Use of nature and the natural environment to provide a therapeutic experience for an individual with a specific need is currently being used in some parts of the UK in response to a variety of conditions including loneliness, cardiovascular conditions, depression and physical ailments [3].

Known as Green care, this is a form of social prescribing which brings together the sense of achievement from reaching the top of the hill, the joy of a chat over coffee and the stress reduction attributes of spending time with nature.

**Discussion**

Reflective of the challenges in green care, participants’ adherence was low, which has effected the statistical power of the data. Participants that used the app reported improved wellbeing scores at the end of the 7 days returning to baseline 30 days.

In focus groups participants discussed the change to their routine post intervention, often describing more little moments noticing nature. Most participants spoke about the desire for urban green spaces within their routine but that this became a risk factor after dark.

How could little moments noticing nature be integrated into young adult’s lives?

**Tailoring nature-based intervention to meet the needs of young adults in urban natural environment.**

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