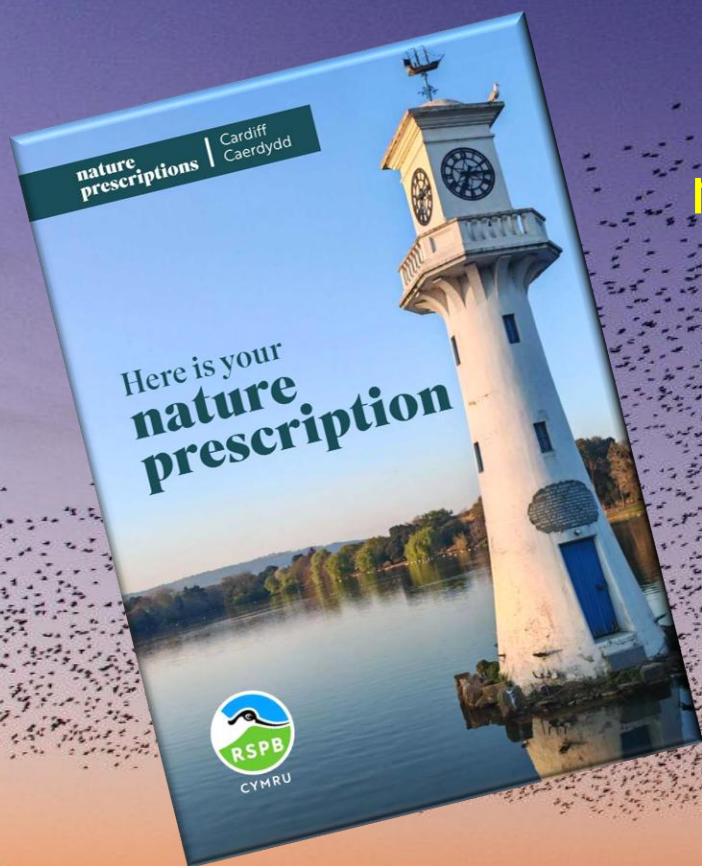




RSPB NATURE PRESCRIPTIONS

nature connection supporting health and wellbeing

PRESGRIPSIYNAU NATUR RSPB

cysylltiad natur yn cefnogi iechyd a lles

David Llewellyn

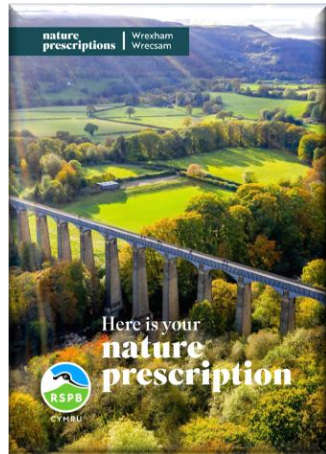
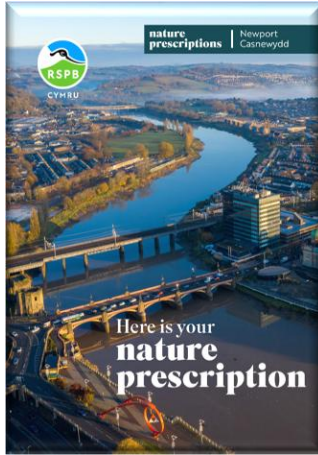
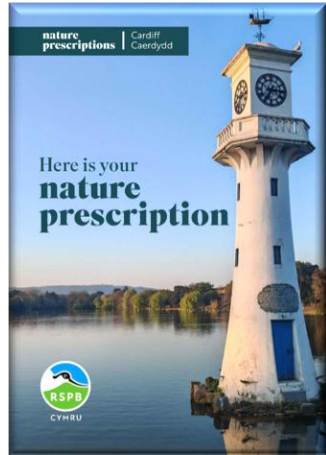
Arweinydd Natur a Lles/Nature and Wellbeing Lead – RSPB Cymru

