

Tune into nature...



Some ideas to get connected:

- Find your "sit spot" – a favourite place in nature to rest and just be. Visit often and get to know the local wildlife.
- Open your window and listen to the sound of rain.
- Smell the fragrance of yellow gorse blossoms.
- Visit Edinburgh's Seaside and touch the sea.
- Look for the first star appearing in the night sky.
- Get to know a city tree and notice how it changes through the seasons.
- Notice three good things in nature. How do you feel as you bring these to mind?
- Watch crows play.
- Follow the journey of a leaf floating downstream.
- Discover a green space in the city that you've never been to before.
- Appreciate a cloud.
- Walk barefoot in the grass. What do you feel underfoot?
- Volunteer at a community garden or clean up.
- Listen out for five curious sounds in nature. How does your body respond as you listen?
- Have lunch in a local park. Watch birds foraging for their lunch.
- Head to your favourite hilltop and take in the sunrise or sunset over the city.
- Give nature a home in your garden. Maybe plant wildflowers for bees and butterflies. Visit [rspb.org.uk](https://www.rspb.org.uk) for more ideas.

The full calendar of nature prescription activities is available at participating Health Centres.

"Nature can be seen as a great outpatient department whose therapeutic value is yet to be fully realised."

Dr William Bird

Find a park or natural heritage site near you:

mypark.scot
edinburghoutdoors.org.uk
edinburgh.gov.uk/parks-greenspaces/natural-heritage-sites

Explore Edinburgh's walking paths:

edinburgh.gov.uk/quietroutes

Discover local walking groups:

pathsforall.org.uk
ramblers.org.uk
edinburghleisure.co.uk/ageing-well-walks

Fun nature ideas for families:

rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/

Volunteer to help nature thrive:

edinburgh.gov.uk/friends-edinburgh-greenspace
lcv.org.uk

Directions to nature:

Head to your nearest front door.

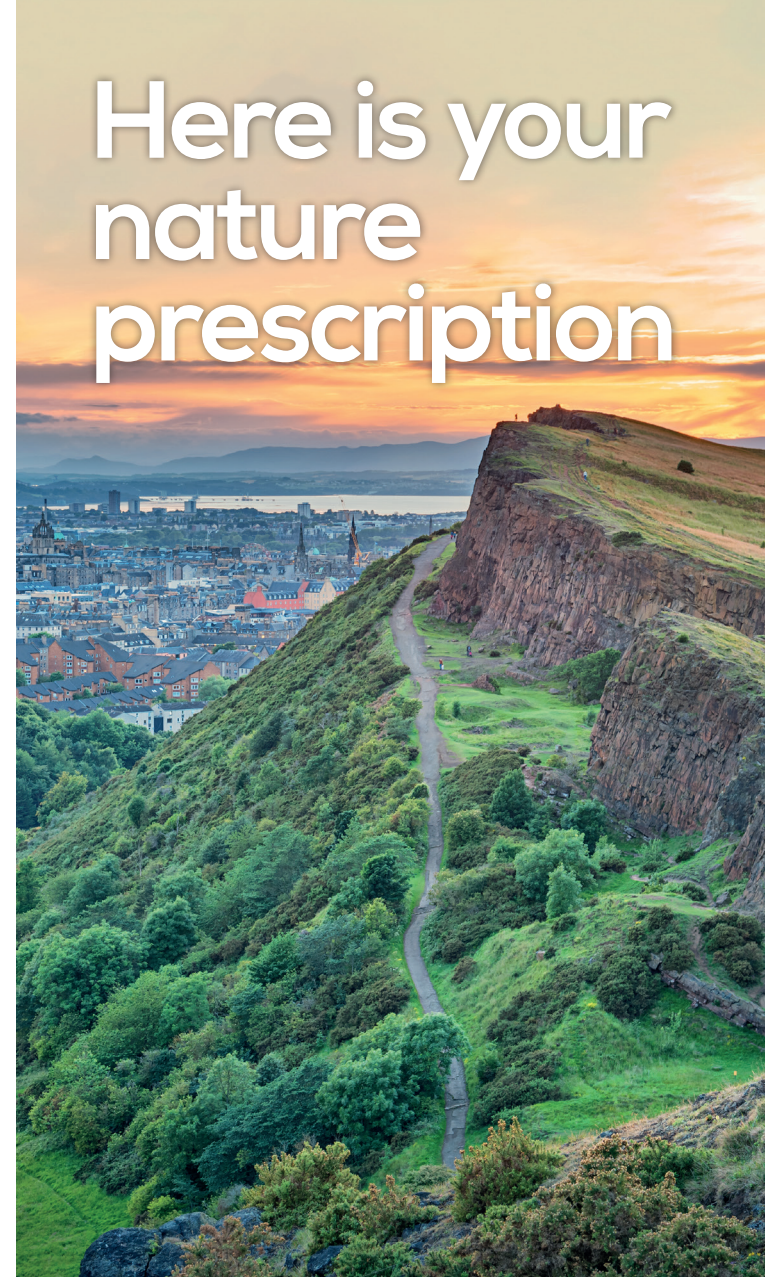
Nature Prescriptions is a pilot project designed by RSPB Scotland in collaboration with NHS Lothian and GPs. We welcome and value feedback about your experience.

Contact us

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Here is your nature prescription



Working together:





Something in your consultation has prompted your doctor to prescribe you nature:

(Doctor to tick)

- Level 1 nature walks**
Half a mile (10 minutes a day)
- Level 2 nature walks**
1 mile (20 minutes a day)
- Level 3 nature walks**
2 miles (40 minutes a day)
- Level 4 nature walks**
3 miles (1 hour a day)



As you walk, open your senses to the natural world. Perhaps feel the wind, sun or rain, touch a tree, listen to birds or take in the changing scents and colours of the landscape... What do you notice?

“As a kid, being outside in nature was simply normal. As a young person away from home I realised it was something I craved. Now I know it’s something I need. Nature makes me feel happier, better and more alive.”

Anne McCall, Director, RSPB Scotland

Think about a time when you were young and felt a connection to nature...

Who was there?

What did it feel like?

What does it feel like now as you bring it to mind?

Can you get that same feeling again?

You may discover:

- Sensations in your body.
- Plants and creatures you’ve never noticed before.
- Smells from your childhood.
- Experiences that your ancestors had.
- The beauty of seasons or phases of the moon.
- Like-minded people to share the outdoors with.
- A sense of wonder.



“We often forget that WE ARE NATURE. Nature is not something separate from us. So when we say that we have lost our connection to nature, we’ve lost our connection to ourselves.”

Andy Goldsworthy, sculptor

Nature Prescriptions is a collaboration between RSPB Scotland and NHS Lothian to develop our natural health service. It is inspired by growing evidence that nature makes us healthier and happier.

Connecting with nature can help you:

- Reduce anxiety.
- Improve cardiovascular health.
- Sleep better.
- Improve concentration.
- Improve vitality and mood.
- Increase your life satisfaction and happiness.

Find out more about the health benefits of nature at: hutton.ac.uk/research/projects/green-health and findingnature.org.uk

As with any trip outdoors, please dress for the weather and be aware of your own safety. Take your doctor’s advice and work to your ability.