

WOODLAND WELLNESS

2024 – 2025



Written by

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INTRODUCTION

Woodland Wellness has continued to flourish over the past year, offering people living with dementia and their carers the chance to connect with nature in meaningful and therapeutic ways. With the support of two new group leaders, our Ulverston group has gone from strength to strength, its success inspiring the launch of a new group in Barrow. We've also enjoyed exploring a variety of outdoor venues and building strong partnerships with other local providers who share our passion for nature-based wellbeing.

We remain incredibly grateful to our friends at Dignity in Dementia for their continued support in helping us deliver this valuable service.



What have we been up to this year?

September

In September, we enjoyed a sensory walk around the beautiful grounds of Ford Park, taking time to notice the colours, textures, and smells of early autumn. Along the way, we collected natural treasures such as leaves, feathers, seed heads, and more, which sparked conversation and stories. Back at our hub, we shared memories of autumns past, and created our own nature memory boxes, placing in the items we'd gathered to capture the essence of the season.



Beautiful, thank you so much for a lovely afternoon!





October

We set off on a pumpkin treasure hunt through the woods, spotting hidden pumpkins tucked among the trees. Afterwards, we returned to base and decorated our foraged finds with craft materials- no carving needed! We ended the session with one of our calming five-minute meditations, feeling grounded and connected to the season.



November

We crunched through carpets of brown leaves, kicking them into the air and enjoying the sounds and scents of late autumn. As we walked, we chatted about Bonfire Night memories and the excitement of fireworks. Using twigs and other natural finds, we created our own mini Guy Fawkes figures, each one full of character and creativity.





Ford Park allotments, January 2025

December

We took a gentle stroll up to the foothills of the Hoad, pausing on benches to admire the sweeping views of the Bay and the Sir John Barrow Monument. The crisp air and winter light made for a magical moment. Back at base, we warmed up with cosy drinks and ended the session with some joyful carol singing.

January

We ventured over to the Ford Park allotments to see what was being planned for the spring planting season. We talked about hopes for the year ahead and shared memories of growing our own gardens. Afterwards, we sat by the chapel, soaking up the winter sunshine and enjoying the peaceful stillness of the garden.

February

This month we got creative making homemade bird feeders using glass jars, fat, and seeds. Once finished, we hung them on the trees in the sunshine, gifting a little nourishment to our feathered friends. Everyone took one home, ready to enjoy a bit of birdwatching in their own gardens.

March

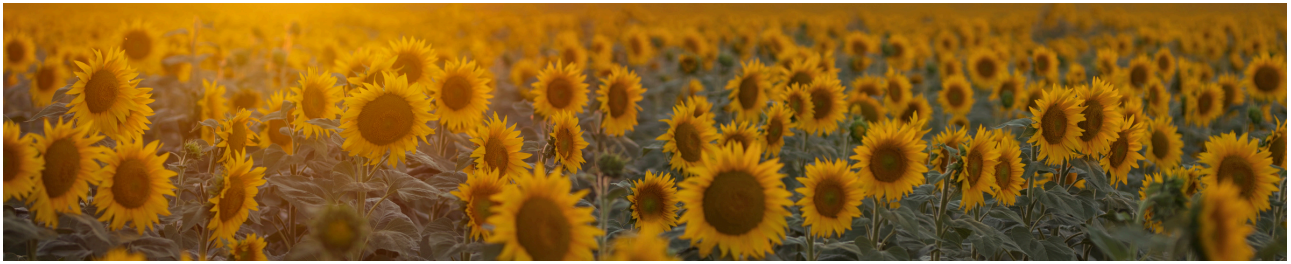
We took a stroll around Ford Park, spotting fresh buds and new growth as signs of spring began to emerge. We chatted about how the season makes us feel, hopeful, lighter, and renewed. Back at base, we each decorated our own tree design, celebrating the beauty of new beginnings.

“

I enjoy being outside. It was great

”





April

This month we got into the Easter spirit by boiling and decorating eggs in all sorts of colours and patterns. Then we headed outdoors for an egg rolling expedition, full of laughter and friendly competition. The local seagulls were very curious about our activities, watching closely as the eggs rolled by!

May

We celebrated the Chelsea Flower Show by soaking up the sights, sounds, and scents of nature with a calming forest bathing session. Afterwards, we tested our senses with a 'guess the herb' game and everyone did brilliantly, with plenty of laughter and some impressive plant knowledge demonstrated!

June

This month we celebrated the summer solstice with a mindful stroll, chatting about the meaning of the day and noticing the changes in nature all around us. Back at base, we got hands-on with some basket weaving, using natural materials to create simple, beautiful pieces that reflected the season's warmth and abundance.

July

In July, we took a walk around the park, soaking up the summer sunshine and enjoying the warm weather. We played ball games, tested our knowledge with a picture quiz, shared our favourite jokes, and rounded off the day with a well-earned ice cream.

Coming soon

With our new Woodland Wellness Barrow group now thriving in its beautiful Barrow Park base, we're excited to bring everyone together for our first annual 'Picnic in the Park' this September. It promises to be a joyful celebration, soaking up the sunshine, relaxing on the grass, sharing delicious food and drink, enjoying plenty of laughter, and maybe even a game or two of crown green bowling and pitch and putt!





Walking bear foot in the grass, April 2025

The Impact

Since last September, we have supported

12

people living with dementia at our **Ulverston** group, who have attended a total of

32

sessions.

We have also supported

9

carers offering either valuable respite time or the chance to join in with activities, enabling them to enjoy meaningful moments with their loved one without the demands of caring responsibilities

When a service user mentioned they'd like "a little more exercise," we embraced the summer sunshine and took our entire session outdoors for a special Summer Solstice celebration.

“ Another brilliant afternoon. So many giggles! Thank you for everything you do. ”

“ Thank you to everyone for such a warm welcome. So nice to meet new people ”

Our survey

You or your loved one were made to feel welcome and accepted

Your views, values and beliefs were respected by the staff

You or your loved one felt comfortable asking questions

You or your loved one found the session fun, relaxing and therapeutic

Rate the session for cleanliness

Rate the session for facilities

We achieved the highest possible rating on almost 99% of all survey responses across 13 completed satisfaction surveys



This document has been created with the aim of being accessible to as many of our stakeholders as possible. That means you! We welcome your feedback, so please feel free to get in touch at admiraldementiateam@stmaryshospice.org.uk.

We would like to extend our heartfelt thanks to Dignity in Dementia for their invaluable partnership, to all our staff for their hard work and dedication, and to our wonderful volunteers for the compassion and commitment they bring to every session. Our gratitude also goes to the Furness Dementia Partnership for their ongoing promotion and support, and to our community partners for their kindness, flexibility, and willingness to collaborate. We are deeply thankful to our donors for their continued generosity, which makes our work possible. Most importantly, we thank our incredible service users and their carers for their engagement, enthusiasm, and valuable feedback, as well as their willingness to try new things and embrace new experiences with such openness and trust, helping us shape a service that truly reflects what matters to them.