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Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

Spring 2026 Client Feedback Evaluation Report

Introduction

During Spring 2026, Earth Wisdom Ecotherapy CIC delivered a range of nature-based mental health support groups and workshops, including:

- Forest Bathing
- Shades of Myth (BIPOC Mental Health Support Group)
- Hidden Seed (Pregnancy & Baby Loss Mental Health Support Group)
- Flowering Spring Workshop

Feedback was collected across these services to better understand participant experiences, identify areas for future development, and evaluate whether Earth Wisdom is achieving its aim of providing accessible, nature-connected mental health support within the community.

Whilst the feedback sample remains relatively modest, the consistency of responses across multiple services provides valuable insight into the impact of Earth Wisdom's approach.

Overview of Findings

Across all Spring offerings, participants commonly attended seeking to:

- Improve their mental health and wellbeing.
- Feel less isolated.
- Process difficult emotions and experiences.
- Spend more time in nature.
- Connect with others.

Despite serving different communities and needs, participant feedback demonstrated remarkable consistency.

Four key themes emerged:

1. Connection
2. Psychological Safety
3. Reduced Isolation
4. Reflection and Emotional Processing

Together, these themes provide insight into the unique contribution Earth Wisdom's nature-based mental health support model is making within the community.

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Theme One: Connection

Connection emerged as one of the strongest themes across all Spring offerings.

Participants consistently reported feeling more connected following sessions, particularly in relation to:

- Nature
- Other people
- Community
- Their own thoughts and feelings

Many participants attended specifically seeking greater connection through shared experiences, time outdoors and supportive group environments.

Participants described their experiences as:

"Bringing my mind back towards where it needs to be."

"Connection and warmth."

"I feel a deep sense of relief and connection to nature and in community with others."

Feedback suggests that Earth Wisdom's approach successfully creates opportunities for meaningful connection, both with the natural world and with others.

Theme Two: Psychological Safety

A second consistent theme was the experience of psychological safety.

Participants repeatedly described Earth Wisdom spaces as:

- Welcoming
- Safe
- Grounding
- Caring
- Supportive

Importantly, participants with a range of access needs, including fatigue, mobility difficulties, sensory preferences and the need for flexible participation, reported feeling able to engage in ways that worked for them.

Comments included:

"Calming, grounding and safe."

"Really beautiful. Felt held."

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"Calming, caring, transformative."

These findings suggest that Earth Wisdom is successfully creating environments where people feel able to participate without pressure or judgement.

Theme Three: Reduced Isolation

Many participants attended seeking connection with others and hoping to feel less alone in their experiences.

Feedback indicates that Earth Wisdom's groups and workshops are helping participants develop a greater sense of belonging and community.

Participants described valuing opportunities to:

- Meet others.
- Share experiences.
- Feel understood.
- Build supportive connections.

Comments included:

"Really good to be able to connect with other people like me."

"I would like to connect more with people just like this."

The findings suggest that Earth Wisdom's community-centred approach is helping to address isolation whilst creating opportunities for meaningful human connection.

Theme Four: Reflection and Emotional Processing

Participants frequently attended hoping to process difficult feelings, improve their mental health and gain perspective on personal challenges.

Feedback suggests that Earth Wisdom's combination of therapeutic facilitation, nature connection and reflective practice creates opportunities for emotional processing and personal growth.

Participants described experiences of:

- Relief
- Calm
- Clarity
- Perspective
- Self-reflection

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One participant reflected:

"To learn to love all of nature can help us love all of ourselves."

Others described experiences as:

"Peaceful, soothing."

"Bringing my mind back towards where it needs to be."

These responses suggest that participants are not only finding support, but also opportunities to engage in meaningful reflection and emotional growth.

Accessibility and Participation

A notable strength of the Spring programme was the extent to which participants reported feeling welcomed and able to participate in ways that suited their individual needs.

Participants identified a range of access requirements, including:

- Flexible participation
- Breaks when needed
- Sensory considerations
- Physical accessibility needs
- Fatigue and mobility considerations

Feedback suggests that Earth Wisdom's flexible and person-centred approach supports engagement whilst respecting individual capacities and circumstances.

Areas for Development

Participant feedback also identified opportunities for future development, including:

- Increasing the frequency of some support groups to strengthen community connections.
- Continued consideration of physical accessibility.
- Exploring additional outdoor locations and settings.
- Ongoing development of opportunities for connection and community building.

These suggestions will help inform future programme planning and service development.

Conclusion

The Spring 2026 feedback suggests that Earth Wisdom is successfully delivering accessible, nature-connected mental health support within the community.

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Across Forest Bathing, Shades of Myth, Hidden Seed and the Flowering Spring Workshop, participants consistently described increased connection, reduced isolation, feelings of safety and belonging, and opportunities for reflection and emotional processing.

Whilst each group served a different community, the same core outcomes emerged repeatedly across services, suggesting that Earth Wisdom's nature-based and community-centred approach is generating meaningful benefits for participants.

The findings provide encouraging evidence that Earth Wisdom is creating safe, supportive spaces where people can reconnect with themselves, others and the natural world whilst receiving meaningful mental health support within their community.