

Nature Connected Communities Handbook

A guide for inviting communities to notice,
engage, and relate with the more-than-human
world, for closer community-nature relationships.



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Introduction

There has been a blossoming of activity and interest in nature-based community initiatives around the United Kingdom, which help people connect with each other, their local areas, and with the natural world. As dominant ways of living encourage separation, individualism, consumption and waste, such initiatives have never been more important. We need nature near where we live, and we need to appreciate the value of closer human-nature relationships. As well as boosting community wellbeing, many nature-based community initiatives also benefit biodiversity and encourage pro-environmental and conservation behaviours amongst community members.

Our focus in this handbook is on the spaces between people and the rest of nature – the relations between human and the more-than-human. We explore how we can help people and nature together by looking to heal the gap between them – a gap that is both psychological and physical. Nature-based community initiatives can help people to appreciate that we are nature, and members of communities that include humans and more-than-humans. Healing people's relationship with the rest of nature is a vital element in supporting meaningful shifts in the mutual wellbeing of people and nature.



Our previous handbooks have offered a general introduction to connecting people with nature, and helping organisations connect with nature. This handbook is for organisations, collectives, and individuals who want to help grow communities that are better connected with the rest of nature. We hope it will be as useful for someone wanting to rewild a patch of grass in their suburban street as it is for those working at city scale, and everywhere in between. The aim of the handbook is to help communities understand why nurturing human-nature relationships matters, and to offer a framework for reflecting on and designing the sorts of things that will support nature connectedness. We include case studies, tips, and resources from groups and networks around the UK who design and grow green community initiatives, for information and inspiration.

When we asked those leading nature-connected community initiatives what advice they would offer to others, the top tip was to listen to communities. Nature-connected communities need to evolve from and of the communities themselves. As such, this handbook focuses on ways of thinking about nature-connected communities and examples of how others have put such things into action. The handbook offers questions and prompts for communities to explore together and grow their own ideas. Resources to support such exploration and growth are provided: a workshop guide, nature connection seeds, an urban safari guide, and links to guidance and support offered by other organisations.

We offer the idea of the community as a river – a moving body made up of many organisms and molecules which flow together as one. Rivers connect places together, and link urban settings with mountains, springs, lakes, oceans, and other human and more-than-human homes and communities. In setting out a river course, we introduce some springs, currents and streams that could contribute to your nature-connected community project. The springs are a set of principles from which a nature-connected community flows, the currents are the ways of working that help communities move together, and the streams are made up of the ways of encouraging closer human-nature relationships that flow into the river itself.



Nature Connectedness

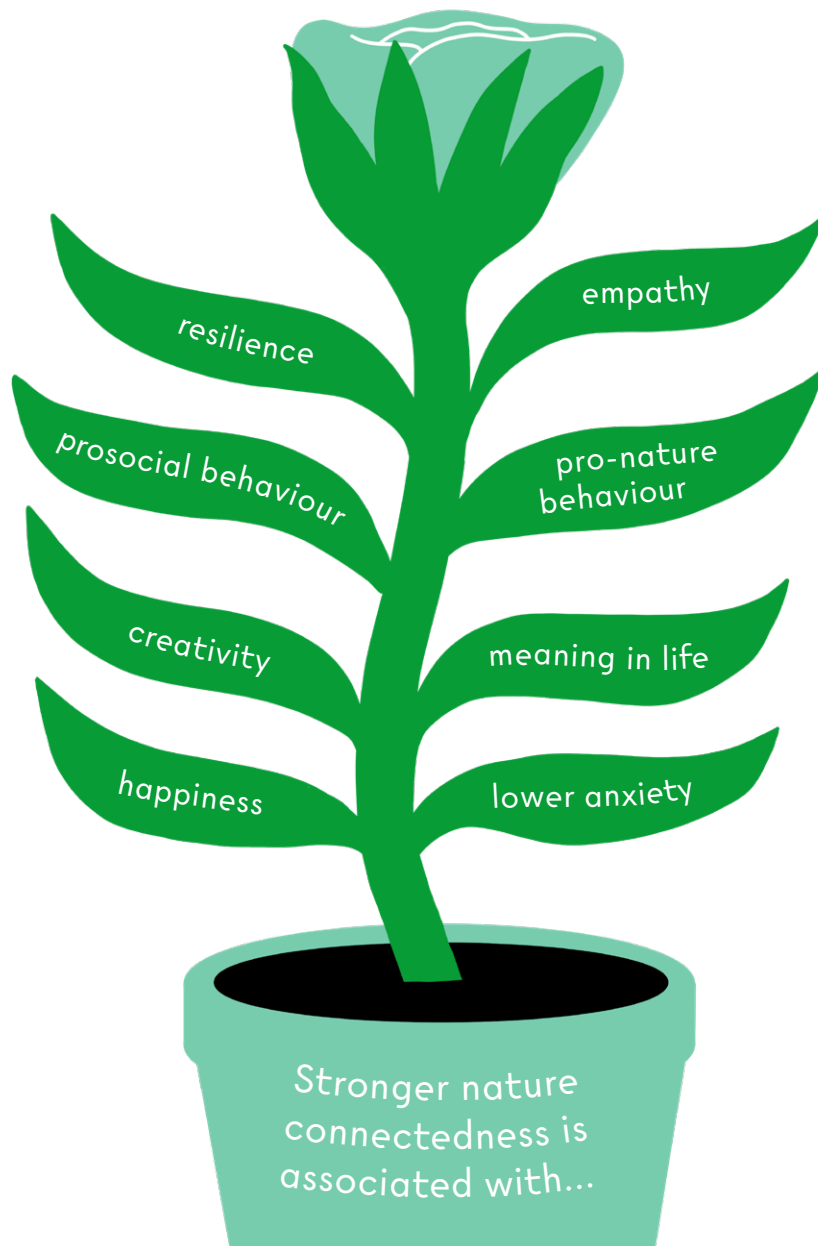
Nature connection is about our sense of relationship with the rest of nature – how we think about, feel towards and engage with the natural world. While physically connecting with nature is important, we need to connect through our hearts, minds, and bodies to grow relationships that mutually benefit people and planet.

People with a strong sense of nature connectedness:

- Think of themselves as a part of nature
- Value nature for its own sake
- Feel an emotional bond with nature
- Notice and care for nature
- See their relationship with nature a key part of who they are as a person

Nature connectedness can be measured using psychological scales. Research shows that those with a stronger sense of nature connectedness have better wellbeing, are more pro-social, and are 3.5 times more likely to take action to help nature than those with lower levels of nature connectedness.¹⁻⁴





While green and blue natural spaces offer important opportunities to notice nature, it is the quality of people's engagement with nature that matters the most for growing nature connectedness.


Lasting and meaningful improvements in nature connection are made when people regularly engage in simple activities that involve actively noticing and appreciating nature, for example, listening to bird song, taking a photo of a beautiful flower or watching a butterfly.⁵ The five pathways to nature connectedness offer a framework for engaging with nature in ways that help strengthen human-nature relationships, through interactions which engage the senses, celebrate nature's beauty, nurture emotional and meaningful connection with nature, and enact compassion.⁶

When we feel deeply connected with nature, we appreciate our membership of the community of life on the planet.

Nature-Connected Communities

Traditionally a community refers to a group of people who share some common feature – geographical, cultural, heritage-based, shared interests or values, demographic, or governance.⁷ Communities are about belonging and togetherness and having things in common. There is a growing interest in understanding and promoting community wellbeing via the combination of conditions that help communities flourish.⁸ Environmental conditions are recognised as one of the factors that can boost community wellbeing – communities thrive when they have opportunities to enjoy natural spaces, street trees, or community gardens. Social conditions are also important – communities need opportunities to connect with one another and maintain close relationships.