PHW biodiversity and wellbeing meeting - 12/11/2025

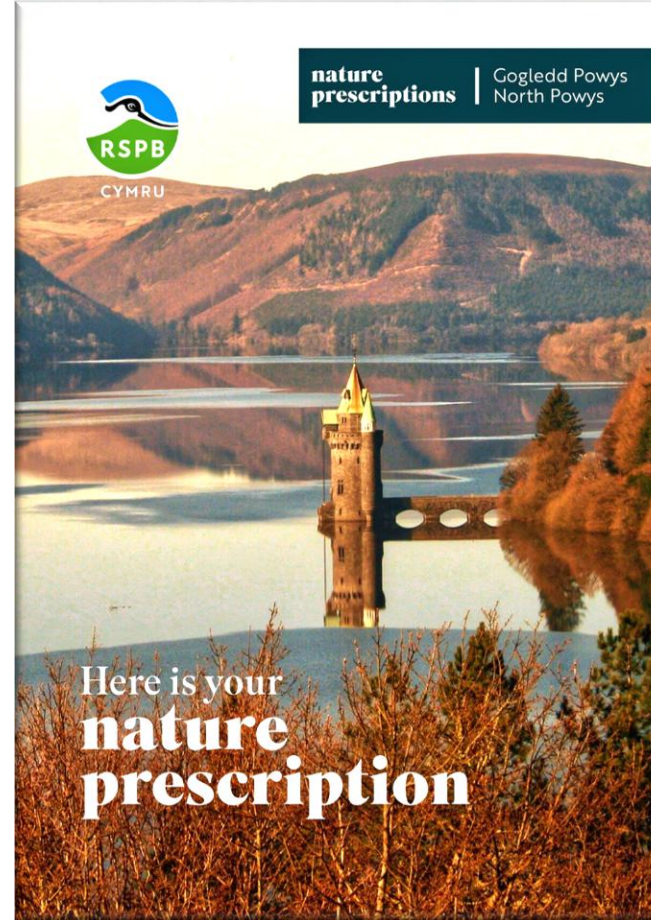


RSPB Nature Prescriptions: supporting health and wellbeing in Wales

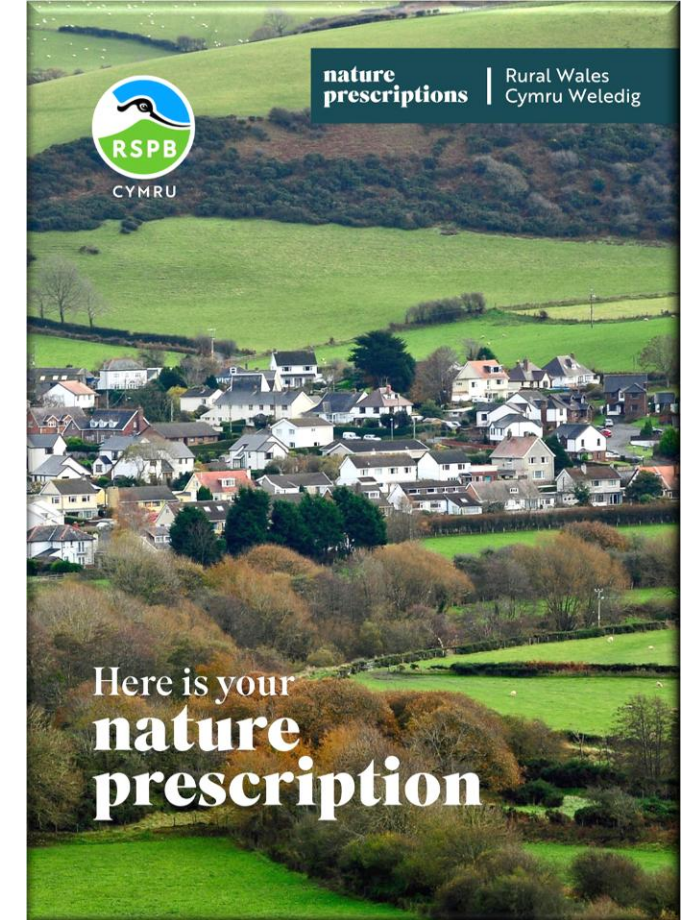
Presgripsiynau Natur RSPB: yn cefnogi iechyd a lles yng Nghymru



Swansea
Vale of Glamorgan
Denbighshire*

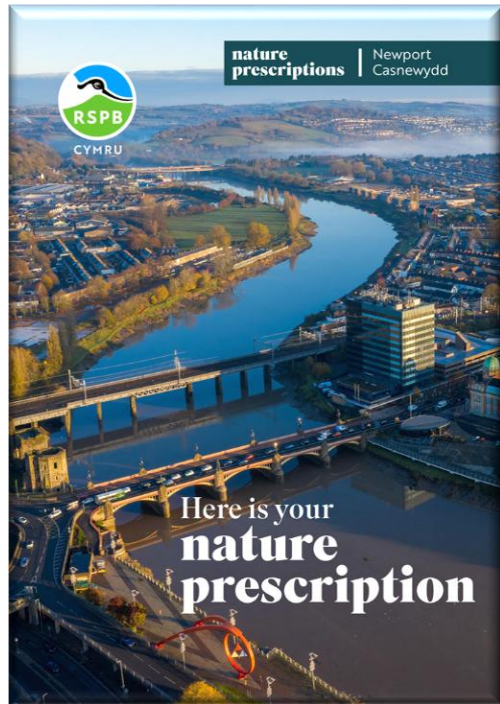


North Powys
Ynys Mon?
Ceredigion?



