



# NATURE WORKS

## NURTURING WELL-BEING IN YOUNG PEOPLE

### Who are we?

NatureWorks offers children and young people the opportunity to be outside, be in nature and be active on tailored programmes aimed at improving both their physical and mental well-being.



### What is the aim?

1. Support and enhance the relationships between children and young people (CYPs) and their key worker(s) and encourage further support.
2. Enable the development of self-confidence, self-esteem and resilience in CYPs, to support their mental health.
3. Create and promote a lasting relationship between CYPs and nature.



### What do we do?

Fun and challenging activities based on bushcraft, carried out alongside key workers, enhance conversations and relationships. From there support and development can flourish.



### Want to find out more?

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