



Promoting positive mental health for young people by connecting to nature and supporting parents



There is a growing evidence base for engaging with the natural outdoors to support mental health and wellbeing. It can be challenging for both young people and parents to find a helpful way of navigating and communicating about mental health. Gordano School has partnered with local agencies to be able to offer an exciting pilot project for young people who are experiencing challenges with mental wellbeing and the knock-on effect these challenges can have at home. Nature Well has been shown to be an effective intervention for child and adolescent mental health and is established both locally and across the country.

As such Gordano School and facilitators from the Natural Academy are running a session to help support parents through the often-challenging role of bringing up teenagers who struggle with their mental health. The session will include learning about the benefits of nature-based activities and an experience of some of the activities that have a growing evidence base in supporting wellbeing. There will be some space to connect with others and share ideas about how nature can be a helpful tool for adults and their children who might be experiencing challenges with mental wellbeing. Similarly, this will be a chance to work in a supportive environment and take time out for yourself.



When: Saturday 29th June

Time: 10am to 1pm

Where: Gordano School Secret Garden - please arrive on the school site and make your way to the new sports hall where someone will be there to meet you.

Tea and coffee will be available on arrival.

Limited to 12 places so this is on a first come first served basis.

Please contact Mandi Davies to secure your place by 21st June 2024

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