

Pembrokeshire Outdoor Health Project: Background, Aims and Objectives

Background:

The Pembrokeshire Outdoor Health Project works to improve health and wellbeing by providing opportunities for participation in outdoor nature-based programmes. It is funded through the NRW Resilient Communities Fund.

The Pembrokeshire Outdoor Health Project is being run in partnership with Coed Lleol Small Woods Wales, and Pembrokeshire Coastal Forum.

Aim:

The aim of the Pembrokeshire Outdoor Health Project is to support the health and wellbeing needs of the population of Pembrokeshire by increasing opportunities for social prescribing to the outdoors (“green/blue social prescribing”) by health and social care professionals, support organisations, as well as being accessible by self-referral.

Objectives:

- To work in partnership with Outdoor and Woodland Professionals to design and deliver programmes of nurturing outdoor activities that are accessible to people with a range of health and wellbeing needs.
- Each outdoor activity programme will provide demonstrable opportunities for participants to put the “5 ways to wellbeing” into practice. These are **Connect, Be Active, Take Notice, Learn, Give** ([5 ways to wellbeing - NHS www.nhs.uk](https://www.nhs.uk/5ways))
- To connect people with coastal, woodland and other outdoor spaces within their local communities, so that people and places can benefit from this nature connection in a sustainable way.
- To form strong connections and partnerships with other organisations across Pembrokeshire working within the Outdoor



Health & Wellbeing Sector, improving awareness and access to initiatives which best support a participant's needs at a local level.

- To form a Pembrokeshire Outdoor Health Project Steering Group comprising key stakeholders to guide the development of the project, alongside supporting the wider growth of the Outdoor Health & Wellbeing Sector in Pembrokeshire and Wales-Wide.
- To develop best practice and training for Outdoor Health & Wellbeing Providers.

