

# Wellbeing in Nature

## Agored Cymru Level 3 Certificate for Wellbeing in Nature Practitioners

Relationship centred and meaningful, outdoor experiences have the potential to change people's lives. Down to Earth Project has been developing inclusive and innovative methods for the past 17 years. These have involved creating remarkable buildings with natural materials and award-winning learning & well-being programmes. The connection between Wellbeing and Nature has never been clearer.

Down to Earth is delighted to offer the Agored Cymru Level 3 Certificate for Wellbeing in Nature Practitioners. This qualification recognises the skills and experience required for practitioners offering nature-based activities for health and wellbeing.

### **Why do this training?**

It gives the practitioner the confidence, knowledge and skills to engage with people who have health and wellbeing needs and deliver appropriate outdoor sessions or programmes. Social prescribing is on the increase, and this qualification will enable those who have responsibility for making referrals to have confidence in the quality of service provided.

### **How is the qualification delivered?**

The qualification consists of three mandatory units in the areas of

#### ***Principles of Wellbeing in Nature (3 credits)***

The purpose of this unit is to explore the factors which contribute to human wellbeing and to gain an appreciation of the multiple wellbeing benefits that being in nature can have. It looks at current health and initiatives and legislation, and theories of wellbeing and behaviour change, and how these can be used to inform practice.

#### ***Facilitating Wellbeing in Nature (7 credits)***

This focus of this unit is on developing the skills to enable effective facilitation and leadership of nature-based wellbeing groups. This unit has both a theoretical and practical element and requires the student to develop and run a 6-week wellbeing in nature programme with a relevant client group.

#### ***Sustainable Use and Management of Natural Resources (3 credits)***

The aim of this unit is to develop an understanding of ecosystems and the sustainable management and use of natural resources in order to apply the principles to the students own site and practice. This unit focuses on developing an awareness of the wellbeing of the natural environment in which the practitioner is working.



The course will cover all aspects of delivering a social prescribing programme for wellbeing in nature to a variety of client groups. Participants will gain a deep understanding in how Down to Earth delivers its programmes safely and effectively and how this is measured to ensure outcomes are met.

The training will be delivered over the course of a week predominantly through hands-on experiential learning. There will be a small amount of classroom-based activity and will also need a commitment from learners to do a significant amount of personal research to create a portfolio of evidence (see total qualification time for guide to hours required).

The training will be delivered at our bespoke training centres on Gower or on one of our active delivery sites (currently Our Health Meadow, University Hospital Llandough).

\*Please note: This course does not teach students the skills and knowledge of delivering the practical element and practical skills of their specific genres (e.g. sustainable land management or construction). You will need to have these practical skills in place or will need to undertake further training.

## **Assessment Requirements**

### **1.Portfolio**

You will be required to provide a portfolio of evidence to show your understanding of the Assessment Criteria for each unit. A workbook will be supplied for guidance for evidence required.

### **2.Practical Assessment**

Unit 2 (Facilitating Wellbeing in Nature) requires you to deliver a Social Prescribing programme, one session of which will be observed. The programme should involve at least 6 sessions of half a day each (so could be 3 whole days or 6 half days). Please note that some answers to questions for your written portfolio will require reference/linking to the actual site you will be using for session delivery.

- For the practical delivery elements of the course there are 3 options:
- You deliver a programme as part of your existing work.
- If you are not currently working with an organisation delivering Social Prescribing, you can deliver a programme for an organisation operating such sessions in your area.
- Down to Earth Project may be able to facilitate you helping to deliver one of our programmes.

## **Minimum Entry Requirements**

Learners must be 18 years of age or older to undertake this qualification.

Learners should be qualified to at least level 2 in a relevant subject area or be able to demonstrate experience of working with vulnerable adults or young people in a leadership capacity.

Learners should have appropriate insurance cover and permissions for delivering programmes outdoors with a client group.

It is recommended to have a relevant first aid qualification and a food hygiene certificate if intending to cook food outdoors.

Guided learning hours (GLH): 30 - Total qualification time (TQT): 130 hours



Email: [info@downtoearthproject.org.uk](mailto:info@downtoearthproject.org.uk)  
Tel: 01792 232439

