**The Wildlife Trusts**

Further reading and additional statistics.

**Health and Wellbeing**

* + We represent the voice of 850,000 members and 38,000 volunteers.
  + Last year, 491,000 people attended our events and we gathered the views of 58,600 people through our policy/campaigns work.
  + This year, over 650,000 people joined our 30 Days Wild Campaign, improving wellbeing through random acts of wildness every day in June.

Whilst much of our work is open to everyone, we undertake targeted programmes to provide health benefits for those at greatest risk.

* + 500 Care Homes, resulting in over 50,000 vulnerable older people joining our 30 Days Wild challenge. Independent evaluation found reduced levels of agitation and falls.
  + Annually, over 350,000 people in local communities engage with nature through our work with care homes, schools and community groups, mostly targeting England’s disadvantaged areas.

With People’s Postcode Lottery funding, we’ve partnered with 105 inner-city schools across 11 cities to help thousands of children spend regular time in nature.

In 2018, we secured £6.4 million for our Nature Friendly Schools programme, to build mental health resilience across 500 primary, secondary, special and alternative provision schools in England’s most deprived areas.

Our Bright Future has empowered 115,500 young people aged 11-24, many from deprived communities to improve wellbeing and gain skills.

Local Wildlife Trusts deliver specialist programmes of regular outdoor sessions for people with complex needs, reaching over 25,000 people annually, around half of whom live in England’s most deprived neighbourhoods. Population groups include people with poor mental health, lonely and isolated people, people who are obese/overweight, people with learning and physical disabilities, dementia and addiction problems.

**Evidence**

[The Health and Wellbeing Benefits of Volunteering with The Wildlife Trusts](http://www.wildlifetrusts.org/sites/default/files/r3_the_health_and_wellbeing_impacts_of_volunteering_with_the_wildlife_trusts_-_university_of_essex_report_3.pdf)showed that volunteering on Wildlife Trust projects for at least 6 weeks resulted in statistically significant improvements in mental wellbeing.The greatest improvements were for people who had low wellbeing at the start or were new to volunteering with The Wildlife Trusts. Key findings:

* + 95% of **participants with low wellbeing** at the start reported an improvement in 6 weeks (so good targeted treatment)
  + The mental wellbeing of more than two-thirds of **all** participants (69%) had improved after just 6 weeks.  (so good public health / prevention)

Leeds Beckett University’s [assessment of the social value of Wildlife Trust programmes](https://www.wildlifetrusts.org/sites/default/files/2019-09/SROI%20Report%20FINAL%20-%20DIGITAL.pdf). It demonstrates that activities delivered by local Wildlife Trusts are effective in **both maintaining good all-round health and tackling poor wellbeing** arising from social issues such as loneliness, inactivity and poor mental health and :

* **Shows a return of £8.50 for every £1** invested in regular Wildlife Trust volunteering programmes
* **Shows a return of £6.88 for every £1** invested in Wildlife Trust projects for people with health or social needs (this lower return is largely due to the higher running costs of such projects)

**30 Days Wild:**

Evidence of impact on wellbeing in the [5 year review from University of Derby](https://www.wildlifetrusts.org/sites/default/files/2020-05/30%20Days%20Wild%205%20YR%20Summary%20Review.pdf) -Those taking part were found to have sustained increases in happiness, health, connection to nature and pro-nature behaviours. Two months after taking part in 30 Days Wild, the number of people reporting their health as excellent increased by over 30%.  Those that gain the most are those with low connection to nature initially.  [Top headlines](https://www.wildlifetrusts.org/30-days-wild-5-year-review) can be found here

**Nature Nurtures Children**

UCL’s 2019 report  [Nature Nurtures Children](https://www.wildlifetrusts.org/news/new-report-nature-nurtures-children#:~:text=90%25%20of%20children%20felt%20they,new%20things%20when%20they%20tried) looked at 450 primary school children and the effects of Wildlife Trust-led activities on their wellbeing. This is one of the largest studies into the effects of outdoor activities on children’s wellbeing and views about nature.  Overall, the research revealed that children’s wellbeing increased after they had spent time connecting with nature. The children also gained educational benefits as well as wider personal and social benefits:

* 90% of children felt they learned something new about the natural world
* 79% felt that their experience could help their school work
* After their activities 84% of children felt that they were capable of doing new things when they tried
* 79% of children reported feeling more confident in themselves
* 81% agreed that they had better relationships with their teachers
* 79% reported better relationships with their class-mates