



## **Poundbury Nature for Wellbeing Project – Group Agreement**

To be shared with participants at the start of each session.

***Please note the following risks have been identified for this activity***

<b><i>Risk</i></b>	<b><i>Remedy</i></b>
<i>Uneven ground, slippery after rain.</i>	<i>Wear wellies or stout boots</i>
<i>Loose dogs on the Great Field</i>	<i>Ignore, turn back to dog and walk away.</i>
<i>Dog poo on ground</i>	<i>MK will litter pick before each session.</i>

Nature-based activities are good for our mental health and wellbeing.

We would like everyone to enjoy the activity that we are doing today and get the most out of it.

Please turn mobile phones off, or to silent.

Please note these activities are not medical therapies and this is not a clinical or medical setting.

Our goals can best be achieved by being kind and courteous to each other and treat each other with respect.

Think about how much of your own experiences you want to share with the group. You are not under any obligation to share any information if you do not wish to do so.

Don't say anything that would make you feel uncomfortable

People Need Nature is a Charitable Incorporated Organisation registered with the Charity Commission in England and Wales, number 1162187. Registered office: Clifford Towers, Office Suite 3, The Hall, Priory Hill, Rugby Road, Wolston CV8 3FZ

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Please treat any information you hear as confidential and do not share personal information outside the group.

If you have any concerns about anything you've heard or seen during the activity, please let the activity leader know before the end of the session.

Some of the activities may release emotions which can be unsettling for you. If at any stage you feel this is happening to you, feel free to step out of the activity for a bit to have a quiet moment for yourself just let your activity leader know.

If you feel you need help speak to the activity leader.