



by 'Zoe'

Why and how we used arts-methods to reach new understandings of nature's influence on mental health, and why we'd do it again

Jo Birch, Clare Rishbeth, Brendan Stone, University of Sheffield
Sarah Payne, Heriot Watt University

@_JoBirch
www.iwun.uk



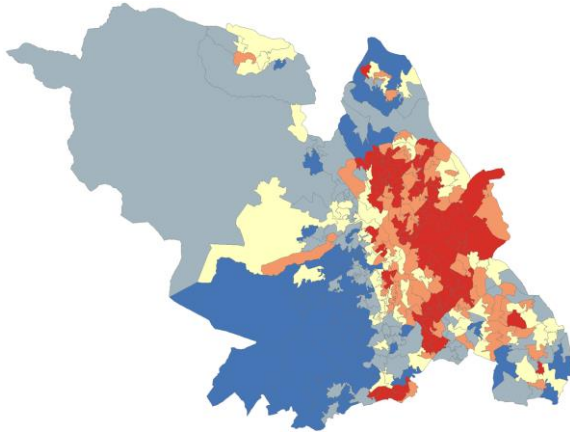
Why this study, why these
methods?

Karl
Cate
Steven
Ron
Trish
Craig
Frank
Amy
Karen
Martin
Louise
Jen
Carrie

Zoe
Sam
Emil

Yana
Lexi
Shona
Caitlin
Helen
Jess
Ruth
Yin
Chloe
Rashida
Rosa

IWUN – Improving wellbeing through urban nature



Mapping health inequalities & access to green space



Cultures and values of nature, health & wellbeing



App exploring aspects of urban environments delivering H&W benefits



Bringing it all together – impact & implications; practice and policy



The value of arts & story



by 'Sam'

📌 Pinned Tweet



Iceland Foods ❄️ ✓ @IcelandFoods · Nov 8

You won't see our Christmas advert on TV this year, because it was banned. But we want to share Rang-tan's story with you... 🎄 🐿
Will you help us share the story?



Iceland's Banned TV Christmas Advert... Say hello t...

You won't see our Christmas advert on TV this year. But we want to share our 'No Palm Oil' story with you this Christmas. Say hello to Rang-tan.

