



PRESCRIBE NATURE

Julie Watson, CEO

Emma Hopton, Survivor

We *LAUNCHED* Prescribe Nature

An innovative partnership and pilot project supporting women subjected to domestic abuse to access outdoor therapeutic support and structured outdoor experiences.

- Develop meadow space, mutually beneficial to wildlife and women
- NAC staff trained in domestic abuse, trauma informed practice
- WAEML staff qualified in forest and outdoor leadership (FOLA)
- 12 women who participated in the programme have completed formal qualifications



How it started...





Medicine wheel design



Marking our space: tree planting





Anyone for tea?





Healing and remedy herbs



**Zen contemplation area:
space to relax & feel the love from
surrounding nature**







Connection



What's Next...

Sustaining and scaling up!

- 8 qualified FOLA staff within WAEML
- Re-located project into our women's and children's empowerment centre
- NAC continue to develop the meadow space – thriving wildlife and ongoing community space
- Local connections with green groups and projects
- WAEML can now deliver our year-round Green Recovery of Women (GROW) programme as part of our core service offer, we plan to expand this families/ young people group from Summer 2025.
- WAEML will be able to offer FOLA qualifications to women, children and young people accessing our service.

