

## 10 – People Enjoying Nature

### HLF Outcomes

HERITAGE			PEOPLE			COMMUNITIES		
Heritage is managed better	Heritage is in a better condition	Heritage is better identified/recorded	People will have developed skills	People will have learnt about heritage	People will have volunteered time	Environmental impacts will be reduced	More, and a wider range, of people will have engaged	The local area will be a better place to live, work or visit
			✓	✓			✓	

### Timescale

Start date: April 2018

Completion date: March 2022

### Project Lead Partner

LP Team (Community Officer)

## Project Summary

People Enjoying Nature (PEN) is an outreach project which will offer supported activity sessions in the Pendle Hill landscape to individuals and groups who are dealing with mental health and/or social isolation issues. These sessions will relate to other projects in the Landscape Partnership and will give participants the opportunity to learn a large range of new skills. This project also aims to work with the 'What's a Hill Worth?' project to gather evidence and evaluate how mental health and well-being is affected by taking part in group activities in the outdoor environment.

### Audience

- Individuals who are experiencing or have experienced mental health issues and/or social isolation
- 'hard to reach' groups

## Outputs & Outcomes

OUTPUTS
30 – 40 individuals engaged throughout LP scheme
3 pre-formed groups engaged with throughout LP scheme
90 sessions offered throughout the LP scheme catering for 600 people
1 report on benefits to health & wellbeing

OUTCOMES
Building confidence
Increase and develop social networks for the individuals involved
Building skills

## Legacy

The individuals that have taken part in this project will hopefully go on to develop quality social networks, learn more skills and build confidence.

Individuals who first get involved in the PEN sessions progress to get involved in general volunteering opportunities, with the LP and elsewhere.

East Lancashire Community Restart may be able to support participants of the PEN sessions to set up a sustainable group continuing the activity if they should wish to do so as a result of being involved in this project.

If the impact of the PEN activity is seen to be beneficial to participants' health and well-being alternative funds from the health and social care sector may be secured to continue the activity.