

WOODLAND RESILIENCE IMMERSION

for Mental Health practitioners

Nature-based ways to resource yourself and your practice

Hazel Hill Wood, near Salisbury, 25-26 September 2019

The impact on mental health workers of prolonged overload, the stress of ever-rising demands with shrinking resources, needs creative responses. This Woodland Resilience Immersion offers a different way to gain new insights and skills, to raise your resilience and nourish your wellbeing. The event is for psychiatrists and mental health/child mental health professionals interested in sustainability and nature-based approaches in the sector.

These programmes have been jointly developed by Hazel Hill Trust and Westminster Centre for Resilience (WCR). Following two very successful pilot programmes with hospital doctors, they are now offering a pilot group tailored to GP's.

In 2018, we recognised that a more immersive, catalytic process than the typical half or one-day session in an urban workplace training room was what many health professionals needed.



Hazel Hill Wood have several years' experience of delivering nature-based resilience programmes for a range of front-line services. 'Immersion' offer a unique combination of both teams' expertise. The format for our September programme is a one-night, 28-hour residential, including the following elements:

- Conservation work and physical activities together to de-stress, relax into the woods and shift gear.
- An evening campfire circle for sharing, mutual support and insights on work stresses
- Learning about resilience from the woodland ecosystem, and practical tools for our own wellbeing and our teams.
- Practicing simple techniques based on applied neurobiology, mindfulness and traditional sources which can be used in everyday work.
- Processes and time to consider better approaches for tackling work challenges and systemic pressures.

CREDENTIALS

There is now growing evidence of the benefits of nature immersion. For example, the book [Your Brain on Nature](#), sets out extensive research support for the specific benefits of Nature contact in offsetting high levels of stress, Directed Attention Fatigue, information overload, and excessive 'screen time'. The pilot programmes at Hazel Hill have been formally evaluated on several measures by Westminster Centre for Resilience and showed statistically significant impacts. A summary of their evaluation is available.



FACILITATORS

The partner organisations involved can draw on a wide range of facilitators: Immersions have at least two facilitators, one a mental health professional, one from Hazel Hill, both with extensive experience of resilience programmes for the health sector.

The hosting team for September will draw from:

Alan Kellas worked as a GP in NHS, private holistic and self-help settings, then as a consultant NHS community and inpatient psychiatrist for children and adults with learning disabilities, and as tutor on the whole person care programme at Bristol Medical School. Alan has a deep interest in nature connections as a factor in health.

Marcos Frangos is General Manager of Hazel Hill Wood, director of Wellspring Change doing systemic personal and organisational resilience work and development. He's led many resilience programmes for health professionals at Hazel Hill and managed a wellbeing strategy in a large local authority.

Roger Duncan: systemic psychotherapist, author of '[Nature in Mind](#)' has a career spanning mainstream mental health work in CAMHS settings, to running vision quests, he's also been involved with Ruskin Mill where they deliver courses for people with complex learning needs.

ABOUT HAZEL HILL WOOD

A magical 70-acre woodland, near Salisbury. It has simple, yet beautifully crafted off-grid wooden buildings with lovely indoor and outdoor group spaces, basic single or twin bedrooms (or camping), good hot showers, civilised compost loos, a sauna and hot tub. See more at www.hazelhill.org.uk. The wood is run by an educational charity whose aims are to promote wellbeing, resilience and sustainability through programmes at the wood for a wide variety of client groups. The food is outstanding!



TIMINGS 12.30pm 25th- 4.00pm 26th September 2019

COST AND BOOKING

The cost £130 per person, including facilitation, accommodation (shared sleeping spaces or camping) and food. Single room supplements and concessionary rates available on request. Group limited to 12 participants. **TO BOOK:** Please contact Nicky Green for a booking form: enquiries@hazelhill.org.uk or m: 07943 666 292.

FOR ENQUIRIES, CONTACT Marcos Frangos: manager@hazelhill.org.uk or m 07881 425804