youtube.com



4.9K



89K

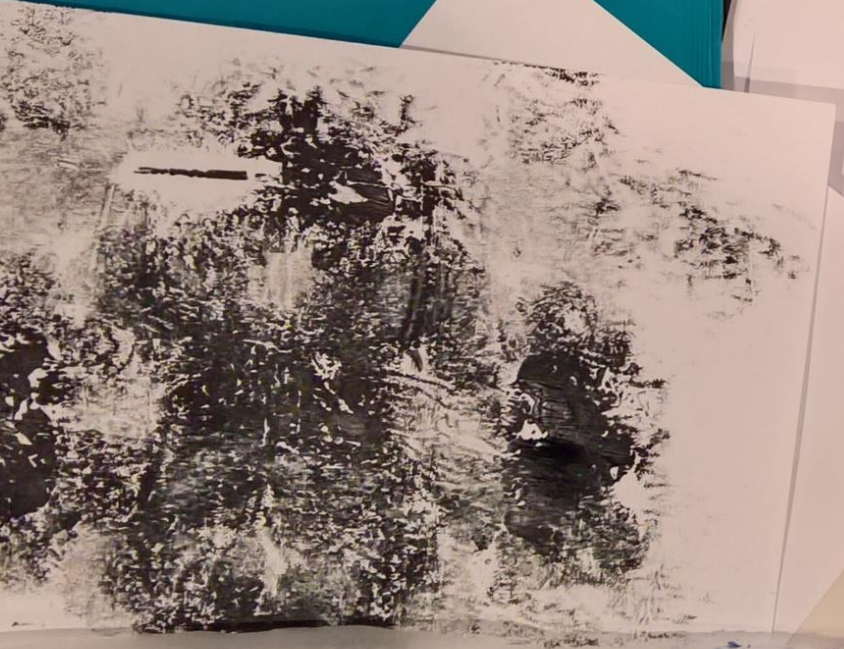


94K

How we did it



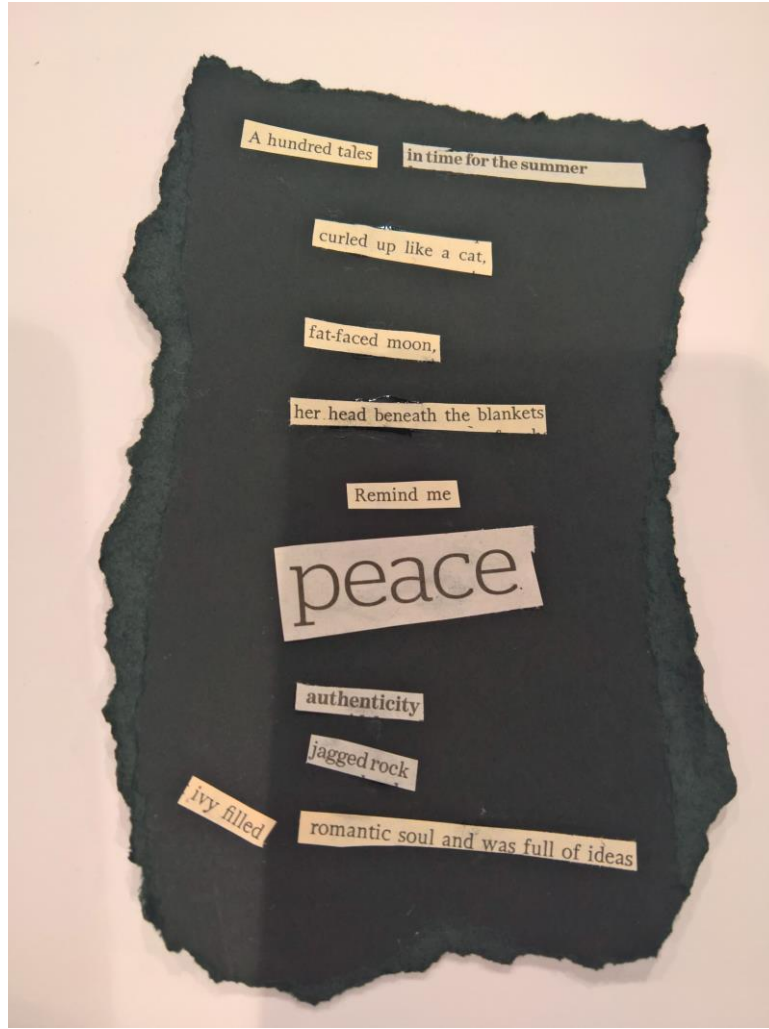
Saint Petersburg
Classic Ballet
Artistic Director: Marius Markizovic
SU
K
Swan
Music: Pyotr I.

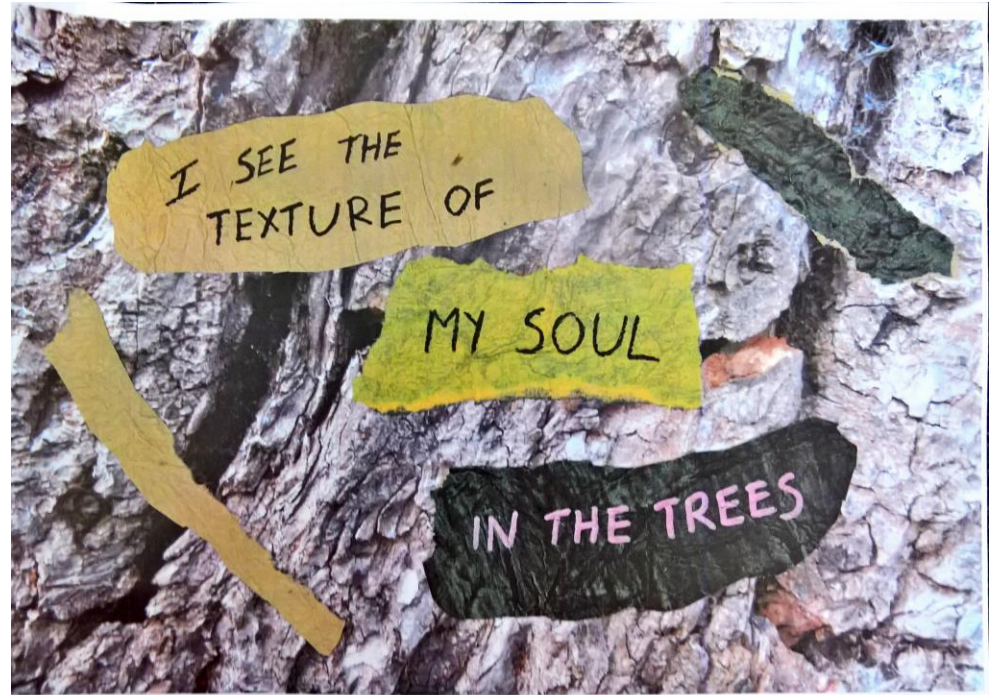


Enchanted worlds in nature









Why would we do it again?



Edges & paths

The scrub land by the roadside is always different. It ebbs and flows like the sea. In winter, it retreats and collapses, has skeleton twigs, ghostly dead frothy bits and looks untidy. There is a discarded hi-vis vest in amongst it. When I can see it, it tells me it's winter again. It signals the seasons. In spring, it will disappear again, hidden behind the leaves and brambles and flowers.

