

Tackling mental health and wellbeing through outdoor programmes

Dr Gary Mantle MBE
Chief Executive

Wiltshire Wildlife Trust

The work of a Wildlife Trust isn't just about wildlife...



Wiltshire Wildlife Trust

Our Mission: To create Living Landscapes and help people connect with nature and live more sustainably

- Working to improve health and wellbeing of people
- To provide, support and encourage outdoor learning

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We offer many ways for people to get involved in our work

- Last year we had 1,500+ volunteers
- Giving 66,000 hours of their time
- Equivalent to £890,000 worth of staff time

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Current programmes

- **Adult Wellbeing Programme** – Running since 2008 across Wiltshire
- **Youth wellbeing** – Running since 2010 and includes Forest Schools and targeted work with SPLASH and Young Carers
- **MoD Rolling Recovery Programme** – Since 2011 working with Help for Heroes



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“Whilst post traumatic stress disorder is probably the best known veterans’ mental health disorder, research has confirmed that depression, personality disorder and alcohol-related issues equally impact on military veterans”.



“Retired service population in the South West of over 400,000 (concentrated in Wiltshire and Plymouth)”.

<http://www.swveterans.org.uk>

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New programmes

- **Reaching Communities (Big Lottery)** – working with adults with mental health issues in Swindon.
- **Repair Academy** - a social enterprise start up dedicated to reducing waste, providing skills and training for young people and offering affordable goods to low-income households.

