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Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

Summer 2026 Client Feedback Evaluation Report

Introduction

During Summer 2026, Earth Wisdom delivered a growing programme of nature-based mental health support across community, healthcare and partnership settings. This updated evaluation brings together the full set of participant feedback available for the period.

For the purposes of this report, Summer 2026 primarily covers provision delivered between July and September 2026.

Provision represented within the feedback included:

- Health in Nature delivered through Hadwen Health and Quedgeley Medical Centre
- 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 Illness
- Nature as a Resource for Mental Health
- Forest Bathing
- High Summer and Early Autumn Seasonal Workshops
- Pregnancy & Baby Loss support
- Summer Sharing Circle

Feedback was collected to understand participants' experiences, explore immediate changes in mental health and connection, identify accessibility needs, and inform the ongoing development of Earth Wisdom's nature-based mental health provision.

Building on the themes identified within the Spring 2026 evaluation - connection, psychological safety, reduced isolation, and reflection and emotional processing - the fuller Summer dataset provides stronger quantitative evidence alongside participant voice.

Summer 2026 at a Glance

The Summer evaluation covers feedback collected across healthcare, community and Earth Wisdom-led programme sessions. Findings are presented as percentages of valid responses to each question.

- **69%** reported improved immediate mental health and mental wellbeing, **26%** remained stable and **5%** reported a lower rating.
- Among those who began at Very Low, Low or Neutral mental wellbeing, **83%** improved and **17%** remained stable. None reported a decrease.

- **80%** reported increased connection with nature, **19%** remained the same and **1%** reported a decrease.
- **50%** reported increased connection with other people, **47%** remained the same and **3%** reported a decrease.
- **90%** said they felt welcomed and able to participate fully, while a further **9%** answered Mostly. Overall, **99%** felt welcomed and able to participate fully or mostly.

Participants most commonly attended hoping to:

- Spend time in nature - **68%**
- Improve their mental health - **65%**
- Process difficult feelings - **48%**
- Connect with others - **44%**
- Reduce stress - **41%**
- Build confidence - **28%**
- Feel less isolated - **25%**

Participants could select more than one reason for attending.

Feedback Coverage

The following table shows each programme.

Programme / Partnership
Hadwen Health – Health in Nature
Quedgeley Medical Centre – Health in Nature
GL11 Community Hub – Health in Nature
Rethink Mental Illness – Health in Nature
Home-Start Stroud & Gloucester – Health in Nature
Forest Bathing
Nature as a Resource for Mental Health
Seasonal Workshops
Pregnancy & Baby Loss
Summer Sharing Circle
Total

Theme One: Positive Mental Health

Supporting mental health was one of the clearest reasons people attended Earth Wisdom provision.

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Improving mental health was selected in **65%** of feedback responses, alongside goals of reducing stress, processing difficult feelings, building confidence and feeling less isolated.

Among responses with directly comparable pre- and post-session ratings:

- **69%** reported improved mental wellbeing.
- **26%** remained stable.
- **5%** reported a decrease.

The pattern was particularly strong among participants who began the session describing themselves as Very Low, Low or Neutral:

- **83%** reported improved mental wellbeing.
- **17%** remained stable.
- None reported a decrease.

Improvements included changes from Very Low to Positive, Very Low to Neutral, Low to Positive, Low to Neutral, Neutral to Positive and Neutral to Very Positive.

These are immediate self-reported changes rather than evidence of sustained clinical improvement. However, they suggest that many participants experienced a positive shift during their time with Earth Wisdom.

Some participants' mental wellbeing remained stable or decreased. This was more common among those who began already feeling Positive or Very Positive.

The findings reinforce the importance of recognising different starting points and individual experiences rather than assuming that every session will produce the same outcome for everyone.

Theme Two: Connection with the Natural World

Connection with nature remained the strongest and most consistent outcome across Summer provision.

- **80%** reported increased connection with nature.
- **19%** reported no change.
- **1%** reported a decrease.

This outcome was visible across different forms of delivery:

- **100%** of Forest Bathing respondents reported increased nature connection.
- **100%** of Seasonal Workshop respondents reported increased nature connection.
- **90%** of Nature as a Resource for Mental Health respondents reported increased nature connection.

- **81%** of Hadwen Health in Nature respondents reported increased nature connection.

Where connection remained unchanged, this did not necessarily mean the session had little value.

Some participants began with an already strong relationship with nature, while their comments described learning, reflection and a different way of noticing or using nature as a mental health resource.

Participants reflected:

> "That out in nature is something I do, but being more present and connected is a part I need to factor in more."
>
> "Taking a minute to stop, look & listen to your surroundings."
>
> "Nature might be able to support me more than I thought."

These responses support Earth Wisdom's developing ecotherapy model.

The work is not simply about spending time outdoors, but about helping people notice, deepen and use their relationship with the natural world in ways that may support mental health.

Theme Three: Connection with Others and Reduced Isolation

Connection with others remained an important, although less uniform, outcome.

Connecting with others was selected in **44%** of feedback responses, while **25%** attended hoping to feel less isolated.

