



**Wellness
Walks**

Nineveh Charitable Trust funded.. ...Nature Engagement Walks

We wanted to write & say a big thank you—not just from us but from some very happy participants.

In November 2021 the Nineveh Charitable Trust gave us £2000 of funding to run Nature Engagement Wellness Walks for people with self-reported low mental health.

We ran a series of 4 walks in April 2022 just as Spring bloomed into being—the walks had themes designed to educate & inspire; Ecosystems, Fungi, Wildflowers and Native Trees.

“It’s been an absolute lifeline going on these Wellness Walks, getting me out of my village and outside with other people”

Carol, participant



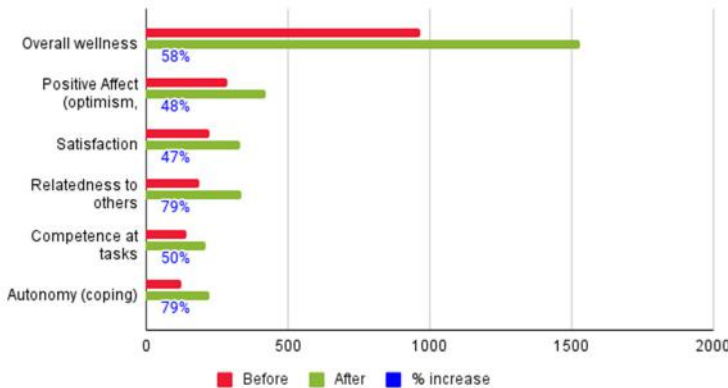
“I didn’t realise there was so much to see so close to home—it’s inspired me to get outside and really look more often!”

Linda, participant

We measure our outcomes using the Warwick - Edinburgh Mental Well-Being Scale (WEMWBS)

This scale is recognised by the NHS & third-sector providers as being one of the most reliable self-report measures available. Participants complete a ‘before & after’ questionnaire—this is the only cost to participants

Impact on Wellness for participants



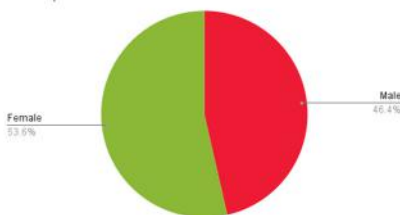
This data is specific to the walks that Nineveh Charitable Trust funded.

Overall the addition of both a learning element and the supplying of educational materials (field guides) & tools (magnifiers), as well as the progressive nature of the walks (75% of participants attended all 4 walks) were identified contributors to greater improvements in self-reported wellbeing than we have on our overall combined reporting (a +/-10% higher improvement level across all outcomes).

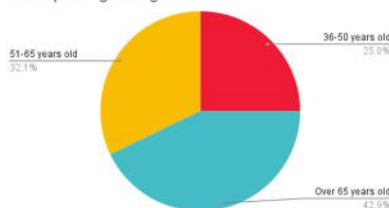
We are also aware that funders want to know who we’re supporting & what the cost is:

Average per hour investment by funders in participants: £11.90

Participant Gender Mix



Participant Age Range



Total Hours: 24

Total Attendees: 28

Total Individuals: 28

Wellness Walks is the public facing delivery vehicle for our social enterprise
Mental Health North West CIC Ltd is a not-for-profit company registered

In England, registered number: 13172068



**Mental Health
North West CIC**