'Karen'

**Always spend half an hour
every day in nature**

When busy make it an hour

By 'Steven'





Connections

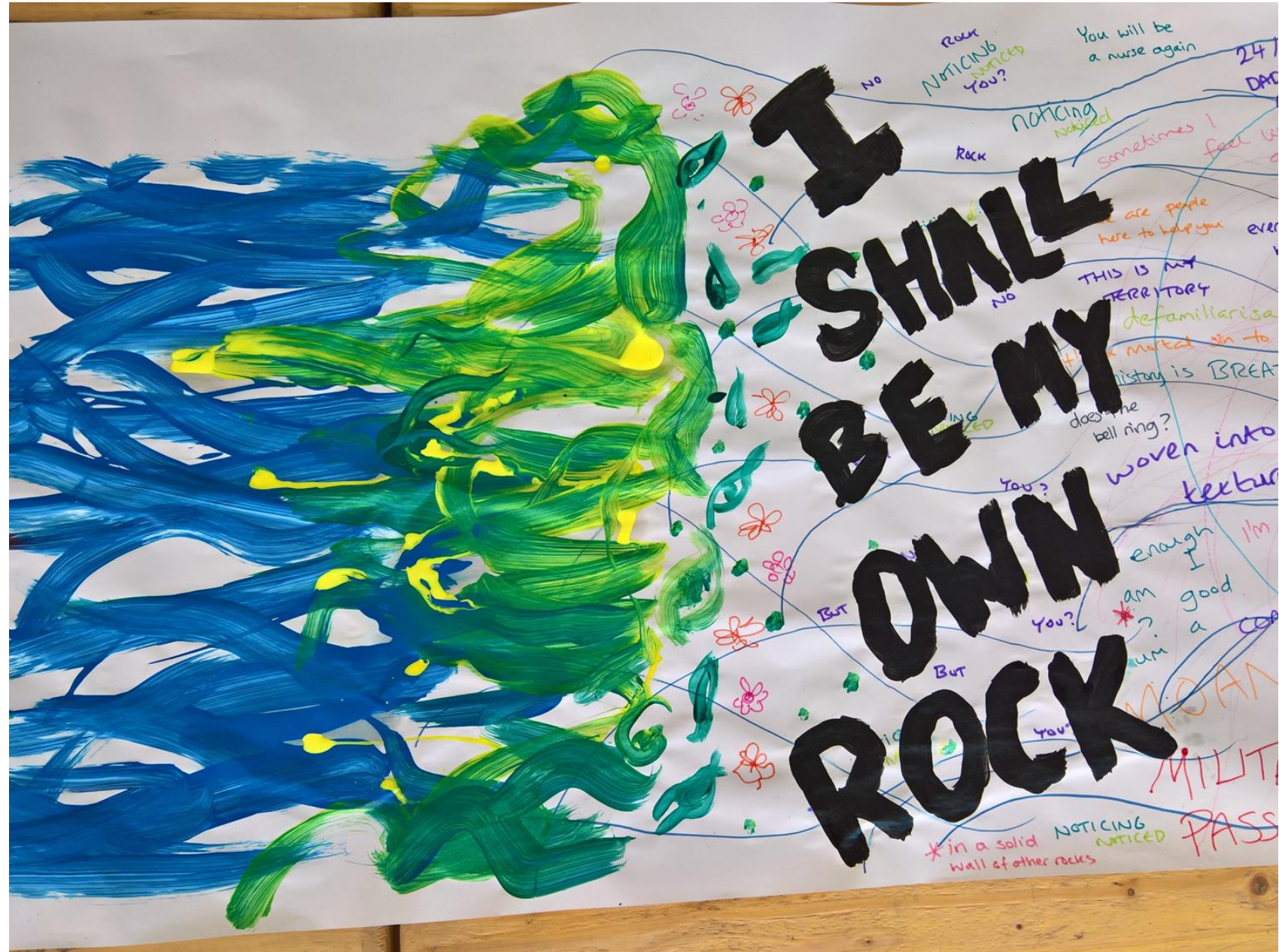


*as they say goodbye, something else is coming. It's all
connected, all linked - one big dance*

Jen'



‘This stuff did me more good than the stuff that’s supposed to do me good’



I have walked this way many times and many times I have felt emptiness, despair and loneliness, searching for that next fix; a person; a substance; anything to fill the empty space.

Today I noticed things, the freshness of the air filling my lungs, trees I have walked past many times without noticing the beauty the colours of oranges, reds, yellows and green. Never pondered or appreciated their presence. Today is different. I notice things; the leaves remind me of colourful sweets from childhood; pear drops I think, rhubarb and custard. There's danger and temptations but I'm not tempted I feel safe and contented and warm. I am connected.

(Amy)