RSPB Prescriptions are free and simple to provide

Mae Presgripsiynau'r RSPB yn rhad ac am ddim ac yn hawdd i'w darparu



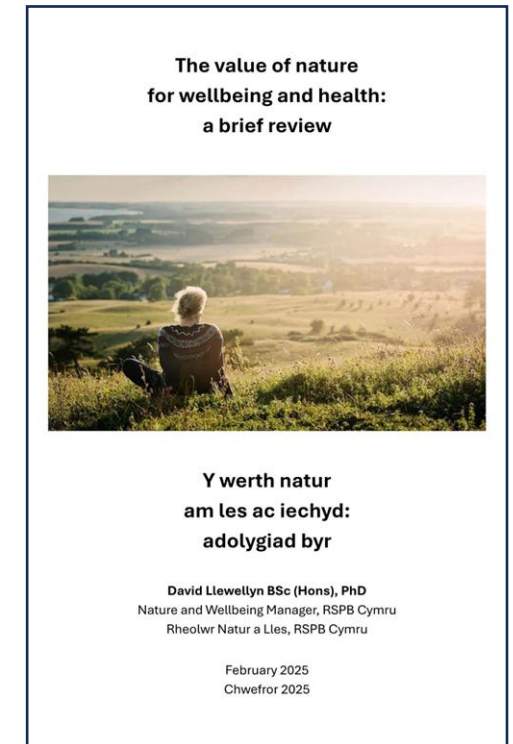
- **free to the recipient**, non-medical approach based on **accessible, self-led activities** that people can do from anywhere with **no need to travel**, on their own. or with others
- a **guided conversation** between a healthcare professional and their client to encourage and support them to connect with the natural world to benefit their mental and physical wellbeing
- supported by a **booklet of seasonal ideas and suggestions** to enable people to explore ways of connecting to nature that are personal and meaningful to them

Health and Wellbeing benefits of Nature Connection

Manteision Iechyd a Lles Cysylltiad Natur



- reduces feelings of stress and anxiety
- improves mood
- reduces blood pressure
- enhances immune function
- improves physical health
- improves sleep quality
- reduces loneliness
- improves confidence & self-esteem
- reduces brain activity related to pain



RSPB Nature Prescriptions: feedback shows they work

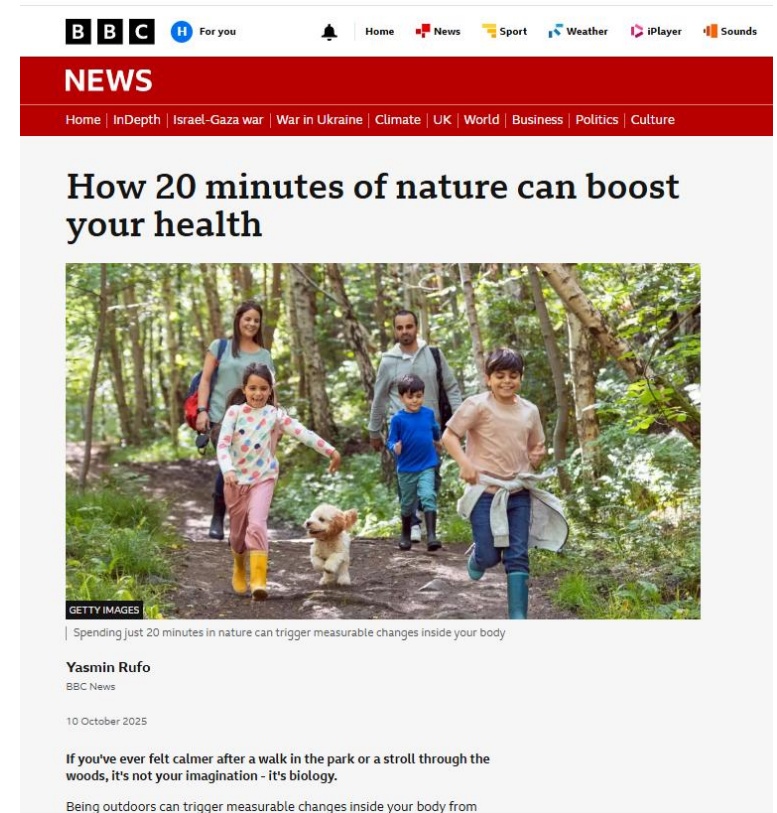
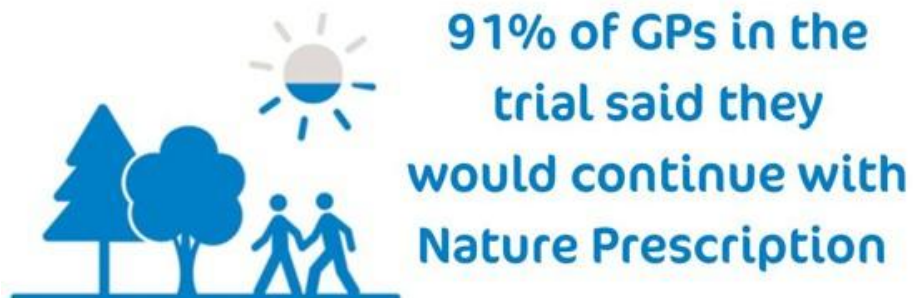
Presgripsiynau Natur RSPB: adborth yn dangos eu bod yn gweithio



