



**Framework**  
For your future



# Nature in Mind

Promoting wellbeing and recovery through engagement with nature and heritage-related activities in Nottinghamshire and beyond.

A special thanks to



A free service run by Framework and funded by the Heritage Fund.

## What is Nature in Mind?

Nature in Mind is a Framework service for adults which draws on the unique capacity of heritage and nature to restore and improve mental and physical health.

## Evidence shows that spending time in heritage and natural environments can:

- Reduce stress and anxiety
- Help reduce the need for medication
- Reduce levels of depression
- Help overcome isolation and social exclusion
- Improve physical health
- Improve mood and self esteem.

Nature in Mind provides varied opportunities and activities related to heritage and nature in small, supportive groups.

## How to get involved

You can apply to Nature in Mind if you are over 18, feel you are excluded or experience mental health difficulties such as depression or anxiety, and would find it difficult to access local heritage and nature sites without support. You do not need a medical diagnosis.

To take part in Nature in Mind ask your support worker, health professional, or doctor to complete our referral form. You can also complete a referral form yourself if you wish.

**e:** [natureinmind@frameworkha.org](mailto:natureinmind@frameworkha.org)

**t:** 0115 970 9591

**w:** [www.frameworkha.org/natureinmind](http://www.frameworkha.org/natureinmind) (for referral form)

Once we have received your completed referral form we will contact you by letter to let you know that you have been accepted and are now free to book onto activities.