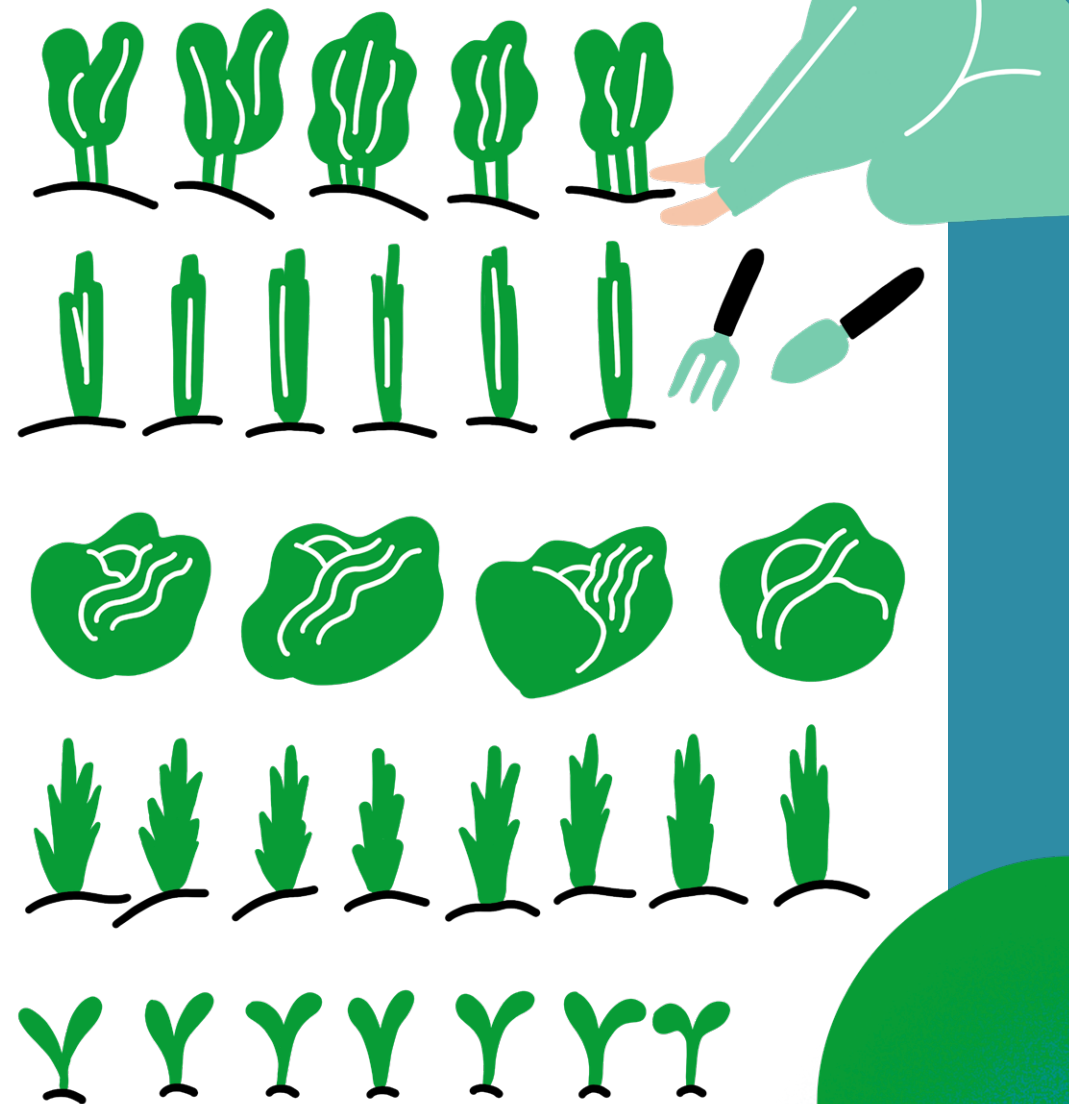
There are two things missing in many accounts of community wellbeing. The first is the value of nature connectedness. The importance of healthy relationships between humans and the rest of nature for community is often overlooked. The second is that communities are defined as collections of people – a human-centric definition that excludes the more-than-human world. Humans are members of a community of life that includes animals, plants, land and water, co-existing in shared geographical spaces with entirely interdependent lives.⁹ From this perspective, community wellbeing includes the wellbeing of nature for its own sake, not simply because of the benefits nature brings to humans.

In nature-connected communities, people and nature flourish together, and human community members:

- Understand that we are part of nature, not separate from it.
- Grow deeper emotional connections with animals, plants, and other living things.
- Engage with the natural world in ways that help all forms of life.
- See animals, plants, and the environment as members of our shared community.
- Work to improve the wellbeing of both people and nature together.

There is a groundswell in the number of initiatives around the United Kingdom that are looking to connect communities with nature. Community gardens have profound and important benefits, enhancing wellbeing and nature connectedness amongst those who are involved in the design, maintenance and use of a garden and surrounding space, and increasing care for nature.¹⁰ Gardens often become hubs of social and nature-based activity, offering multi-sensory nature experiences, fostering a sense of empathy for the more-than-human, and supporting social connections. They create a community ecosystem that goes beyond the soil, seeds and vegetables, and into the hearts and minds of those who use the space.

For communities to truly nurture relationships with nature and include the more-than-human as partners and citizens, we need to extend and multiply opportunities to recognise, enact, and celebrate nature connectedness. Nature-connected communities are about ways of being with the rest of nature, embedded into the systems, spaces and practices through which everyday life is produced. Multi-sector, multi-cultural, multi-species community initiatives can thread together people, place and nature in ways that enrich all, together.



Communities as Rivers



Springs

- Nature as community
- Listen to nature
- Entanglement



Currents

- Listen
- Collaborate
- Empower
- Sustainability
- Connectedness



Streams

- Notice
- Engage
- Relate

Springs

Principles of nature-connected communities

The springs are principles of nature-connected communities. These are understandings upon which all other activity is organised. Springs are the birthplaces of rivers, where water emerges from the earth – sometimes as no more than a trickle – and begins a journey over land growing and meandering and making its way to a river. Just as some springs can be inactive or dormant, not all nature-connected community projects may flow from these initial principles. There may be obstacles or conditions that limit the flow.

We invite you to explore the springs from which your communities flow. What are the principles that support human-nature relationships in your community? Are there opportunities for the springs we offer here to flow into your community?

- Nature as community
- Listen to nature
- Entanglement

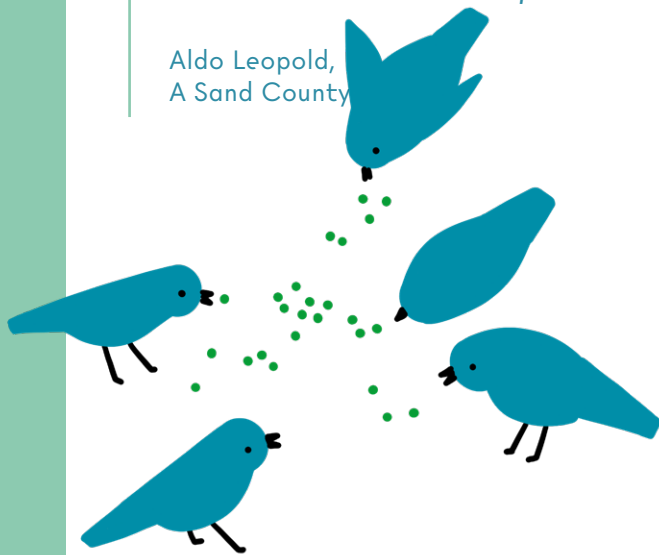


Nature as community

A nature-connected community is one that recognises the natural world as part of the community. Humans, plants, animals, water and soil are all valued as community members and citizens of shared spaces.

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."

Aldo Leopold,
A Sand County



Listen to nature

All voices are listened to in nature-connected communities, including the voices of the more-than-human. The things that matter to nature are understood, valued, and embedded in everyday life. There are processes for considering what nature would say, recognising the rights of nature, and celebrating nature's voices.

"Maybe a grammar of animacy could lead us to whole new ways of living in the world, other species a sovereign people, a world with a democracy of species, not a tyranny of one—with moral responsibility to water and wolves, and with a legal system that recognizes the standing of other species. It's all in the pronouns."