Following their sessions:

- **50%** reported increased connection with others.
- **47%** remained at the same level.
- **3%** reported a decrease.

These findings suggest that Earth Wisdom's small-group model creates meaningful opportunities for social connection without requiring social connection to be the primary outcome for everyone.

Some participants arrived already strongly connected to others, while for others simply being alongside people in a low-pressure setting appeared significant.

Participants commented:

> "Really enjoyed my session today and lovely to get out and meet new people."
>
> "Sharing felt good."

Pregnancy & Baby Loss support demonstrated particularly encouraging social-connection outcomes:

- **100%** of respondents to the participation question felt welcomed.
- **100%** of respondents to the social-connection outcome question reported increased connection with others.

These findings highlight the value of supportive group environments for people experiencing shared challenges, emotional distress or isolation.

Theme Four: Reflection, Perspective and Relationship with Nature

Participant comments suggest that the impact of sessions extended beyond immediate mood or enjoyment.

People described learning, noticing, reflecting, slowing down and reconsidering their relationship with the natural world.

Reflections included:

> "It was a very interesting walk and talk and I will look at nature differently now. Interesting and eye opening."
>
> "Connect with nature in multisensory ways, even for 5 minutes."
>
> "Appreciation for the abundance in nature and in ourselves."
>
> "Learning more about nature was a great help."
>
> "It's OK to stop sometimes."

These reflections are consistent with Earth Wisdom's approach of nature not simply as the setting for an intervention, but as an active resource for attention, grounding, meaning, perspective and emotional processing.

The feedback suggests participants are developing greater awareness of how nature can support their mental health beyond the session itself.

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Theme Five: Psychological Safety and Accessible Participation

Psychological safety and flexible participation continued to be strengths across Summer provision.

- **90%** felt welcomed and able to participate fully.
- **9%** felt welcomed and able to participate mostly.
- **1%** selected Not Always.

Overall, **99%** reported feeling welcomed and able to participate fully or mostly in a way that worked for them.

Participants identified a range of access needs, including:

- Breaks when needed
- Flexible participation
- Clear structure
- Quiet or lower-sensory environments
- Physical accessibility considerations

These needs were represented across healthcare and community cohorts rather than being confined to one programme.

The feedback also demonstrates why accessibility needs to remain actively considered rather than assumed.

One participant explained that they would have benefited from clearer advance information that a session involved walking, allowing them to bring a walking aid.

Others requested clearer information about what to expect, directions or location details.

These comments highlight opportunities to strengthen pre-session communication and accessibility planning.

One Rethink participant reported that the session was "just not for me" and did not consistently feel able to participate in a way that worked for them.

This remains important feedback. Person-centred practice includes recognising that nature-based group work will not be the right intervention for every individual.

Retaining less-positive responses ensures that evaluation reflects the full range of participant experiences.

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Programme and Partnership Highlights

The Summer feedback demonstrates that Earth Wisdom's core approach can be delivered across healthcare, community and specialist settings while producing broadly consistent outcomes relating to nature connection, emotional mental wellbeing, reflection and accessible participation.

Hadwen Health – Health in Nature

- **75%** reported improved mental wellbeing.
- **81%** reported increased connection with nature.
- **100%** of respondents to the participation question felt welcomed and able to participate fully or mostly.

Feedback highlighted the importance of clearer advance information about walking requirements and accessibility.

Participants also identified the value of balancing information about nature with opportunities for conversation, reflection and time moving through the environment.

Quedgeley Medical Centre – Health in Nature

- **100%** felt welcomed and able to participate.
- **67%** reported increased connection with nature.
- **25%** of those with matched mental wellbeing ratings reported improvement.
- **75%** maintained their existing mental wellbeing rating.

Several participants began the session already feeling Positive or Very Positive, which helps contextualise the proportion reporting no change.

GL11 Community Hub – Health in Nature

- **60%** reported improved mental wellbeing.
- **40%** maintained their mental wellbeing.
- **60%** reported increased connection with nature.
- **40%** reported increased connection with others.

Participants identified opportunities for longer sessions and clearer advance information about what to expect.

Rethink Mental Illness – Health in Nature

- **75%** reported improved mental wellbeing.
- **75%** reported increased connection with nature.

Improvements included movement from Low to Positive and Neutral to Very Positive mental wellbeing.

Feedback also included a participant who felt the approach was not suitable for them.

This reinforces the importance of offering person-centred choices and recognising that different approaches will suit different individuals.

Home-Start Stroud & Gloucester – Health in Nature

- **100%** of respondents to the participation question felt welcomed.
- **71%** of respondents to the social-connection question reported increased connection with others.

Feedback highlighted themes of motherhood, shared experiences and the value of nature as a setting for connection.

Nature as a Resource for Mental Health

- **67%** reported improved mental wellbeing.
- **33%** maintained their mental wellbeing.
- **90%** reported increased connection with nature.
- **60%** reported increased connection with others.

The findings support Nature as a Resource for Mental Health as a deeper progression from introductory Health in Nature sessions.

The programme creates opportunities for participants to explore their relationship with nature and how it can be used more intentionally to support emotional mental wellbeing.

