

The Blue Prescribing Project

What is the Blue Prescribing Project?

The Blue Prescribing Project is a wetland health programme specifically co-designed and delivered by the Mental Health Foundation and Wildfowl and Wetlands Trust to promote a range of mental and physical health benefits through facilitated wetland nature engagement at the London Wetlands Centre and a self-management course. The overall aim is to improve health by harnessing the link between people and nature.

How is it delivered?

It is delivered in a peer support setting, where people will explore as an online or face to face session, on how to better self-manage their mental health and wellbeing and in person at the London wetlands engaging in activities around wildlife all towards improving participants self-confidence, overall mental health and well-being and developing social connections.

Duration:

The programme runs for six weeks as a self-management course where participants are expected to split their time between an online or face to face community of learning, alongside attending in person the nature-based activities at the London Wetland Centre.



Who is it for?

Vulnerable single parents, people with long term health conditions, vulnerable diverse groups and people recovering from long covid-19.

How to get involved:

Anyone eligible can self-refer, social prescribing agencies, link workers, community groups and voluntary organisations can also refer, by sending an email to blueprescriptions@wwt.org.uk

For further enquiries and information, please call: **020 7803 1196**, **07901 620 230** or visit our websites:

wwt.org.uk
mentalhealth.org.uk

A new project has been announced today to improve people's mental health through connecting to 'watery' nature. Find out more by visiting wwt.org.uk/our-work/projects/blue-prescribing