wellbeing?
- Have you been – or are you at risk of – experiencing low mood, stress, anxiety or another mental health issue?
- Would you like to meet new people in a safe and supportive environment?
- Would you like to spend more time in nature?
- Would you like to learn some new skills?

When and where?

- Eight free activity days for adults living in Wiltshire.
- Tea and coffee provided (but please bring packed lunch).
- Activities last 4 hours and are led by fully-trained facilitators.
- No previous experience necessary!



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Wellbeing at the Orchard

Roundway Orchard, Devizes
 (eight-session programme)

Tues 2nd July - Tues 8th October 2019



Supporting mental and emotional wellbeing through nature



Activity schedule

The activities offered are based on the Six Ways to Wellbeing, i.e. the six areas of our lives – Body, Mind, Spirit, People, Place and Planet – where we can make improvements to live more fulfilling lives, mentally, physically and emotionally.



Session 1 Welcome to the programme

The first session will welcome participants to the programme, and will include a nature walk around the reserve. Other activities on the day could include a conservation task and a team building activity.

Session 2 Place - Take notice

By looking after the nature reserve, participants will become more aware of the natural world around them. Activities on the day could include conservation and maintenance work on the reserve.

Session 3 Body - Be active

Participants will learn why regular exercise is essential for both physical and mental health. The activity on the day could be scrub clearance and conservation work.

Session 4 Mind - Keep learning

Participants will learn new skills. The activity on the day could be a whittling session carving a spoon from wood with guidance from a local wood worker.

Session 5 People - Connect

Participants will have the opportunity to take part in some nature-based team building activities, which will highlight the benefits of building trust, relationships and friendships. The activity on the day could be planting plugs and seeds.

The Wheel of Wellbeing was developed by the mental health team at South London and Maudsley NHS Foundation Trust.

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Appendix 2 Promotional poster

A sustainable future for wildlife and people

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Wellbeing at the Orchard

Roundway Orchard, Devizes

(eight-session programme)

Tues 2nd July - Tues 8th October 2019



Run by Wiltshire Wildlife Trust's Wellbeing Team,
the programme provides nature-based activities for
people who are struggling with their mental health.

For more information you can contact us on **01380 736 098**
or send an email to **wellbeing@wiltshirewildlife.org**.

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Appendix 3 Referral form

A sustainable future for wildlife and people

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Wellbeing at the Orchard (eight-session programme)
Referral Form

A. Participant's personal details

Forename:	Surname:
Date of birth:	Gender:
Address and postcode:	
Telephone number:	Mobile number:
Email:	
Please explain why you would like to take part in the Wellbeing at the Orchard programme:	

B. Participant's medical and health information

The Wellbeing at the Orchard programme involves physical activity, sometimes in remote locations, with limited access (if any) to facilities. Please outline any physical and/or mental health conditions that you have (such as depression, anxiety, low mood, self-harm, substance misuse, learning difficulties, mobility issues, etc):	
If you use support service/s, please tell us which ones you use (mental health services/social services/supported housing/etc.):	
<i>If you are open to mental health services, please answer the two questions below:</i>	
Do you have a recent care plan (in the last 3 months): Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you have a recent risk assessment (in the last 3 months)? Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you have any allergies: Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please state:	

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Please provide details of any relevant medication you are taking:

Please note: The Wellbeing Programme staff are not clinically trained and cannot administer any medication. The participant is responsible at all times for their medication. We reserve the right to refuse attendance if there are any signs that any necessary medication has not been brought to the activity day or taken as prescribed. This is to ensure there is no unnecessary risk to anyone.