“I loved the calendar booklet. It got me out of the house even at my worst anxiety.”

“Just sitting and listening to the breeze in the leaves and bird song clears my mind and slows my breathing, calming me.”

“It is a powerful and deep emotional” boost/tonic that does help, as simple and basic as it may seem.”



10th October 2025

Add value to and complement 'traditional' green social prescribing

Yn ychwanegu gwerth at bresgripsiynu cymdeithasol gwyrdd 'traddodiadol' ac yn ei ategu



Nature connection *itself* is the prescription

Nature is not simply a backdrop or setting for activities

Supports and allows healthcare and associated professionals to deliver

Not a direct referral into activities or another service

People are encouraged to access nature where they live

Addressing some barriers and challenges in green social prescribing

Nature Connection improving health and wellbeing

Cysylltiad Natur yn gwella iechyd a lles



Five ways to wellbeing



contact

Engaging with nature through all our senses – listening to wind in the leaves, feeling grass between our toes.



beauty

Noticing the beauty of the natural world – admiring the detail of a leaf, watching a sunset.



emotion

Creating an emotional bond with nature – how does it make us feel?



meaning

Finding meaning in nature's events and stories – the first snow, new life in spring.



compassion

Showing care and concern for our environment – what can we do for nature?

Five pathways to nature connectedness



RSPB Nature Prescriptions: co-produced and endorsed locally

Presgripsiynau Natur yr RSPB: wedi'u cydgynhyrchu a'u cymeradwyo'n lleol



Cardiff Castle from Coopers Field

What others say about RSPB Nature Prescriptions

"I loved the calendar. It got me out of the house even at my worst anxiety."

Prescription Recipient

"Just sitting and listening to the breeze in the leaves and birdsong clears my mind and slows my breathing, calming me."

Prescription Recipient

"Nature is an amazingly generous source of life and abundance that supports our health and wellbeing. In the midst of a nature and climate crisis, we need to do all we can to connect better with nature to support both it and ourselves. What better way than a Nature Prescription. We look forward to using them."

Dr Stuart Gray
GP - Whitchurch Medical Practice, Cardiff

nature prescriptions | Cardiff
Caerdydd

Your Nature Prescription was given to you by:

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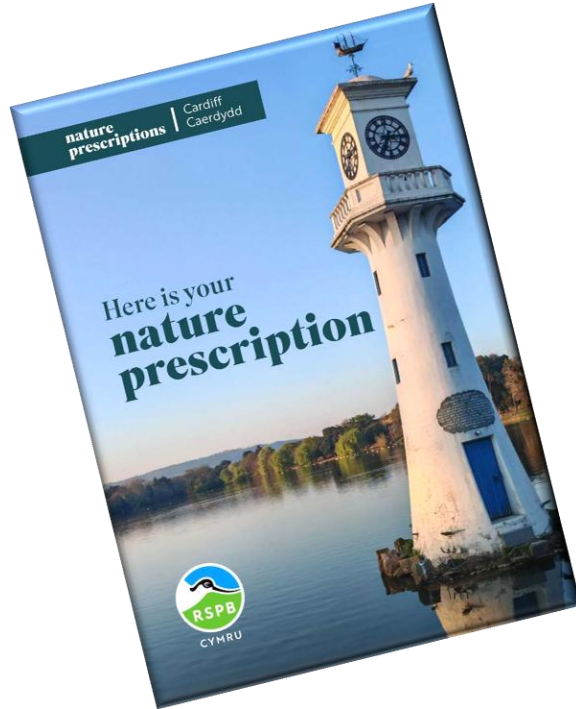
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CYMRU

RSPB Nature Prescriptions – the booklet: how it works

Presgripsiynau Natur yr RSPB – y llyfryn: sut mae'n gweithio



Alongside the Taff Trail at Hailey Park

What is a Nature Prescription?