Robin Wall Kimmerer,
Braiding Sweetgrass: Indigenous
Wisdom, Scientific Knowledge
and the Teachings of Plants



Entanglement

Nature-connected communities celebrate the interconnectedness of all lives. They recognise that all life is in relationship with other lives and can't be separated. The mutual dependency of all life is valued and there is recognition of the necessity of diversity for all to thrive as one.

"Looking deeply into your tea, you see that you are drinking fragrant plants that are the gift of Mother Earth. You see the labor of the tea pickers; you see the luscious tea fields and plantations in Sri Lanka, China, and Vietnam. You know that you are drinking a cloud; you are drinking the rain. The tea contains the whole universe."

Thich Nhat Hanh, How to eat



Currents

Practical tips for connecting communities with nature

We invited groups who are designing and delivering projects that connect communities with nature to come together for a workshop to share their experiences, successes and challenges. Examples of their initiatives are shared as case studies, and we have gathered together their top tips for running programs that help communities grow closer relationships with nature.

They are offered as currents, as they are what support the movement within the community river. The water in a river has many ways of moving, with different currents having different qualities – fast, straight, slow, smooth, tumultuous, falling, spiralling, deep or shallow. We invite reflection on the qualities that each current has in your nature-connected community project, and the factors that may be influencing the different currents. The quality of the currents has implications for the journey along the river and the resources needed to navigate it. Just as boaters need to read the currents of a river, organisations need to read the movements in their community initiatives.



Listen



- Listen to what communities want and need from the outset
- Keep conversations channels open
- Be willing to change plans and approaches in response to feedback
- Ensure both human and more-than-human voices are listened to.
- Give nature a representative in an initiative

Collaborate

- Generate collective visions and guiding principles
- Co-design initiatives and spaces with communities
- Collaborate with environmental organizations, grassroots community groups, schools, and local government
- Connect different community groups, spaces, and initiatives for a strong support network
- Consider how human and more-than-human members can work together towards shared interests.

Empower

- Seek out and value the knowledge, skills and experiences of community members and encourage the sharing of these
- Give leadership roles and responsibilities to local community members
- Offer training and mentorship for the community for maintenance, growth and sustainability of initiatives.
- Let nature have agency where possible



Sustainability

- Recognise the constraints of time-limited projects
- Explore funding opportunities for long-term sustainability
- Integrate regenerative practices into all elements of an initiative – considering circular processes, leaving a positive trace on human and more-than-human communities
- Consider how to maintain momentum and community engagement over time

Connectedness

- Incorporate spaces and practices that encourage reflection and appreciation of human-nature relationships
- Create opportunities for communities to express their connection with nature through art, music, and writing
- Ensure that activities and spaces are accessible to people of all ages, abilities, and cultural backgrounds
- Embed opportunities for social connections to be formed, strengthened and maintained

Activities

- Embed elements of fun and play for all ages
- Celebrate milestones and successes and key natural events
- Offer more-than-nature activities and topics to bring people together around food and drink, music and dance, arts, making and crafts, history, sports, fashion, technology, or popular culture activities with a nature theme or in a natural setting
- Use the pathways to nature connectedness framework to maximise opportunities for stronger human-nature relationships to grow



Streams

Designing a nature-connected community

While the springs are where nature-connected communities begin and the currents are how they move, the streams are the bodies of water that flow into a larger river. They are made up of many organisms and each are unique in their composition, course, movement and quality. In the same way, the elements that make up a nature-connected community are entirely unique and reflect novel combinations of community, place and time.

We propose three streams: Notice, Engage, and Relate. Each is based on a way of interacting with the more-than-human world and is a starting point for an infinite number of options for spaces, activities, events, and ways of acting to generate any nature-connected community initiative. Not all streams are as large or as healthy as others. We offer some starting points for considering ways to nurture the streams of your initiatives that will help the life and vitality of your community river.



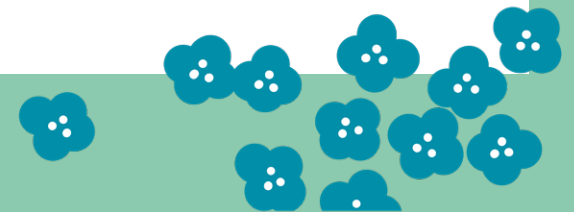
Notice

The starting point for growing connection with the rest of nature is to notice it. With so much to distract us from the natural world – mental chatter, digital devices, other people, and all the images, sights, sounds, and noises of a busy urban environment – it can be challenging to pay attention to the plants and animals that we share our worlds with. One study found that nearly two-thirds of people in the UK say they rarely or never listen to bird song, and over seventy percent rarely or never notice butterflies or bees.¹¹



Nature-connected communities can provide opportunities and prompts for noticing everyday nature. A key starting point is to make sure nature is notice-able. This requires having nature-rich spaces as well as including more nature in, on, and around built-up urban spaces. A lot of biodiversity can be found in tiny spaces, amongst and on buildings and other infrastructure (e.g. bus stops, traffic islands, beside transport routes) if given the opportunity to live there. If nature is everywhere, it becomes easier to notice. Some thought and design can then go into ways of making that nature more salient, developing ways of inviting people to notice nature, and encouraging people to share their noticings with others. Examples include:

- Benches, tables, hammocks, and grassy areas for people to be still and see, hear and smell the natural world
- Paths, trails, cycleways and other travelling routes that take people closer to nature
- Natural play equipment and areas that invite people of all ages to notice nature
- Designs (of parks, streets, gardens, shopping areas) that invite the eyes to take in nature – a focal tree, novel shapes and colours



- Devices (digital or analogue) to help people notice nature in different ways – wildlife camera footage streamed in public spaces, stationary magnifying lenses to look closely at moss, leaves and other ordinary nature
- Signs to prompt people to notice species, places, or individual plants or animals encouraging attention, wonder, fascination, and joy
- Art that draws attention to the natural world, via beauty, absurdity, novelty, or inspiring emotional responses to nature
- Recording of species seen in a community space, perhaps incorporated into a piece of community art
- Citizen science projects that invite people to monitor, assess, record and share the state of nature
- Facilitated activities that guide people in different ways of looking at or otherwise experiencing nature – nature walks, urban safaris, nature journalling, art and photography workshops, creative writing exercises, or forest bathing

ASK

- How can your project or initiative help people notice nature?
- Given all the demands on people's attention, what can you do to help draw senses, hearts and minds towards the natural world?



Engage

Research has identified five pathways to nature connectedness – ways of engaging with and thinking about nature that help us develop closer relationships with it.⁶ Each pathway invites a focus on a particular aspect of our experiences with plants, animals, water and land to support feelings of closeness with nature. Activating the pathways to nature connectedness helps us to shift from being 'in' nature to being 'with nature', feeling more a part of the natural world.

Senses: Tuning into our sensory contact with nature heightens our experience of the natural world. This means noticing what we see, hear, feel, smell and taste and seeking opportunities to heighten those sensory experiences. At its most simple this could involve tuning into bird song, touching plants or eating foraged blackberries.

Beauty: Humans are hardwired to appreciate nature's beauty. To activate the beauty pathway, we can actively look for beauty in nature, take time to appreciate the beauty of the natural world, and share our experiences of nature's beauty with others. Beauty is found everywhere – in spectacular sunsets, in seed heads of plants, the colours of bird feathers, or in the spiral on a snail shell.

Emotion: Nature impacts how we feel. The emotion pathway is an invitation to notice the impact nature has on our emotions and mental wellbeing, and to seek out nature to inspire feelings of peace and calm, joy, or wonder. Taking a moment to be with nature during a time of stress or to incorporate wonder and awe about nature into everyday life helps us feel better and feel closer to the rest of the natural world.



Meaning: Nature is full of stories and symbolism that bring meaning to our lives – from our personal stories about nature in our lives, through to cultural folklore passed on through generations, or the use of natural metaphors and symbols that shape how we live our lives. By reflecting on, sharing, and celebrating what nature means to us, our community and wider society, we can nurture feelings of closeness with the natural world.