GP's name:	GP's telephone number:
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GP's surgery and address:

C. Participant's consent

- I agree for the information on this form to be released to the Wellbeing Programme.
- I consent to my information being stored electronically (in accordance with the Data Protection Act 2018).
- I agree to the Wellbeing Programme staff contacting my GP, referrer or other health professional to clarify any issues on this form, to inform them of my participation on the programme, and in the event of any health, safety and wellbeing issues which may arise during the course of my attendance on the programme.
- I understand that if I have any existing medical conditions or plan to make significant lifestyle changes, that I am advised to consult my doctor. If there are any changes to my health, I will notify the programme team at the earliest opportunity.
- I give my consent for any relevant information on my wellbeing and participation on this programme to be used for evaluation and monitoring purposes.
- I give my consent to be contacted 3, 6 and 9 months following the end of my participation on the programme for feedback and evaluation purposes.
- Wiltshire Wildlife Trust take our responsibility for looking after information seriously. We follow data protection legislation when asking for or handling your information including: personal data shall be processed fairly and lawfully; data is processed only for the purpose(s) for which it was collected; data is adequate, relevant and not excessive; data is accurate and kept up-to-date; data is not kept longer than necessary; data is kept secure against unauthorised access and loss or damage. In addition, we will never sell or share your details with third parties.
- If you are a participant on the Wellbeing Programme, the Trust has a legal and legitimate interest in keeping your personal data. This ensures that we can contact you, take account of your health and safety and any medical/disability issues and record your volunteering/activity. By signing this application, you are confirming that you understand that your details will be kept on the Wiltshire Wildlife Trust database in accordance with the above data protection statement.

Participant's signature:	Date:
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Please return to: Wellbeing Programme, Wiltshire Wildlife Trust, Elm Tree Court, Long Street, Devizes SN10 1NJ. If you have any queries about completing the form, please call Wellbeing on 01380 725 670.

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Appendix 4 Participant agreement form

A sustainable future for wildlife and people

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Wellbeing at the Orchard (eight-session programme)

Participant Form

Participant's name:				
Emergency contact information (fill in section below)				
Name:	Relationship:			
Telephone:	Mobile:			
Address:				
Photo consent (tick box in section below)				
Occasionally Wiltshire Wildlife Trust would like to use photos of participants in activities for promotional purposes. These images may appear in our printed publications, on our website, in local press and social media. (Please note that websites and social media content can be viewed throughout the world, not just in the UK where UK law applies.) To comply with the Data Protection Act 1998, we need your permission before we use any images of you.				
May we use your image within Wiltshire Wildlife Trust's printed publications, local/national press, websites and social media?				
<input type="checkbox"/> Yes	<input type="checkbox"/> No			
Contact preferences (tick box in section below)				
We'd love to keep you posted with our news, activities and appeals. Your details will only be used by the Wiltshire Wildlife Trust – we will never sell your information to other organisations to use for their own purposes. Please tell us if you would be happy for us to contact you by:				
<input type="checkbox"/> Email	<input type="checkbox"/> Post	<input type="checkbox"/> Phone	<input type="checkbox"/> SMS	<input type="checkbox"/> All
Please confirm email if not already given: _____				
Participant agreement (sign and date section below)				
What we expect from you	Date:			
<ul style="list-style-type: none"> To respect others and to not behave and speak to others in a way that may cause offence or harm. To respect and take care of Wiltshire Wildlife Trust property (sites, tools, equipment and vehicles). To be responsible for bringing medication, food or equipment needed for the safe management of my condition. To not carry or use any illegal substances or alcohol. To dress in clothing appropriate for the day's activity. 				
What you can expect from us				
<ul style="list-style-type: none"> That we will provide a welcoming and supportive environment. That we will respect you and respect your confidentiality. That we will provide you with full induction and training about the site and the activity taking part at the site, providing you with the necessary tools and training to carry out the tasks. 				
Participant's signature:	Date:			

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Privacy declaration

Wiltshire Wildlife Trust take our responsibility for looking after information seriously. We follow data protection legislation when asking for or handling your information including:

- Personal data shall be processed fairly and lawfully
- Data is processed only for the purpose(s) for which it was collected
- Data is adequate, relevant and not excessive
- Data is accurate and kept up to date
- Data is not kept longer than necessary
- Data is kept secure against unauthorised access and loss or damage

In addition, we will never sell or share your details with third parties.

