

Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

Summer 2026 Client Feedback Evaluation Report

Introduction

During Summer 2026, Earth Wisdom Ecotherapy CIC delivered a growing programme of nature-based mental health support across community, healthcare and partnership settings.

Summer provision included:

- Health in Nature
- Forest Bathing
- High Summer Seasonal Workshop
- Health in Nature delivered in partnership with Hadwen Medical Practice
- Health in Nature delivered in partnership with GL11 Community Hub
- Health in Nature delivered in partnership with Home-Start Stroud & Gloucester
- Health in Nature delivered in partnership with Rethink Mental Health

Feedback was collected to understand participants' experiences, evaluate the impact of Earth Wisdom's approach and identify how our nature-based mental health support can continue to develop.

Building on the themes identified within our Spring 2026 evaluation - connection, psychological safety, reduced isolation, and reflection and emotional processing - Summer feedback demonstrates continued positive outcomes while also providing a clearer picture of the role that connection with the natural world can play within mental health support.

Summer 2026 at a Glance

Feedback was received across a range of programmes, locations and community partnerships.

Across the feedback, participants repeatedly described positive changes in their immediate mental health, increased connection with the natural world, opportunities for connection with others, and experiences of reflection, calm and perspective.

Participants also consistently described Earth Wisdom sessions as welcoming and accessible, including people who identified needs such as flexible participation, breaks, clear structure and lower-sensory environments. Examples from Hadwen demonstrate participants with these needs reporting that they felt welcomed and able to participate in ways that worked for them.

Theme One: Positive Mental Health

Supporting positive mental health was one of the clearest themes within the Summer feedback.

Participants frequently came to Earth Wisdom wanting to:

- improve their mental health
- reduce stress
- process difficult feelings
- feel less isolated
- build confidence
- spend restorative time in nature

Across programmes, participants who arrived describing themselves as Low or Neutral frequently described their mental health following the session as Neutral, Positive or Very Positive.

Within Hadwen, for example, participants demonstrated changes including Neutral to Positive, Neutral to Very Positive, and Low to Neutral following Health in Nature sessions.

The Rethink partnership also produced notable changes. One participant arrived feeling Low and described their mental health as Positive afterwards, while another moved from Neutral to Very Positive.

These findings demonstrate that Earth Wisdom's nature-based groups are creating opportunities for participants to experience positive changes in how they feel during their time with us.

Theme Two: Connection with the Natural World

Connection with the natural world emerged as one of the strongest and most consistent outcomes across Summer provision.

Participants arrived with very different existing relationships with nature. Some described feeling no connection or only slight connection, while others already felt strongly or very strongly connected.

Across Forest Bathing, Health in Nature and Seasonal Workshop, participants repeatedly reported increased connection with nature following their sessions.

This was particularly visible within Hadwen. Participants beginning with levels of nature connection ranging from *Not at all* through to *Very Strongly* reported increased connection following Health in Nature.

Importantly, where connection remained the same, participant comments sometimes demonstrated that nature was already an established resource in their lives. One participant explained:

“I do not feel more connected to nature as this is a regular practice of my own, but I learned so much. It was really interesting and beneficial.”

This highlights an important aspect of Earth Wisdom’s developing ecotherapy model. Our work is not simply about increasing the amount of time people spend outdoors. It creates opportunities for people to explore and deepen their relationship with the natural world and consider how that relationship may support their mental health.

Theme Three: Connection with Others and Reduced Isolation

As in Spring, connection with others and reduced isolation continued to emerge as important themes. In Spring, participants had described valuing opportunities to meet others, share experiences, feel understood and build supportive connections.

Summer feedback continues this pattern.

Many participants specifically selected ‘connect with others’ or ‘feel less isolated’ when asked what they hoped to gain from attending.

For some, social connection increased during the session. One Hadwen participant moved from feeling moderately connected with others to reporting increased connection, alongside a Neutral to Positive change in their mental health.

Within the Rethink session, participants reported increased connection with other people alongside increased connection with nature.

The Seasonal Workshop participants also reported increased connection with others.

One Hadwen participant reflected positively on simply having the opportunity to:

“get out and meet new people.”

The findings reinforce the value of small-group nature-based mental health support as a space where connection with the natural world can sit alongside gentle opportunities for human connection.

Theme Four: Reflection, Perspective and Relationship with Nature

Summer feedback demonstrates that participants were not simply reporting that they enjoyed being outdoors. Many described learning, noticing, reflecting or beginning to think differently about their relationship with nature.

Following a Hadwen Health in Nature session, one participant said:

“I will look at nature differently now.”

They described the session as:

“Interesting and eye opening.”

Another described gaining:

“A different perspective.”

Within Rethink, one participant identified something practical they could carry into everyday life:

“Connect with nature in multisensory ways, even for 5 minutes.”

Seasonal Workshop also produced reflections that demonstrate a more relational experience of the natural world. One participant described:

“Appreciation for the abundance in nature and in ourselves.”