Compassion: Compassion for nature involves recognising the challenges the natural world is facing and taking action to help nature. By looking after nature, supporting the wellbeing of other living beings and the environment, and encouraging others to do the same, we can turn feelings of empathy into actions that matter. As well as helping individual beings, a species, a natural space, or the environment more generally, compassion helps strengthen our relationships with nature.

The pathways offer a powerful framework for boosting nature connection from micro to macro scales. They can work as ways for individuals to engage with nature, and are widely used by practitioners who connect people, groups and communities with nature through carefully designed activities and campaigns. The pathways can equally be used in the design of spaces, events, communication strategies, and policies. Gardens and community spaces can be created using the pathways to help boost the nature connectedness of those who visit or use the space. [Click here to see and share examples.](#)

ASK

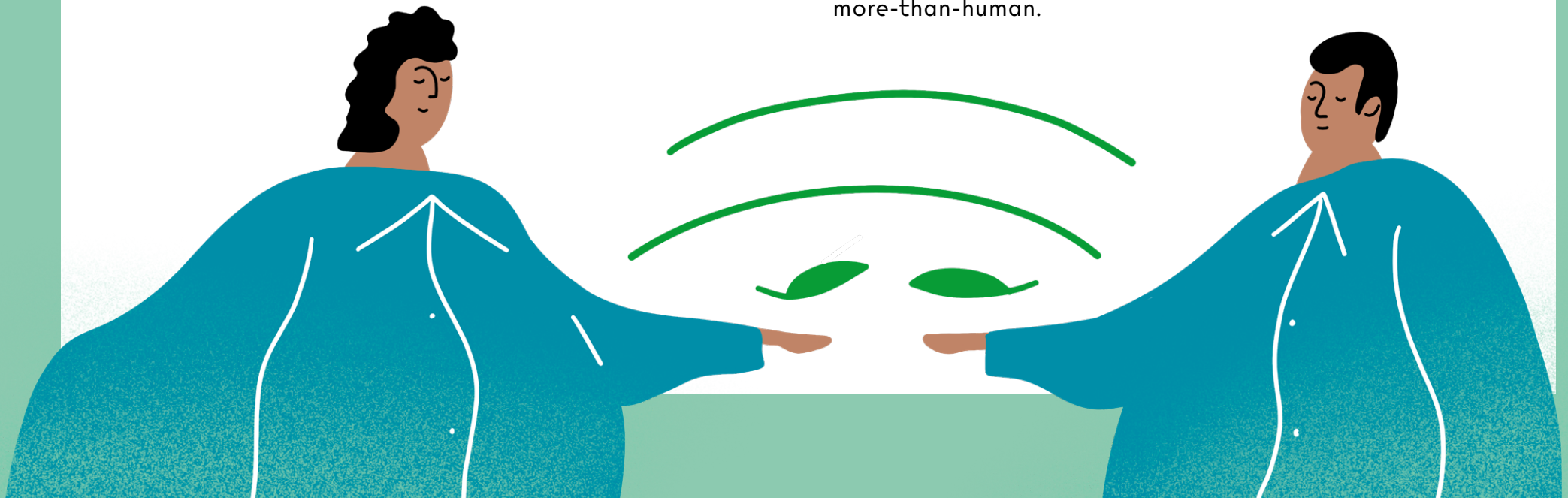
- How could your project make use of the pathways to nature connectedness?
- What opportunities are there to encourage sensory engagement with nature, appreciation of beauty, emotional engagement, exploration of nature's meanings, and acts of compassion for nature?
- Consider activities, space, events, and communication. Invite your community to share their experiences of using the pathways in their own moments with nature, and collaboratively come up with ways of sharing these with others in the community.



Relate

We all have some sort of relationship with nature. We may have a relationship based on use of nature as a resource, something to be used and controlled and kept separate from the human world. For those with a stronger sense of connectedness, the relationship with nature is an emotional one in which we experience nature as kin – as friend or family that we love. A nature-connected community is one which supports the possibility of people developing the latter sort of relationship – a love of the natural world based on respect and care.

This involves offering opportunities to think about, feel towards and relate to nature in different ways. Rather than treating nature as separate and as 'objects', we can recognise and respect the subjective experience of the natural world. Nature is not just a 'place' – nature is made up of billions of lives, each with their own ways of being in this shared world. We can honour all lives. Many traditions and cultures around the world and across time have considered natural beings as being 'persons' – something that has largely disappeared from contemporary Western cultures. Treating nature as persons does not require any special belief or spirituality – it is something we can do in our ordinary ways of engaging with the natural world. This kind of practical, everyday animacy is about relationship, reciprocity, and according agency and respect to the more-than-human.



Nurturing these new forms of relationship often involves flipping our perspective a little – putting nature’s perspective first and asking what matters to nature. Because the dominant cultures in Western nations have put human interests to the forefront for so long, creative methods are particularly powerful ways of shifting our point of view. While some may find the suggestions unusual, they should be treated lightly, as invitations for play and for empathy that help reinforce our links with the rest of nature. They recognise our shared place in the wider community of nature, the citizenship of natural beings and entities, and the interrelatedness of humans and more-than-human.

ASK

In the design and management of your nature-connected community project consider the following as guiding questions:

- What would nature want?
- What would nature say?
- Who is in our community?



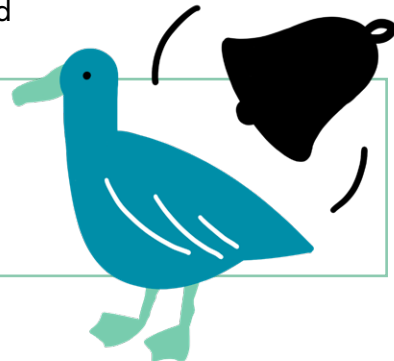
Noticing and caring for individual beings or species

For example, identifying a particular tree as special or important, noticing a bird that has taken up residency in a space, celebrating migratory species. The UK's grief over the loss of the Sycamore Gap Tree illustrates the emotional bond that can be grown between people and nature's persons when individuals are cherished.

- A business or community group pledge to be guardians of a local tree
- Community trails highlight notable nature
- The return of migratory birds is marked with ceremony and fanfare
- The community garden robin is given a name
- Local folklore, regional flowers, and notable local wildlife are celebrated

EXAMPLE

In Dunedin, New Zealand, when the albatrosses return each year bells are rung all over the city. [Find out more.](#)



Practices for acknowledging and thanking nature

For example, greeting plants and animals, removing litter. Showing that we appreciate our nature citizens and the gifts they offer and asking what we can gift in return encourages respect and reciprocity between humans and that natural world.

- A book or online space is created for people to send a message to local nature
- Community members say hello to birds and insects and plants
- Campaigns and events that express love for a river
- People are invited to ask permission from plants before picking or give gifts in return for harvest

EXAMPLE

A project in Melbourne, Australia designed to enable communities to let the council know about issues with city trees resulted in emails from people communicating their love and appreciation to the trees. [Find out more.](#)



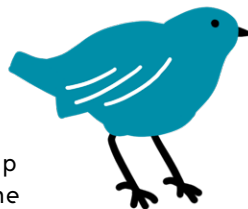
Considering the perspectives of animals and plants

What makes their lives better? How do they thrive and what causes them suffering? What matters to them? How does human activity impact their lives?

- Creative projects and artwork that explore the perspectives of the more-than-human
- Events that share the wonder of plant and animal communication and psychology
- A representative for nature in any group or event that involves the natural world to consider what nature would want or say
- Exploring the routes that wildlife would take moving around a neighbourhood to see how connected their habitats and feeding stations are

EXAMPLE

In Derby, stickers and signs with QR codes send people to 'Messages from the Wild' – interviews with a Dipper, Water Vole, Mayfly and other wildlife voiced by experts on those species. Funny, informative and with important messages, the interviews help communities consider the perspectives of the more-than-human and encourage empathy.