Forest Bathing

- **83%** reported improved mental wellbeing.
- **100%** reported increased connection with nature.
- **100%** felt welcomed and able to participate.

These results indicate particularly strong immediate outcomes relating to mental wellbeing, nature connection and accessibility.

Seasonal Workshops

- **100%** reported increased connection with nature.

Participant reflections highlighted learning, awareness, perspective and the importance of slowing down.

The findings suggest seasonal workshops provide meaningful opportunities for participants to explore nature connection as a resource for mental mental wellbeing.

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Participant Voice

Anonymous comments for which permission was given include:

> "We are all connected."
>
> "Grounding myself in nature to be able to pause and reflect."
>
> "I found spending time in nature to be a distraction from my feelings of anxiety."
>
> "Nature might be able to support me more than I thought."
>
> "Taking a minute to stop, look & listen to your surroundings."
>
> "Connect with nature in multisensory ways, even for 5 minutes."
>
> "Appreciation for the abundance in nature and in ourselves."
>
> "Wonderful experience, made me really think, feel relaxed and healed."

Together, these comments reflect calm, learning, perspective, connection, emotional processing and the development of a more intentional relationship with the natural world.

What We Have Learned

The Summer feedback identifies several practical areas for development.

<u>Clearer Pre-Session Information</u>

Provide clearer information about what sessions involve, including walking requirements, likely terrain, what to bring and opportunities for flexible participation.

<u>Accessibility and Individual Needs</u>

Continue asking about mobility, sensory and participation needs in advance so that participants can make informed choices and facilitators can make appropriate adjustments.

<u>Balance of Activities</u>

Review the balance between guided information, conversation, walking, movement and direct experiences of nature.

Different groups expressed different preferences, reinforcing the importance of flexible, person-centred facilitation.

Opportunities for Connection

Consider whether some groups would benefit from longer sessions or additional time for informal conversation, shared experiences and reflection.

Programme Progression

Maintain opportunities for participants to progress from introductory Health in Nature sessions into deeper work through Nature as a Resource for Mental Health.

Balanced Evaluation

Continue collecting both positive and less-positive feedback so programme development remains grounded in the full range of participant experiences.

Learning for Evaluation and Data Collection

The expanded Summer dataset also identifies opportunities to strengthen Earth Wisdom's evaluation processes.

Some feedback forms were incomplete, meaning the number of valid responses varies between questions.

Anonymous responses also make it difficult to distinguish unique participants from repeat responses across multi-session programmes.

For future reporting, Earth Wisdom will aim to:

- Use consistent pre- and post-session questions across comparable programmes.
- Record bookings, attendance and non-attendance separately from feedback responses.
- Record delivery partners and referral routes consistently.
- Distinguish feedback responses from unique participant numbers in multi-session programmes.
- Retain clear consent for anonymous quotations.
- Continue combining quantitative outcomes with participant experiences and accessibility feedback.

These improvements will help strengthen the quality and consistency of evidence available for funders, commissioners and delivery partners.

Areas for Development – Autumn 2026 and Beyond

The Summer findings support the continued development of Earth Wisdom's ecotherapy pathway and partnership model.

Priorities include:

- **Health in Nature:** Continue delivering accessible introductory nature-based mental health support.
- **Nature as a Resource for Mental Health:** Develop structured opportunities for deeper engagement and sustained exploration.
- **Partnership working:** Continue developing delivery through primary care, community organisations and specialist services.
- **Accessibility:** Strengthen pre-session communication and individual participation planning.
- **Person-centred delivery:** Maintain small, supportive groups where participation is invitational rather than prescriptive.
- **Programme development:** Use participant feedback to shape the balance of education, movement, reflection and direct nature experience.
- **Evidence and evaluation:** Build a stronger evidence base by connecting attendance, referral pathways and participant outcomes while protecting anonymity.

Conclusion

The Summer 2026 evaluation provides a fuller picture of Earth Wisdom's nature-based mental health provision across healthcare, community and specialist settings.

The strongest findings were:

- **80%** reported increased connection with nature.
- **69%** reported an immediate improvement in mental wellbeing.
- **83%** of those beginning with very low, low or neutral mental wellbeing reported improvement.
- **50%** reported increased social connection.
- **99%** felt welcomed and able to participate fully or mostly.

These findings suggest that Earth Wisdom's approach is creating meaningful opportunities for improved immediate mental wellbeing, nature connection, social connection, reflection and emotional processing.

The feedback also demonstrates the importance of accessibility, flexibility and creating environments where individuals feel safe and able to participate according to their needs.

Neutral and less-positive responses remain valuable in helping Earth Wisdom understand individual experiences, improve accessibility and develop its programmes responsibly.

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Overall, the findings support continued investment in accessible, nature-based mental health provision, stronger community and primary-care partnerships, and a structured progression from introductory experiences into more sustained ecotherapy programmes.

The Summer evaluation provides encouraging evidence of Earth Wisdom's developing impact while identifying clear opportunities to strengthen delivery, accessibility and future outcome measurement.