Nature is important for our wellbeing and health.

An RSPB Nature Prescription will help you engage more with nature by doing the suggested activities in this booklet, which are designed to support and improve your wellbeing and health.

Evidence shows that connecting meaningfully with nature can:

- reduce feelings of stress and anxiety
- improve our mood
- help us feel more relaxed
- help us to be more active
- improve physical health
- improve sleep quality
- improve confidence and self-esteem
- help reduce loneliness

Connecting with nature doesn't cost, and you don't need any special clothing, equipment, or skills.

Nature is everywhere and for everyone, even in our busy cities. You can find it almost anywhere close to you - along pavements, in parks, in gardens and allotments, on buildings, or by looking out of a window.

The suggested activities are set out as a monthly calendar. In addition, the booklet indicates some places for nature you can visit in Cardiff at any time of the year. These can be reached by bus, or by walking or cycling.

There are also website links to learn more about nature, as well as ideas to help nature, both of which can support your wellbeing.

Images: Front Cover- David Llewellyn | Back Cover - Canva Pro Licence | This page - Marshal Henry



City Centre from Grangemoor Park

How a Nature Prescription works

Use this booklet to support your wellbeing and health.

You may be new to engaging with nature or perhaps you do so already. Spending time in nature can be wonderful, but we know that what you do and notice to connect with nature is important for your wellbeing.

The suggested activities in this booklet will help you to develop a better connection with nature, based on the following five simple Pathways to Nature Connection.

- senses** engaging with nature through all our senses
- listen to the wind, feel the grass between our toes.
- beauty** noticing the beauty of the natural world
- admire the detail of a leaf, watch a sunset.
- emotion** creating an emotional bond with nature
- how does nature make us feel?
- meaning** finding meaning in nature's events and stories
- the first snow, new life in Spring.
- compassion** showing care and concern for our environment
- what can we do for nature?

You should start to notice benefits by trying just some of the activities.

- Choose which activities you do and when you want to do them.
- Feel free to do them on your own, or with others.
- Think of your own ideas too and try those.
- Repeat them as many times as you like.

Image: David Llewellyn | Credit: Pathways to Nature Connection - University of Derby Nature Connectedness Research Group



CYMRU

RSPB Nature Prescriptions – the booklet: how it works

Presgripsiynau Natur yr RSPB – y llyfryn: sut mae'n gweithio



Golden Waxcap fungus

Try the nature suggestions as and when you want

The days are getting shorter, but embrace the beauty of autumn from glorious trees, to fascinating fungi and wonderful wildfowl.

- Watch the autumn leaves as they fall and dance in the wind. See if you can catch one.
- Go for a weekly walk and notice the changing colours, light, and scents of autumn. Notice how you feel before and after your walk.
- Look at a spider's web closely and its intricate patterns. Can you spot the spider?
- Collect leaves, acorns, cones, and conkers and see how you can create pictures or even words – perhaps take a photo of them.
- Notice fungi growing on or near trees or patches of grass. Look for different colours, shapes and patterns, but don't touch or taste them as they can be poisonous.
- Sit or stand beneath a tree that has begun to drop its leaves. Look at the changing patterns in its branches. How do you think the tree helps the wildlife around it?

Learn more

Trees are spectacular in their autumn colours.

Scan the QR code to learn more. Or visit: bit.ly/britishtrees



Autumn Leaves

Images: Top - Ben Andrew (rspb-images.com) | Bottom - Canva Pro Licence



A Place to Visit
Parc Cefn Onn
bit.ly/parccefnonn

Your Nature Diary - October

- Find a favourite local place for nature. Visit when you want, remember how it feels, and maybe take a photo to remind you how it changes in the year.
- Use the space below to write about or draw what you've noticed this month.

Helping nature

A 'bug hotel' in a garden made from materials such as dry grass and plant stems can help insects and other creatures.

