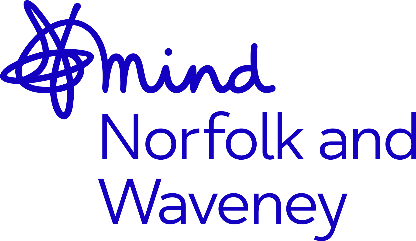
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**Nature Connect Registration Form**

**Thank you for your interest in taking part in the Nature Connect Project.**

Nature Connect is about getting closer to nature with other like-minded people to become more resilient and improve our wellbeing through everyday outdoor activities.

Nature Connect is suitable for people over 18 with mild to moderate mental health conditions, such as depression and anxiety, or who feel at risk of developing them. **If you have any queries about whether this is the right project for you, please contact** [**natureconnect@norfolkandwaveneymind.org.uk**](mailto:natureconnect@norfolkandwaveneymind.org.uk)

  **Can we keep you informed about our future Nature Connect events?** This will include free courses, workshops, groups and taster sessions. We will only contact you when these opportunities become available. We won’t pass on your details to any external parties. Please tick the box if you are happy for us to use the information you have provided for this purpose.

**About you**

|  |  |
| --- | --- |
| First name | Click here to enter text. |
| Surname | Click here to enter text. |
| Gender | Click here to enter text. |
| Date of Birth | Click here to enter a date. |
| Address | Click here to enter text. |
| Postcode | Click here to enter text. |
| Email address | Click here to enter text. |
| Telephone number | Click here to enter text. |
| How do you prefer us to contact you? |  |

**About you**

**Do you have any physical disabilities, long-term illness or special needs which would help us to know about, to help you participate fully in the session?** (please give details)

|  |
| --- |
| Click here to enter text. |

**In Case of Emergency**

As part of our ‘duty of care’ to ensure everyone’s safety, we would find it helpful to hold the following contacts’ details (see below). Please tick the box next to each, if you are happy we contact these parties, with your consent, in the event we are concerned about you. In certain very exceptional situations, such as if we are concerned for yours’ or others’ safety, we may need to contact these parties without your consent. For more information about these circumstances, please ask our team for more information and a copy of our confidentiality policy. Thank you for your help with this:

|  |  |  |
| --- | --- | --- |
| Contact | Details | Consent to contact - Please put an x in the box to consent |
| Next of Kin: Name | Click here to enter text. |  |
| Next of Kin: Telephone number | Click here to enter text. |  |
| GP: Name and surgery | Click here to enter text. |  |
| GP: Telephone number | Click here to enter text. |  |

**How did you find out about the Nature Connect project? (please tick as many as apply)**

|  |  |  |  |
| --- | --- | --- | --- |
| Newspaper |  | Word of mouth |  |
| Leaflet |  | Newsletter |  |
| Email |  | Internet Search |  |
| Social media (Facebook etc) |  | Poster |  |
| Referral from surgery via social prescribing service | | |  |
| Referral via another organisation (please tell us which) | | |  |

**Why did you decide to take part? (Please tick)**

|  |  |
| --- | --- |
| To be more active/healthy |  |
| To meet new people/socialise |  |
| To try new activities I haven’t done before |  |
| To improve my mental health/wellbeing |  |
| To get more involved in my local community |  |
| Other (Please Specify) Click here to enter text. |  |

**Can you please tell us how do you feel about the following statements?**

These questions will be presented to you again at the end of the course of activities you have chosen, and your replies will help us to establish if they have been useful.

1. I regularly spend time outdoors

Strongly agree  Agree  Disagree Strongly Disagree

Prefer not to answer

1. I know and regularly frequent more than one green space in my community

Strongly agree  Agree  Disagree  Strongly Disagree

Prefer not to answer

1. I am able to use creative activities in nature or with natural elements that bring me peace and serenity

Strongly agree  Agree  Disagree  Strongly Disagree

Prefer not to answer

1. I feel spending time in nature improves my mental wellbeing

Strongly agree  Agree  Disagree  Strongly Disagree

Prefer not to answer

1. I feel spending time in nature improves my physical health

Strongly agree  Agree  Disagree  Strongly Disagree

Prefer not to answer

I understand that by signing below, I give consent to Norfolk and Waveney Mind to record and process my data in accordance with GDPR legislation. N&W Mind’s Privacy Policy can be found at <http://www.norfolkandwaveneymind.org.uk/getdoc/532cce00-5bfa-43ef-9f26-34c723ceaf8e/privacy-statement>

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Can be typed) Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank you for completing this form – please return to** [**natureconnect@norfolkandwaveneymind.org.uk**](mailto:natureconnect@norfolkandwaveneymind.org.uk) **as soon as possible and we will confirm as soon as we can, whether we can offer you a place.**