If you are a participant on the Wellbeing Programme, we (the Trust) have a legal and legitimate interest in keeping your personal data. This ensures that we can contact you, take account of your health and safety and any medical/disability issues and record your volunteering/activity. By signing this application, you are confirming that you understand that your details will be kept on the Wiltshire Wildlife Trust database in accordance with the above data protection statement.

10th June 2019

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Appendix 5 Referral guidelines

Wellbeing at the Orchard (eight-session programme)

Guidelines for referrals

The Wellbeing Programme offers nature-based activities for adults experiencing, or at risk of developing, low to medium mental health issues. It is also suitable for those experiencing social isolation, and for those who think they may simply benefit from joining. The activities offered include conservation work, wildlife walks and nature-based crafts, and all take place on nature reserves or local green spaces.

Please read the following to ensure referrals are appropriate.

- 1) The programme is ideally suited to those experiencing low to medium mental health issues, like anxiety, stress, low mood and depression, or those who may be at risk of developing mental health issues due to recent bereavement, redundancy, or other traumatic events. It is also suitable for those struggling with feelings of social isolation, and those who feel may simply benefit from the programme.
- 2) The programme is for adults only; there is no upper age limit.
- 3) Because of the nature of the activities involved, and where they take place (uneven ground), participants should be independently mobile and able to take part in physical activity independently.
- 4) The programme is open to people of all abilities though for their own safety and the safety of others they should be able to follow instructions and get involved in the activities with minimum supervision.
- 5) Due to staffing levels it is unlikely we will offer places to individuals who present a significantly high risk to their own or others safety.
- 6) Due to staffing levels we are not able to offer one-to-one support.
- 7) Participants should be receiving support to disengage from drug or alcohol addictions if this is a part of their mental health issue.
- 8) Participants cannot attend sessions whilst under the influence of illegal drugs or alcohol.
- 9) There is an expectation that participants will arrive on time at the start time and will attend at least 75% of the sessions offered.
- 10) Participants should be aware that toilet facilities are not available at Roundway Orchard Nature Reserve, where the sessions will take place.

June 2019

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Appendix 6 Original proposed schedule of activities

Wiltshire Wildlife Trust - Wellbeing Through Nature Orchard Group @ DROF – July to October 2019				
Date	Staff	Activity Location	Duration -11am – 3pm approx. end	Activity
Tuesday July 2nd	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Introduction to group Fixing hazel hurdle around flower borders Build rocket stove for future cooking activities Nature walk
Tuesday July 16th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Continue and complete fixing hazel hurdle Clearing vegetation from path
Tuesday July 30th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Cut and rake Cutting grass around saplings
Tuesday August 13th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Whitling session (part 1) Nature walk
Tuesday August 20th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Whitling session (part 2) Making apple bird feeders
Tuesday September 10th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Plant plugs and seeds Cooking: apple crumble
Tuesday September 24th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		Cut and rake Orchard tidy – collecting fallen apples Cooking: apple fritters
Tuesday October 8th	Nick / Mel	Roundway Orchard Wiltshire Wildlife Trust, SN10 5FQ No Toilets and Shelter Available		End of group celebration Final orchard tidy Cooking: squash and apple soup Nature walk

Pick up at Market Place, Devizes, 10:30am. Drop off around 2:45pm. Activities may change according to weather or logistics at any time, but you will be informed of this by text message or phone. **Please wear sturdy footwear and dress appropriately for the weather conditions.** Please bring lunch. For information about bus transport please contact Wiltshire bus enquiry line 08457 090899. For further details about the activity contact **Nick Self** on **07876 298995**.

Appendix 7 Warwick-Edinburgh Mental Well-Being Scale

The Warwick-Edinburgh Mental Well-Being Scale

Below are some statements about feelings and thoughts.

Please place a tick or a cross in the box that best describes your experience
of each over the last two weeks.

Statements	None of the time	Rarely	Some of the time	Most of the time	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					

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