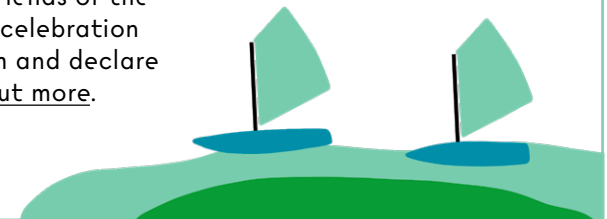
Recognising the rights of different species and natural forms

While there are legal frameworks that can enshrine these rights, communities can start by declaring their commitment to the rights of nature to exist, persist, evolve and regenerate.

- Identifying places where nature's right to thrive are not being upheld
- Symbolic community declarations of the rights of a river
- Avoiding actions that interfere with the functioning of natural systems
- Advocating for the rights of local nature when these are being threatened
- Campaigns for human rights to a health environment

EXAMPLE

Every year The Friends of the Cam organise a celebration of the River Cam and declare its rights. Find out more.



Resources

We have brought together a set of resources to support the growth of nature-connected communities. These include:

Workshop Guide: Suggestions for facilitating a workshop to explore and develop ideas for nature-connected communities, using the community rivers approach.

Urban Safari: A nature-noticing activity for communities that can be used in any environment, at any time of year.

Nature Connection Seeds: A printable deck of cards that can be used to design and develop nature connection projects and activities.

Resource hubs and networks: A collection of links to external sites with guides, tools, case studies and links to networks, offering support and practical guidance on 'how to do' all aspects of nature-based community initiatives – from advice on soil, to budgeting and administration, to guides for life-centred practices.



Workshop Guide

Designing nature-connected community initiatives

We offer here some components of a half- or full-day workshop with organisations and community members involved in creating, developing or maintaining a nature-connected community project. The format is flexible and able to be adapted to suit the need and interests of the participants. Bearing in mind that the number one rule of creating nature-connected communities is to listen to communities, this workshop should be an opportunity for listening, exploring, playing and idea generation.

Beginning with a consideration of how to listen to nature in the workshop, and an opportunity to imagine a nature-connecting future, we outline how the idea of a community river can be used to explore the design and running of an initiative. The springs offer some starting points for the community river, the currents offer the 'how-to' elements that ensure the flow of activity within and of the community, and the streams are the components that will come together to grow stronger relationships between all community lives.

Nature's Voice: Consider how nature will be represented in the workshop. There are several ways of doing this:

- One or more people are nominated as nature's voice for the day
- Everybody is given opportunities to consider what nature would say.
- Have a representative for water, one for land, one for plants, one for animals.
- Participants could represent particular species resident in their community spaces, either self-chosen or pre-determined (e.g. earthworm, blue tit, oak, salmon).¹²

Imagine: You could begin with a simple opportunity for people to envision a day in the life of your future nature-connected community – as personal reflection, a writing or drawing exercise or a conversation. Invite people to consider the sensory experience of being both human and non-human in this future world where nature is welcomed as citizens of the community.

Nature-Connected Community Rivers

Springs

Explore the springs of Nature-Connected Communities we propose – principles which help establish an understanding of community that recognises and values the commonality of humans and the rest of nature.

- Nature is community
- Listen to nature
- Entanglement

These ideas may seem new, strange or irrelevant to some, or completely aligned to others' visions. Hold them lightly and explore what they mean to people, finding examples of where they make sense and where they are challenging. Some springs may initially be inactive or dormant in your community, or your community river may start from other springs. This is an opportunity to see where actions will flow from in your specific community – whether these springs, or others.

Currents

The currents of a nature-connected community are what enables movement and flow. Some currents may be deep, some shallow. Some straight, some winding, some circular, some slow, some rapid, some turbulent, some smooth.

There may be obstructions in the current – obstacles that prevent smooth movement. Explore the different currents as they apply to your community – how do each of them move at this point in the project? Which might need some help to flow in a way that is best for the health of the river and life within it? [Click here to read this guide to river currents](#) for inspiration on additional ways of thinking about types of currents and how they are formed, and considering how they might apply to your project.

- Listen
- Collaborate
- Empower
- Sustainability
- Connectedness
- Activities

Streams

The streams are the elements of a nature-connected community that carry human and more-than-human members together into a closer relationship. What are the qualities of the streams involved in your community – are they wide and meandering, narrow and overgrown, clear or polluted? Do they end up meeting into the community river? Consider each of the streams in turn or divide into three groups with one stream per group. Take the guiding questions as prompts for reflection, discussion and exploration of ideas for improving the health and flow of each stream.

- **Notice:** How can your project or initiative help people notice nature? Given all the demands on people's attention, what can you do to help draw senses, hearts and minds towards the natural world?
- **Engage:** How have you personally used the pathways to nature connectedness in your own moments with nature? How could your community make use of the pathways? What opportunities are there to encourage sensory engagement with nature, appreciation of beauty, emotional engagement, exploration of nature's meanings, and acts of compassion for nature? Consider activities, space, events, and communication.
- **Relate:** Explore who the members of your community are. You may want to make a list of all human and non-human groups that make up your local community. Which of them currently have a voice? How could more members be given a voice?

Consider what nature would want and say in your community. What rights is nature currently given and what opportunities are there to further embed the rights of all nature to thrive in your community?

The voices and rights of the more-than-human can be manifested in various ways – from legislative changes or community declarations of rights through to arts-based approaches that support perspective shifts and the animation of the living world.

Urban Safari

We don't need to go out into the wilderness to find nature. Nature is all around us – we just need to practice noticing what is around in even the most built-up urban environments. The Urban Safari offers a set of things to hunt for in towns and cities, suburbs and urban parks, including nature that is easily overlooked in daily life.

Designed with the pathways to nature connection in mind, the safari invites people to pay attention to experiences as well as natural beings, artefacts and phenomena. The invitation is to consider what we can see, hear and feel, as well as find nature that changes how we feel, has meaning for us, and gifts us beauty and wonder.

The Urban Safari is for people of all ages and can be used as a one-off or a repeat activity, and is for use at any time of year. It can be completed on daily commutes, in community events or green community spaces, or as part of a city-wide challenge. People could collate, share and reflect on the natural treasures they found and experienced.

[Click here to download a printable Urban Safari for use in your communities.](#)

Urban Safari

Let's notice nature! Explore your neighbourhood, town, city, or local park to find the beauty and wonder in ordinary nature that is all around us.



How many of these can you find?

- | | | |
|---------------------------------------|---|---|
| <input type="radio"/> Something alive | <input type="radio"/> A smell from nature | <input type="radio"/> Something in nature that... |
| <input type="radio"/> An insect | <input type="radio"/> A sound from nature | <input type="radio"/> makes you smile |
| <input type="radio"/> A bird | <input type="radio"/> Something moving in the breeze | <input type="radio"/> is beautiful |
| <input type="radio"/> Soil | <input type="radio"/> A plant growing through a crack | <input type="radio"/> is amazing |
| <input type="radio"/> Lichen or moss | <input type="radio"/> Something tiny | <input type="radio"/> is weird |
| <input type="radio"/> A reflection | <input type="radio"/> Leaf with pointy bits | <input type="radio"/> you'd like to care for |
| <input type="radio"/> A shadow | <input type="radio"/> Something yellow | <input type="radio"/> you will remember |
| <input type="radio"/> A feather | | |

Your favourite things

The best tree

The most interesting bird

The most beautiful plant

Something you want to see, hear, or feel again

Simple acts of noticing everyday nature are the key to growing nature connectedness – a closer relationship with nature that has been found to boost wellbeing and pro-environmental behaviour. These invitations to find nature's gifts in any environment are based on University of Derby's Five Pathways to Nature Connection. For more see bit.ly/NatureConnectionHandbook



Nature Connection Seeds

The Nature Connection Seeds are a deck of cards that can be printed out for use in the development of nature-connected community projects and initiatives, and as a tool for activities with community members to connect with nature.