To find out more, with ideas, scan the QR code. Or visit the RSPB at: bit.ly/RSPBbuildabughotel



Image: Nia Bell/Alamy

RSPB Nature Prescriptions – the booklet: how it works

Presgripsiynau Natur yr RSPB – y llyfryn: sut mae'n gweithio



Winter Sunset at Cardiff Bay

December

Nature's changing beauty is with us all year round

The magical majesty of midwinter. Night skies reveal their wonders, frost forms beguiling patterns, and mosses add colour to woods.

- See if you can find any winter wildflowers providing colour on a winter's day.
- Head out early to find frost on windows, bus stops, or vehicles. Notice it on plants or on walls. Look closely at their icy forms.
- Find a nature programme on television or radio to watch or listen - or listen to a podcast.
- Listen for and think about your favourite nature sounds and how they make you feel? Are there songs you like that feature nature?
- Wrap up warm and go outside with a warm drink. Listen to the sounds of nature. Watch your breath in the cold air and frost sparkling on leaves and branches.
- Mid-winter is a great time to look at our dark skies. Look for the early stars to appear. Can you notice the different constellations or even see shooting stars?

Learn more

Winter sometimes gives us snow in December.

Scan the QR code to learn more. Or visit: bit.ly/10snowfacts



Snowy Taff Trail



Images: Top - Cofiant Images/Alamy | Bottom - Canva Pro Licence



A Place to Visit
Hendre Lake and Park
bit.ly/hendrelake



Your Nature Diary - December

- Find a favourite local place for nature. Visit when you want, remember how it feels, and maybe take a photo to remind you how it changes in the year.
- Use the space below to write about or draw what you've noticed this month.

Helping nature

You can help birds in the winter by providing food in outdoor spaces - on windowsills, a balcony, or in the garden.

For advice and tips from the RSPB, scan the QR code. Or visit the RSPB at: bit.ly/RSPBbirdcafe



Image - David Llewellyn

RSPB Nature Prescriptions – the booklet: how it works

Presgripsiynau Natur yr RSPB – y llyfryn: sut mae'n gweithio



Ladybird on Lavender flower

Think of your own ideas to connect with nature

The start of summer. Enjoy the long days and the evening light. Hedgehogs are active at night and bats can be seen flying.

- 🐌 Look for a snail after rainfall. Follow its movement and how it uses its tentacles to sense the world. Let yourself slow down.
- 🐝 Put out some water for insects and watch them as they visit to drink. Can you see different types?
- 👣 Try to find a safe space where you can walk barefoot to feel the sensation of the grass beneath your feet.
- 🌊 Sit next to a local lake, pond or river, listen to the sounds of the water and watch the wildlife.
- 🌸 Visit your local park or garden and try to find scented plants, such as Lavender, and savour their smell. Watch for any visiting butterflies and bees and what they do.
- ☀️ Have a warm morning drink outside or sit next to an open window. Breathe in the fresh air. Watch birds foraging for food or feeding their young.

Learn more

Bumblebees and honeybees are crucial for wild plants and crops.

Scan the QR code to learn more. Or visit: bit.ly/aboutbumblebees



Carder Bumblebee

Images: Top - Canva Pro Licence | Bottom - Richard Bedford (rspb-images.com)



A Place to Visit
Talacre Beach and Point of Ayr
bit.ly/talacrepointofayr

Your Nature Diary - June

- 🐝 Find a favourite local place for nature. Visit when you want, remember how it feels, and maybe take a photo to remind you how it changes in the year.
- 📝 Use the space below to write about or draw what you've noticed this month.

Helping nature

Make a bee-drinker to help bees and other insects. You just need a small dish or saucer and some pebbles or stones.

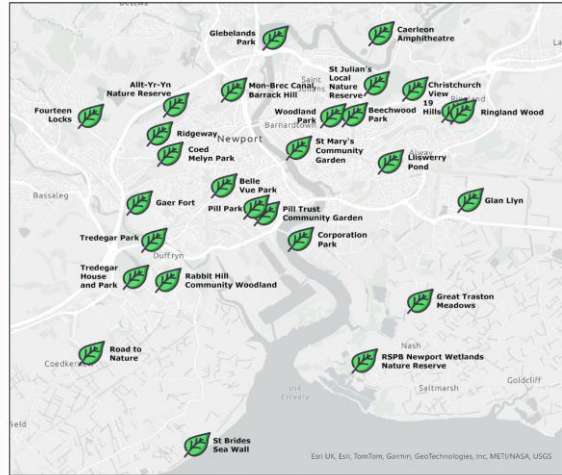
To find out how, scan the QR code. Or visit: bit.ly/insectwatering



Image: Mandy Hayes

RSPB Nature Prescriptions – the booklet: how it works

Presgripsiynau Natur yr RSPB – y llyfryn: sut mae'n gweithio



More places for nature in Newport

Nature can be found in and around where you live. The map above shows some other locations in Newport you may also wish to visit to connect with nature. Travel information links are given below.

