

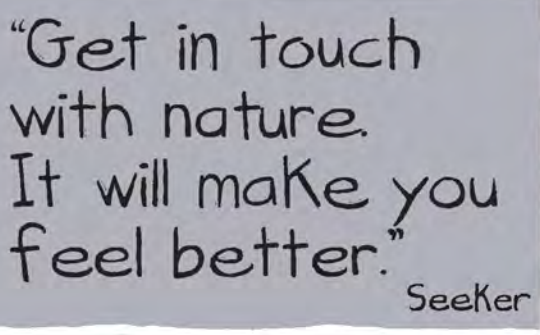
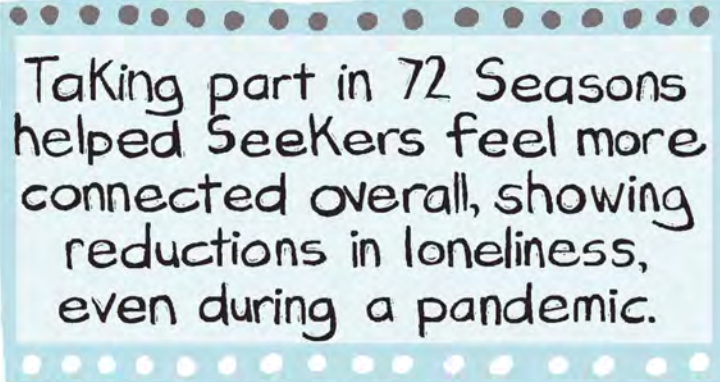
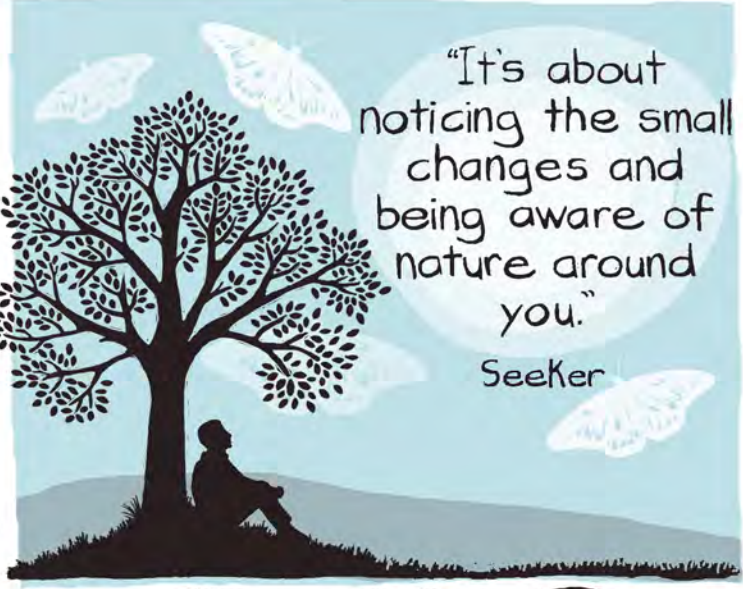
72

Seasons

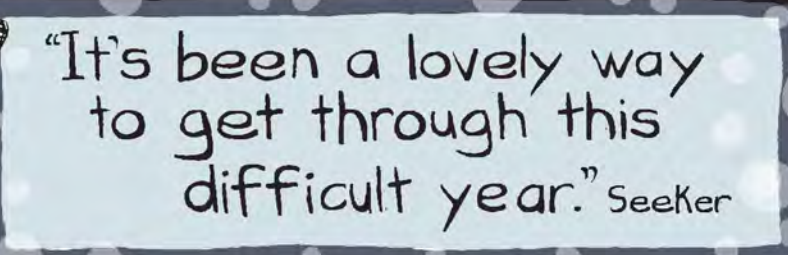


**Look Closer;
How connecting with nature can improve health and wellbeing.**





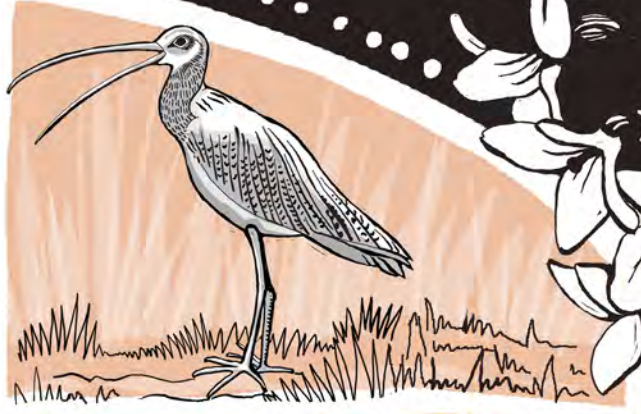
72 Seasons





72 Seasons

"It's great to be able to walk in nature, it's very uplifting when spirits are sometimes low."
Seeker



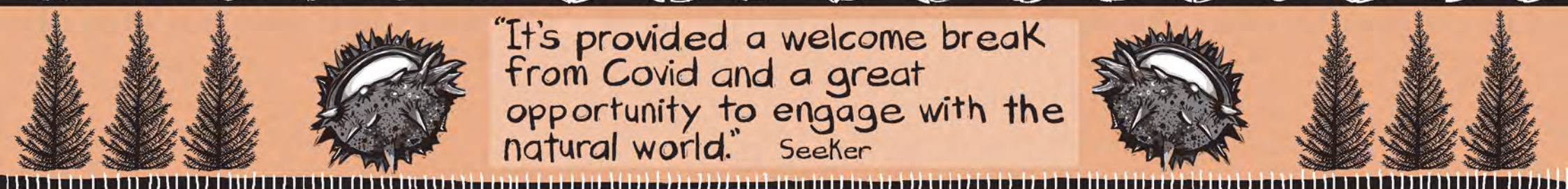
94% of Seekers agreed with the statement 'being connected to nature brings me joy', after taking part in the project.

Seekers read 2,730 emails about nature and completed 1,154 surveys about their health and wellbeing and what they had noticed.



Seekers noticed increased physical health, exercised more and felt less angry after taking part.

"It's provided a welcome break from Covid and a great opportunity to engage with the natural world."
Seeker





"Connecting with nature definitely helps boost mood and wellbeing." Seeker



Seekers felt more connected to nature with average scores increasing by almost 10%



72 Seasons



Seekers noticed increases in their wellbeing, despite this project happening during a pandemic!



"Having the project has been brilliant and to have something that has continued, hasn't changed... has been 'better'." Seeker



Seekers saved 579 GP visits in 2020, saving £17,370 from the NHS on this measure.

