

Why me?

We are contacting you because you have previously been to the GP due to anxiety and/or depression.



Who are we and what are we doing?

We are a team of researchers from the Universities of Exeter and Plymouth. We are currently designing a research study to see how effective it is for people's mental health to take part in nature-based activities. As part of this, we want to see how feasible and acceptable a course of nature-based activities is to people with anxiety and/or depression. This will help us to design a larger study in the future to definitively test its effectiveness.



What does taking part involve?

You would take part in group activities organised by Newquay Orchard once a week for 6 weeks. This would include things like nature walks, gardening and conservation activities. We will ask you to complete research questionnaires about your health and talk to us about how you found the experience.



How do I find out more?

If you think you might be interested, or have any questions, please contact the research team – Michelle Tester-Jones, Harriet Hunt and Ruth Garside (lead researcher) - on



• nature@exeter.ac.uk or 01392 581812 to find out more.

Please leave your name, GP surgery and consent to pass your contact details onto our activity provider when you get in touch. Thank you!

We hope you will want to take part but there's no obligation - if you decide it is not for you then that's fine!