

What is: Green Connections

Frequently Asked Questions

What is Green Connections?

Green Connections is a one day experience of connection and relaxation in nature held at Whistlewood Common in South Derbyshire. It has been designed by Wellbeing at Whistlewood and Derbyshire Mind. We hope that you will leave with the knowledge that spending dedicated time in nature can help support your own mental wellbeing. The day starts at 10am and we finish for 5pm.

What will I do during my session?

There is no strict schedule for your time at Green Connections, the day is yours to enjoy at your own pace. We will have a range of activities available for you to join in with such as forest bathing, nature crafts, campfire building, and time to explore, slow down, and just 'be'.

Who are the group leaders running my session?

The group leaders are Anne and Helen from Wellbeing at Whistlewood. They are experienced wellbeing professionals with extensive experience in NHS and private practice, including forest therapy and forest bathing, and much more.

What do I need to bring with me?

All you need to bring is things to keep you comfortable over the course of the day, including: Lunch, drinks, and any snacks, comfortable clothes suited to the weather (layers are a good idea), sun cream or a waterproof coat, and comfortable shoes.

What if I don't feel able to join in with the activities?

The day is yours to enjoy at your own pace and we have a range of activities to choose from. If you don't feel ready to join in with some of the group activities you can always do something else - just make sure you tell a leader, or one of our Derbyshire Mind volunteers, where you are going so that we can make sure you stay safe on site.

What are the evaluation questionnaires for?

As part of the Green Connections project we are trying to understand more about nature connection and wellbeing, and so we are asking participants to complete three questionnaires about their experiences. Your answers are anonymous and will be used for a Derbyshire Mind report in 2022.

How do I use compost toilets?

At Whistlewood we have eco-friendly compost toilets. They look and act like a normal toilet, but instead of flushing you drop a scoop of sawdust down once you are finished! Any other waste, such as sanitary products must be put into the bin provided. If you have any questions, just ask!

Who else will be at Whistlewood during my session?

Whistlewood is not a public park, but a private community owned site that we have hired for your session. That means that there won't be anyone else on the site during your session except for the other participants and session leaders. It is a lovely peaceful haven in the countryside!

What do I do if I have a problem during my session?

If you have a problem, question, or concern during your session just speak to one of the leaders or volunteers who will be very happy to help you.

What do I do if I decide I would like to leave early?

If you decide that you would like to leave the Green Connections day, that is not a problem. Please just tell Anne or Helen who will make sure you are ok, and can tick you off their list of who is on site.