The cards offer a set of 'seeds' for engaging with nature and community in ways that help nurture human-nature relationships, and the five pathways to nature connectedness.

SEEDS

senses, beauty, emotion, meaning, compassion, notice, calm, joy, awe, past, future, writing, inclusion, wellbeing, protection, regeneration, nature's voice, growth, connections, culture, future, past, relationships, play, art, imagination, conversation, awe, storytelling, record, and culture.

To use the Nature Connection Seeds, [click here to download a print-ready file](#) with crop marks and a 3mm bleed to send to a professional printer.



The cards can be used flexibly for a range of purposes – to spark discussion, develop ideas and plans, review current practices related to a community initiative, to support reflection and discussion on personal nature connectedness, and as activity prompts. Examples:

Prompt: Pick a card and use as a prompt for discussion about how that seed could be grown in your community to help strengthen human-nature relationships.

Design: If you are designing a project or a space or activity, identify which of the seeds are most important to your community. Which needs sowing, which needs the most watering, which are already seedlings?

Audit: Work through the pack and consider whether and how your project or initiative incorporates each element (or not).

Nature Connection Reflections: Pick three cards and consider a moment you spent with nature in which each element was important. Reflect and share. Can your project incorporate opportunities for others to have similar experiences?

Imaginings: Collective imagining sessions could explore visions of a future in which each of these seeds were fully

grown – what would a community be like in some years' time with 'nature's voice' or 'wellbeing' and others not just seeds, but mature plants and trees? What lives would these mature plants nurture, what fruits and seeds would they offer to future communities?

Pathways to Nature Connection: The set contains the five pathways to nature connection. These can be used separately to prompt activities that help take people along each pathway. They could also be used with the other cards – which seeds can help grow each pathway in your project (for instance, how could 'play' support the emotion pathway? How could 'art' support meaning?)

Activities: The seeds can be used as an activity pack in their own right, with numerous possibilities. For example, you could draw one seed and...

- use it as the theme for a photo, art or writing activity.
- look for something or someone in nature that represents or embodies it – i.e. which plants, animals, waters, rocks or other parts of nature do you associate with 'joy' or 'regeneration' or 'protection' or 'future'?
- consider how you could gift that seed to nature – what would it be like to gift 'calm' to nature or a particular being? In what ways is life not calm for some non-human beings?

Resource Hubs and Networks

Nature-Connected Communities Hub

natureconnectedness.net/nature-connected-communities

Examples of projects, resources, activities, and spaces that illustrate the three streams of nature-connected communities: Notice – Engage – Relate. The resource will continue to grow and we invite you to share your examples via the webpage.

The Nextdoor Nature Hub

nextdoornaturehub.org.uk

The Nextdoor Nature Hub offers guides with information about starting a group to help take action for nature, and stories with examples of what other people are doing to help nature where they live and work. They invite people who have taken part in a Nextdoor Nature project to share their stories with others.

Northern Network

northernnetwork.org

The Northern Network is a radical new movement powered by [Groundwork](#) that connects green community spaces across the North of England. They offer a wide range of free online resources for everyone to access, and free membership to the network to green community hubs in

the North for additional resources and support including webinars.

Community Nature Network

communitynaturenetwork.org.uk

The Community Nature Network is coordinated by [Hubbub](#) and is a collective of community-led green spaces bringing people together to enjoy nature, learn new skills, and care for their local environment. Membership of the network is free and offers opportunities to connect with and learn from community nature projects across the UK, be the first to hear about funding opportunities including Hubbub's new grant funds, access to guides, training webinars and templates, and get peer-to-peer support.

Social Farms & Gardens

farmgarden.org.uk

Social Farms & Gardens support organisations offering nature-based community activities. Their [membership](#) collective is the largest of its kind in the UK and includes community farms, city gardens, school farms and green care organisations. They also lead and contribute to funded [community projects](#) right across the UK and work with sector partners, councils and government at regional and national levels.

Roots and Rhythms

[rootsandrhythms.substack.com/p/
now-blooming-a-pocket-guide-to-life](https://rootsandrhythms.substack.com/p/now-blooming-a-pocket-guide-to-life)

The Roots and Rhythms Project, funded by Innovate UK, was a collaboration between Lopemedede Farm, Ruleo, GET LOST STUDIO, Arteri Studio, and the UK Centre for Ecology & Hydrology to explore farm futures through nature recovery and nature connection. The insights and experiences from this project have directly inspired and informed the creation of the pocket guide, *From Surviving to Thriving: a pocket guide to life-centred practices for farms, landscapes, and their stewards*. It advocates a shift towards farming in harmony with nature and community and offers a curated selection of life-centred practices designed to help reconnect farming, communities, and nature. Whether you're a farmer, land manager, grower, adviser, land agent, facilitator, or simply a concerned individual, the guide aims to illuminate potential pathways towards meaningful change.

For general nature connection information, inspiration and activities from University of Derby's Nature Connectedness Research Group and partners see:

- [Nature Connection Handbook](#)
- [Nature Connected Organisations Handbook](#)
- [Nature Connection Practices](#)
- [Connecting Families with Nature Activities](#)
- [Miles Richardson's blog – Finding Nature](#)
- [The Blackbird's Song & Other Wonders of Nature by Miles Richardson](#)
- [Nature Connectedness Network](#)
- [ReWild Yourself](#)

Case Studies

Projects to connect communities with the rest of nature are growing up all over the United Kingdom, in all sorts of shapes and sizes. We have gathered together some innovative and inspiring case studies – from creating new woodlands, to empowering communities to develop their own ideas, to using arts to connect urban communities with nature, to growing community gardens in suburbs and cities and more.

If you know of a fantastic project or initiative connecting communities with nature, please [share it with others here](#).



Nature Neighbourhoods

Nature Neighbourhoods is a partnership project between the National Trust, RSPB and WWF, working with 18 diverse community organisations across the UK and funded by the National Lottery Community Fund (Climate Action Fund) and the Co-op, who are also providing on-the-ground support through their Member Pioneer programme. The project is a response to the calls in the People's Plan for Nature for Non-Governmental Organisations (NGOs) to facilitate communication and coordination between relevant key actors to co-operate with a common purpose and vision for nature. Nature Neighbourhoods will focus on delivery of this locally, through community co-design of an action plan to protect and renew nature at neighbourhood level – addressing community priorities. Ultimately, the end result of this will be more nature, and more people ready and skilled-up to look after it. The project runs from September 2023 – December 2025, with the final conference in September 2025.

The approach

This project is doing things differently. It is focussed on the urban setting and is primarily about zooming out from the day-to-day, and creating the time and space to develop plans, capacity and ideas for tackling some



of the biggest challenges around nature and climate in the 18 neighbourhoods; leaving the community organisations and residents in a stronger and more sustainable position to take forward these challenges. To that end, we are providing each organisation with a £25k grant to work on this two-year project which will:

- Co-design – with the community – a plan for nature and climate action in each neighbourhood that will improve access to nature, increase connectedness through initiatives and on the ground projects.
- Build the capacity of the community organisations – and the wider community – to tackle priority issues locally and remove barriers to action, including through specific training programmes
- Tell the story of a diverse range of community members in all the neighbourhoods to inspire more people to take action for nature and climate locally
- Create links with local system actors with influence and power locally – e.g. local authorities, businesses
- Provide learning to the NGO partners about how to conduct more meaningful and effective community work in collaboration with local organisations – recognising that the sector has much room for improvement in this space and to share that learning with the wider sector.



Website: peoplesplanfornature.org

Contact: amy.evans@nationaltrust.org.uk

and matt.cridge@rspb.org.uk

Supporting local
communities to
take action for
nature and climate.



