



Wellbeing, Resilience, Community,



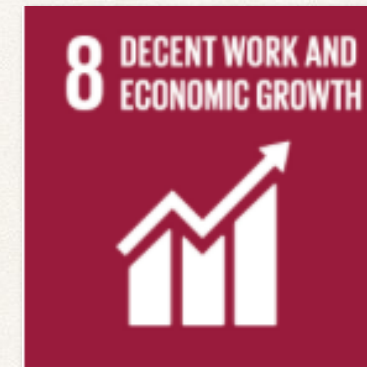
Scott Noble

NU Director, Actor, Digital person

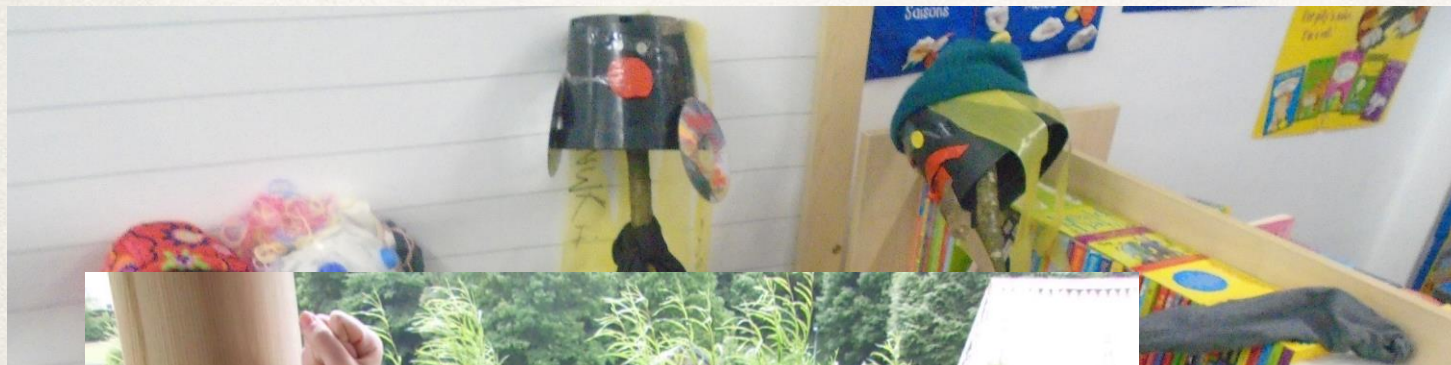
Wild about Wellbeing

I get out more with my dogs and don't sit on my bed on my phone much anymore. I go for walks in the woods or to the shops more than I used to. I've started to care for nature ~~and~~ etc. I never used to do gardening but I've started to like/enjoy it so I've started going to my Gran to do things in the garden with her. I used to never talk to my friends or family but now I've started to go out ~~and~~ on my bike or just walk up to see them. Forrest School have helped me understand that it's not healthy to always be inside, so that is why I go out.

Natural Transitions



Ecoheroes



Wild Woodlanders



Non-project Areas

- ❖ No physical office
- ❖ Car share
- ❖ Spread across the Borders
- ❖ Leave no trace philosophy
- ❖ Green woodworking using locally coppiced woods
- ❖ Using resources that are available in the woodland settings
- ❖ Take a little where there's a lot.



See for yourselves...