Another described the experience as:

“Wonderful experience, made me really think, feel relaxed and healed.”

These responses are particularly significant to Earth Wisdom’s approach. They suggest that participants are beginning to move beyond experiencing nature simply as an outdoor setting and towards exploring relationship, meaning, reciprocity and their place within the natural world.

Theme Five: Psychological Safety and Accessible Participation

Psychological safety was a strong theme within the Spring 2026 evaluation, with participants describing Earth Wisdom spaces as welcoming, safe, grounding, caring and supportive.

Summer feedback continues to demonstrate this strength.

Participants attended with different access requirements, including:

- flexible participation
- breaks when needed
- clear structure
- quiet or lower-sensory environments
- outdoor space

Participants with these identified needs commonly reported feeling welcomed and able to participate in ways that worked for them.

This supports Earth Wisdom’s person-centred approach to ecotherapy, where participation is invitational rather than prescriptive and people are encouraged to engage at their own pace.

Feedback also reminds us that no single form of mental health support will be right for everyone. One Rethink participant described the session as simply:

“It's just not for me.”

This is important feedback. Accessible, person-centred practice includes creating space for people to recognise when a particular approach does not meet their needs.

Partnership and Community Delivery

One of the most significant developments during Summer 2026 has been the expansion of Health in Nature through community partnerships.

Sessions have been delivered alongside organisations and healthcare settings including Hadwen Health, GL11 Community Hub, Home-Start Stroud & Gloucester and Rethink Mental Illness.

Rather than requiring participants to travel to Earth Wisdom, this model enables us to bring nature-based mental health support into local communities and familiar settings.

The feedback demonstrates positive experiences across these different locations and communities, suggesting that the core Health in Nature model can be delivered consistently while remaining responsive to the particular people and places involved.

This provides an important foundation for Earth Wisdom's continued development of partnership-based community ecotherapy.

Participant Voice

Participant feedback across Summer included:

“I will look at nature differently now.”

“A different perspective.”

“Calming.”

“Inspiring.”

“A nice break from the mundane.”

“Connect with nature in multisensory ways, even for 5 minutes.”

“Appreciation for the abundance in nature and in ourselves.”

Together, these comments capture experiences of calm, perspective, curiosity, connection and a changing relationship with the natural world.

What We Have Learned

Participant feedback has also helped us identify practical ways to strengthen our programmes.

A recurring theme was the need for clearer information before attending about what will happen during a session.

One Hadwen participant told us:

“More upfront information. I was not aware of what to expect.”

Another similarly requested:

“More info before session.”

This reflects feedback received within other Summer Health in Nature provision and has informed the development of clearer pre-session information explaining what participants can expect, what to bring and how they can participate.

Other suggestions included incorporating more walking into some sessions and continuing to develop the balance between guided discussion, movement and time spent experiencing the natural environment.

This demonstrates the importance of continuing to develop Earth Wisdom’s programmes with participants, using their experiences to inform how our services evolve.

Areas for Development - Autumn 2026

Summer feedback will inform the next stage of Earth Wisdom’s ecotherapy development.

Our priorities include:

- continuing Health in Nature as an accessible introduction to nature-based mental health support
- providing clearer information before sessions to reduce uncertainty about what to expect
- continuing to develop accessible community-based delivery with partner organisations
- maintaining small, person-centred groups where participants can engage at their own pace
- developing opportunities for participants who would like to deepen their exploration of the relationship between nature and mental health
- continuing to strengthen pathways from introductory Health in Nature sessions into more sustained ecotherapy programmes
- continuing to collect participant feedback and use this to shape future provision

Summer learning is also informing the development of the next stage of our Ecotherapy Pathway, including **Nature as a Resource for Mental Health**, where participants can explore the relationship between themselves, others, the natural world and mental health in greater depth.

Conclusion

The Summer 2026 feedback demonstrates that Earth Wisdom is continuing to provide accessible, nature-connected mental health support within local communities.

Across feedback forms, collected through Health in Nature, Forest Bathing, Seasonal Workshop and partnership delivery, consistent themes emerged around:

- positive mental health
- connection with the natural world
- connection with others and reduced isolation
- reflection and new perspectives
- psychological safety
- accessible and flexible participation

These findings build upon those identified during Spring 2026, where connection, psychological safety, reduced isolation and emotional reflection had already emerged as central outcomes of Earth Wisdom's work.

Summer has also demonstrated an important development in Earth Wisdom's model: our ability to bring ecotherapy into community and healthcare settings through partnership working, making nature-based mental health support available within the communities people already access.

Participant feedback suggests that the impact is not simply about spending time outdoors. People describe gaining perspective, experiencing connection, finding opportunities for reflection and beginning to consider their relationship with the natural world differently.

Together, the Summer findings provide strong evidence that Earth Wisdom is creating welcoming and meaningful spaces where **people can experience mental health support through connection with themselves, others and the natural world.**