You are advised to check in advance for accessibility, opening hours, and if there are facilities like toilets or places for refreshments available.

Travel by Bus

Find bus services in Newport via Traveline Cymru.
Scan the QR code or visit: bit.ly/travelinetransport



Walking and Cycling

Find out about cycling and walking routes in Newport.
Scan the QR code or visit: bit.ly/newportactivetramvelmaps



On the next page, there are links to download some free Apps to help you identify and learn more about wildlife you see and hear.

Map: Created by Conservation Data Management Unit (RSPB)



Barrack Hill and Mon-Brec Canal walk

Nature Identification Apps

Seek

Helps identify plants, animals, and other living organisms.
Scan the QR code for the App or visit: bit.ly/seekIDapp



Merlin

Helps identify birds you can see and hear.
Scan the QR code for the App or visit: bit.ly/merlinIDapp



iRecord Butterflies

Helps identify butterflies you see and helps save them too.
Scan the QR code for the App or visit: bit.ly/butterfliesIDapp



Flora Incognita

Helps identify the plants, flowers and trees you see.
Scan the QR code for the App or visit: bit.ly/wildflowerapp



What's that Bumblebee?

Helps identify bumblebees you see.
Scan the QR code for the App or visit: bit.ly/bumblebeesapp



Star Walk 2

Helps identify stars and other features in the night sky.
Scan the QR code for the App. Or visit: bit.ly/nightskiesapp

Image: David Llewellyn



St Mary's Community Garden, Corporation Road

Being Creative with Nature

Nature can be a great source of creative inspiration to support wellbeing.

The link below provides some practical help and guidance with creative activities together with activity sheets for you to download and use.

Nature Connection Wellbeing Activities

Creative nature resources to view or download and use.
Scan the QR code or visit: bit.ly/creativenaturewellbeing



Local Wellbeing Support and Information

If you want to find more information on general and nature wellbeing support and activities in Newport, the following links will help you.

Your Newport, Your Wellbeing

Helping keep you, your neighbours and community well.
Scan the QR code or visit: bit.ly/yournewport



Your Newport, Your Wellbeing - search

Search the Your Newport site for what's on and where.
Scan the QR code or visit: bit.ly/yournewportsearch



Your Newport, Your Wellbeing - nature

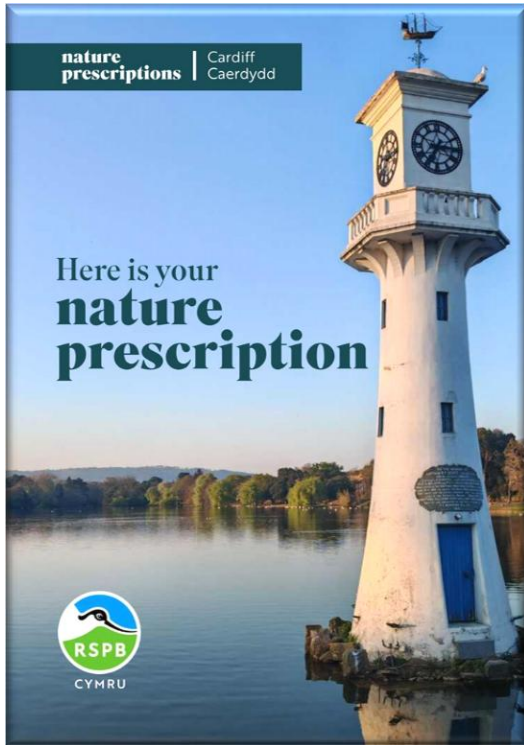
Find nature spaces, activities and groups in Newport.
Scan the QR code or visit: bit.ly/newportoutdoors



Image: John Stone (Maindee Unlimited)