National Forest Community Woodlands

The National Forest has spent the last 30 years rejuvenating a once scarred landscape, returning it to nature in the aftermath of years of coalmining and heavy industry use. The communities of the National Forest are varied and wide ranging, including some of the most and least deprived areas of the UK, living side by side. Bringing together Society, Economy and Environment, we are replanting trees, encouraging new businesses and reforging lost links between communities and the natural environment. The National Forest Community Woodlands project is key to rebuilding these links; creating new community woodland sites within those areas most in need (socially and economically deprived and isolated, including both rural and urban areas), we are collaborating with local people to understand what barriers can prevent them from accessing green spaces, what they would like woodland spaces to include, how they would use them, and empowering them to connect with and care for them in the future. Thanks to funding from the National Lottery Heritage Fund, and partnership working with the Rural Community Council, we have been able to reach 10 target communities over an initial two-year period, working directly with local people to plan and create



new woodlands on their doorstep. Alongside their creation and a range of inclusive community engagement activities, we have encouraged involvement in longer term woodland management – over time, aiming to establish and support a volunteer group for each new woodland site. The project provides tailored training for volunteers, in particular offering volunteer leadership skills to support new groups, whilst connecting them with other more well-established groups within the Forest to share experiences, knowledge and skills.

Building a relationship between the new woodland sites and the local community is a slow process. However, we believe that by consulting, listening to, engaging and supporting communities from the outset, this relationship will grow stronger, forging a lasting connection with the nature returning around them. We hope that our project will build a sense of pride within local communities, increasing the sense of place that is fostered as we develop the National Forest as a place for everyone.

Photos: Darren Cresswell



Green Communities Plymouth

Green Communities is a partnership project led by Plymouth City Council, shaped around a delivery framework of local nature recovery, nature connection and Asset Based Community Development (ABCD). Addressing the combined challenges of the climate crisis, biodiversity, and health, Green Communities is working at a hyper-local level, with a Plymouth City Council Officer and National Trust Ranger embedded in three neighbourhoods of the city. Green Communities uses a 'systems'-based approach, galvanising co-design and co-delivery of initiatives to encourage positive changes around attitudes towards nature in the more disadvantaged urban areas.

Green Communities follows on from previous programmes including Green Minds and Urban Nature Development Grant, which delivered local nature recovery and nature-based solutions in urban environments, connecting people and places. The legacy and knowledge exchange from Green Minds includes the Green Minds Model and eight Urban Wilding principles. These are used by Green Communities to underpin approaches and test its application within urban neighbourhoods, with a focus on nature connectedness.



Shaping Nature Neighbourhoods

The Marlborough Street Planters were neglected in an urban streetscape with low levels of biodiversity. The local action network identified their restoration as a priority for the Green Communities team to support and promote added value to existing assets. Though a co-design process and hosting workshops on local biodiversity, the planters were restored and improved alongside the community. While the planters themselves are now filled with colourful and sensory plants which are great for pollinators, the ripple effects have created positive, meaningful relationships, as well as promote active citizenship and reciprocity.

Green Communities has complimented this positive community action with the opportunity to earn Nature Connectedness digital badges, which focuses on how people are participating, not just what they are doing. They act as an incentive for people to explore and enjoy nature creatively, as well as provide skills recognition and support potential employability for all ages and abilities. These opportunities support the wider benefits to both the individuals and local nature recovery, encouraging nature connection with deepening participation and agency.

Website: greenmindsplymouth.com/greenhubs

Contact: greenmindsplymouth.com/contact



Derbyshire Wildlife Trust – Nextdoor Nature

By Adam Slater – Community
Organiser for Nature Connection

Two years ago, thanks to National Heritage Lottery funding, the Royal Society of Wildlife Trusts was able to trial community organiser roles across the regional trusts through the Nextdoor Nature initiative.

As the Community Organiser for Derbyshire Wildlife Trust, I was tasked with organising Derby's inner-city areas, Normanton, Arboretum and Alvaston.

In what was deemed a shift in approach for the Trust's community work – we were asked to empower individuals, schools and community groups to take action for nature where they live and work.

Instead of working toward target numbers of participants, I was interested in the currency of the community's ideas. And to my great pleasure, I found a city filled with local people and groups wanting to take action for nature.



Many groups wanted to change their local area, like the Friends of Normanton Park who wanted a wildlife area in the park that could engage the community. Others, like the Pakistan Community Centre hoped we could work on projects that inspire people to look after the local environment and combat littering.

So many groups I met had positive ideas but were stuck on where to start and how they could organise something to happen. That's where I came in. I supported them to get funding, connected them with likeminded organisations to share skills and helped support groups to bring their ideas to life.

So, the central question of this handbook is, *'How do we get people to connect with nature?'* And, in short, my answer as a Community Organiser would be:

"I don't know, ask them."

For Community Organisers, listening is the most important thing. How can you know what the community wants if you don't listen? Yet, we so often forget to do it. Would any social movement have traction if those who organised it didn't listen to the community inside the movement?

By giving the room for the communities to lead the discussion and produce the ideas, they will feel like leaders of their own journey to nature connection. Nature connection for all can be a possibility – we just need to organise it.

Website: derbyshirewildlifetrust.org.uk/nextdoor-nature-lottery-fund

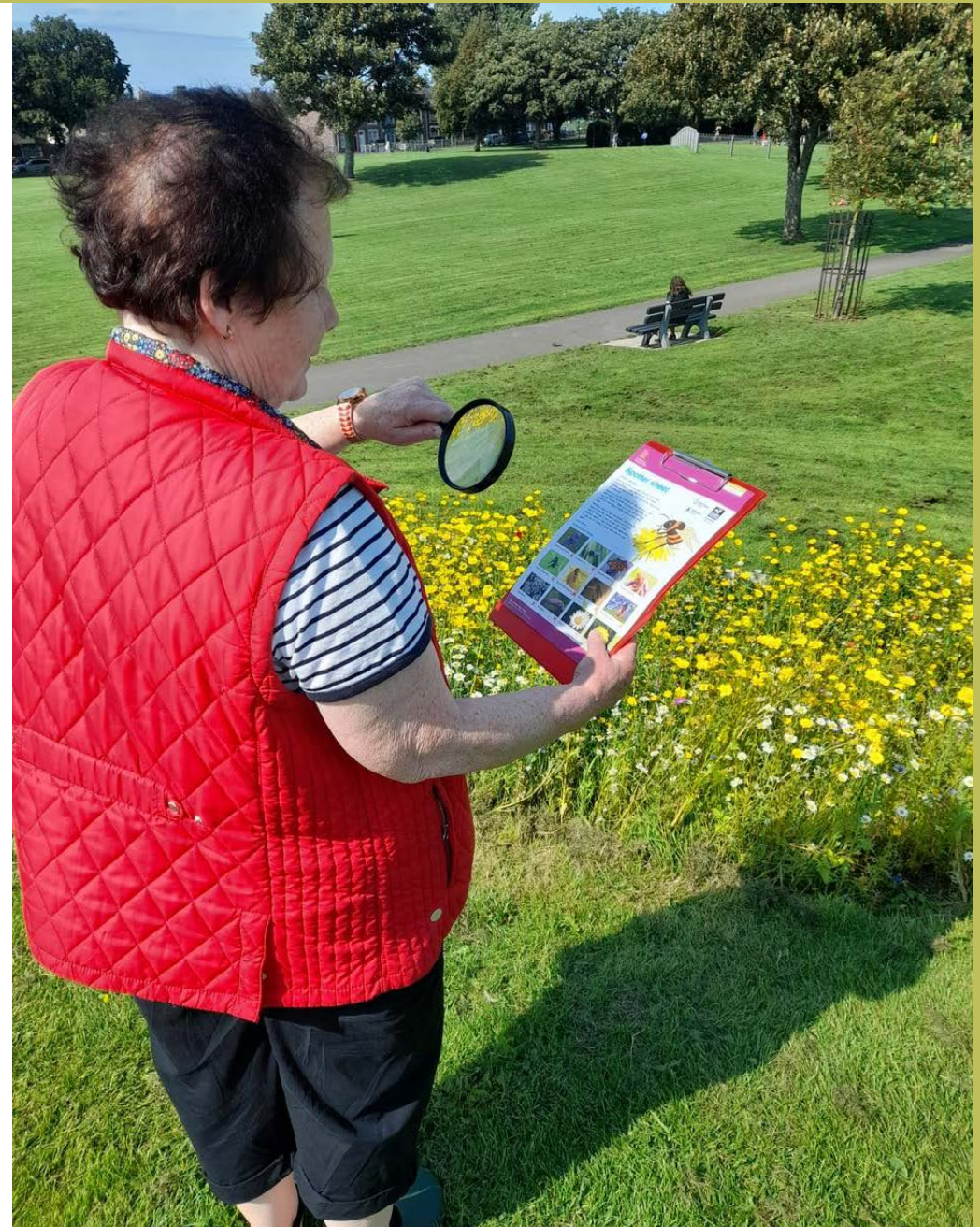
Contact: adosummuslater@derbyshirewt.co.uk