RSPB Prescriptions support professionals and patients

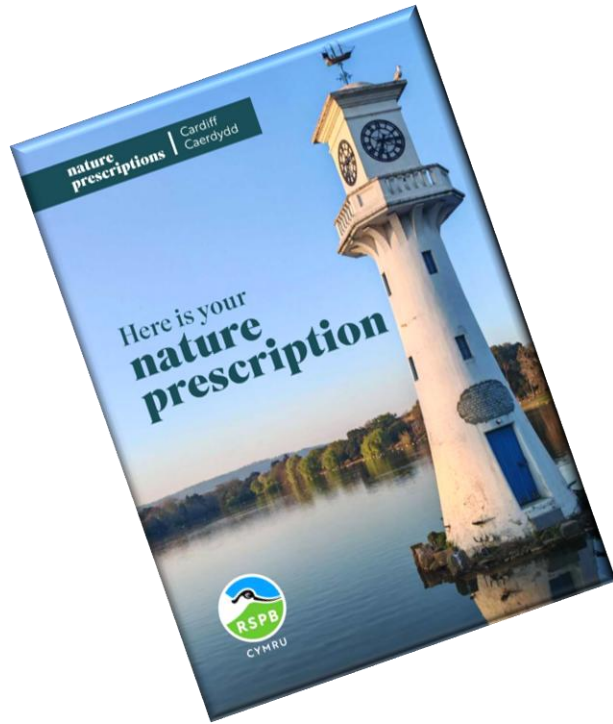
Mae Presgripsiynau RSPB yn cefnogi gweithwyr proffesiynol a chleifion



- **An added opportunity and tool** to support and improve the mental and physical wellbeing and health of patients/clients
- Not a panacea - they are not either/or: **an addition to the toolkit**
- Can be used by GPs/social prescribers/community connectors/specialise rehab teams and other appropriate professionals – *you don't need to be experts on what's available in the area*
- Simple approach based on **proven foundations and evidence**
- **They work as shown by pilot data** and subsequent use
- **FREE to providers and to patients**
- We provide training (can be part of CPD) and resources, as well as continued support for providers
- We have already provided nearly 3000 NP booklets to partners in Cardiff and Newport with accompanying training sessions

RSPB Nature Prescriptions: key messages - try them!

Presgripsiynau Natur yr RSPB: negeseuon allweddol - rhowch gynnig arnyn nhw!



1

It makes a difference

There is a huge wealth of evidence that connecting to nature is good for our wellbeing.

The evidence from the RSPB Nature Prescriptions pilot in Edinburgh proves that they work.

2

It's free with no big commitments

It is a simple, free to use, flexible resource to help people to make time to connect to nature for their wellbeing.

There is no need to travel or to join organised groups.

3

Has proven foundations

The activities may seem simple, but they are based on well-recognised means of supporting wellbeing, such as the Five Ways to Wellbeing, Mindfulness, and Positive Psychology.

4

Adapts to any lifestyle

It may have a whole year's worth of activities, but adopting even a few of the ideas into everyday life can make a difference.

It's about knowing it's okay to make time to enjoy being with nature as the benefits will soon show.

5

A different way to focus on nature

Even if people feel like they already go outside or go for a walk, this approach is different.

It's about really noticing what is around you and enjoying nature wherever you are.

6

Has no side effects

There are no negative side effects and it's complementary to other methods to support wellbeing.

7

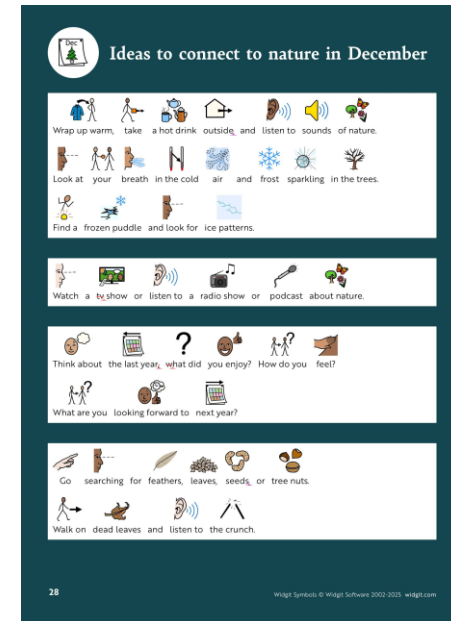
Supportive and suitable for all

There is something for everyone. It doesn't matter what physical or mental health condition someone presents with, connecting to nature can help all of us.

RSPB Nature Prescriptions: final comments and an offer

Presgripsiynau Natur yr RSPB: sylwadau terfynol a chynnig

- ‘Non-health’ partners: nature wellbeing is “everybody’s business”
- Easy Read (Widgit)/Dementia/Flying start versions
- Catalyst for enhancing local biodiversity opportunities
- Open to invitations in other localities (capacity dependent)





THANK YOU – DIOLCH YN FAWR

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