Northern Network

The Northern Network project, funded by the National Lottery Community Fund and delivered by Groundwork, aims to co-develop Green Community Hubs with communities in urban areas which have low access to greenspace, and score high on multiple indices of deprivation. There is no “blueprint” for a Green Community Hub; instead a Groundwork facilitator works with the community to develop a Green Hub that reflects the skills, needs and interests of local residents. Recognising that although each hub is different, there are similar threads running through all of them, we connected them together via an online community we called the “Northern Network”.

During our pilot phase we worked with five communities across the North of England. Over the lifetime of the 18 month pilot, we held 701 events across the North, engaging 10,816 attendees. Key to the success was the increase in the green activity offer in the area. The aim was to increase every day interactions with nature; from this starting point we could talk about its impact and teach skills that they could use at home and with others. Each Green Community Hub held a variety of different activities in greenspace to help encourage nature connection. Many worked with local practitioners to run nature connection sessions, such as breathwalking,



yoga, and journaling, channelling funding into the local economy. Activities to improve wellbeing also went hand in hand with practical sessions on food growing and site maintenance, which helped to improve the look and feel of the overall area.

"Being able to appreciate green spaces allowed me to see how connected humans are to nature!"

All attendees surveyed stated that they felt an increased connection to nature as a result of taking part in Green Hub activities. The project had also given them additional motivation to get outside, provided new opportunities, and increased their pride in the local area. We have now secured funding from the National Lottery Community Fund to continue the project for the next three years.

"[There is] much better community spirit- neighbours that never used to speak are now engaging with each other."

Website: northernnetwork.org

Photos: Ethan Goodrich



**NORTHERN
NETWORK**

POWERED BY
GROUNDWORK
CHANGING PLACES
CHANGING LIVES

SUPPORTED BY
 **COMMUNITY
FUND**

Natural England: Green Community Hubs

Since 2022, the Connecting People with Nature team in Natural England has been running Green Community Hub pilots with partners across England to gather insight on the challenges and enablers that may affect community access to green and blue spaces. This year we will be supporting another twelve projects across the country including a virtual hub.

Hubs can offer a place where people and nature come together for mutual benefits. We are seeking to understand what is needed to ensure Green Community Hubs are sustainable and serve their community effectively.

What is a Green Community Hub?

A Green Community Hub is typically a community-led partnership (space) in or near nature, where all are welcome and where people can act for and engage with nature.



Our learning so far – Green Community Hubs can:

- Offer welcoming spaces (co-designed by communities themselves) that enable people to connect to nature
- Contribute to goals such as the ambition that everyone should live within 15 minutes of a green space
- Deliver multiple priorities in a place
- Build confidence and develop green skills through activities offered.

Considerations for an effective Green Community Hub:

1. **Targeting:** Green Community Hub support should be targeted at areas / communities in need of support.
2. **Understanding communities:** A local understanding of existing community activity is important to ensure activity is supported and enhanced – not displaced.
3. **Co-design and co-development with communities:** At the heart of the Green Community Hub approach is working inclusively to create ways for the whole community to connect with nature. This means communities identifying opportunities and ideas that meet their own priorities and developing these in a collaborative way.

4. **Evaluation:** We need to understand how to support communities and get the best outcomes from Green Community Hubs. To do this, we need to identify shared indicators to help us measure success.

5. **Sustainability:** We are learning about sustainable approaches to funding that incorporate a blended model of public and private financial support and resourcing. We're exploring climate adaptation and resilience and opportunities for green skills/jobs.

Contact: polly.protheroe@naturalengland.org.uk

National Landscape Association: Nature Calling

Nature Calling is an ambitious nationwide arts programme delivered by the National Landscape Association (formerly AONB's) with Activate Performing Arts. Working closely with six National Landscape hubs the Chilterns, Dorset, Forest of Boland, Lincolnshire Wolds, Surrey Hills and Mendip Hills; Nature Calling has commissioned a writer and an artist or collective for each location. The written commission will be completed by Autumn 2024 and the art projects will be delivered during the Nature Calling season of activity over May – October 2025.

The 2019 Landscape Review identified that many of our communities feel excluded or underrepresented in the countryside. This helped us shape some of the guiding principles within the artist and writer briefs for Nature Calling, which were to develop new and diverse audiences and a connection to nature. In this instance the new art commissions were an opportunity to invite community groups to have a unique experience of the National Landscape on their doorstep, which they might have not experienced before.



We were able to attract artist and writers from a broad range of representation including global majority, working class and identified as disabled who are all bringing new perspectives to being and belonging in the landscape.

All the writers and artists are working with communities from urban or outlying areas near to the National Landscapes to develop their projects. The artworks will explore how these communities can become more connected to their local National Landscape through spending time in nature and co-creating the art project together.

We are really pleased the artforms that Nature Calling will present as part of the programme come from a wide range of disciplines, including the writing which will have spoken word, rap as well as poetry and lyricism and the artists who will draw on a variety of skills such as sound art, graphic novels, print making and performance. This all adds up to bringing new and contemporary perspectives into the landscape today.

Nature Calling is funded by Arts Council England and Defra through the Protected Landscape Partnership.

Website: naturecalling.org.uk

Photos: Emergent Landscapes by Rob St John; Jason Singh at WOMAD.



Surrey Hills Arts: Nature Calling

One of the Nature Calling projects is being led by Surrey Hills Arts. In six areas of England, National Landscapes are connecting with urban priority places. Surrey Hills National Landscape's priority place is New Addington, in Croydon, South London.

Year 3 primary school children explored their local green space Addington Hills, as a step towards the Surrey Hills National Landscape. Led by a contemporary dance artist, the children were introduced to the geological features of the landscape and encouraged to use their senses to get up close to nature. Together, they replicated the shapes, sizes and motions of the environment, through dance.

Back at school they performed a piece based on their movements in the Addington Hills for all the staff and children. The photographs by Ameena Rojee formed an exhibition in the local library for all to experience and to highlight the wild beauty, open to all, on their doorstep.

"I think that it was wonderful and exciting because I saw all the fox gloves and feathers which were hot pink and fresh purple. When I was in the woodland I felt part of nature because I saw beautiful things



because we did shapes and dancing and it felt like I was an elastic band when you go to different places and you stretch out and you wrap around nature.” – Ava

“I liked the part with the dance and I was calm inside and Aaron was such a good dancer. We used the trees and connected together. Up the tree I was calm and re- laxed.” – Giovanni

“I loved laying down at the bottom of the roots to make poses and I was excited because it made me stretch out and was different from usual and I am not usually outside much. I felt free.” – Joe

“I most loved the part in the field. It was seeing and hearing all the bees humming and the fox gloves like little bells covered in fur. It lured me into this open area and felt so good. I just like being in nature.” – Nphina

Website: surreyhillsarts.org/nature-calling

Photos: Ameena Rojee

Choreographer: Aaron Baksh



Down to Earth Derby

Down to Earth Derby are a community interest company based in Derby City who bring radical ideas to city stakeholders to help reimagine our cities with our communities. They bring new life to broken spaces, shape fantastic education programmes and create magical events to provide everyone with access to the amazing benefits of living closer with nature in cities.

They aim to empower others to create collective purpose through nature, reconnect people with nature, themselves and their communities, and make living with nature a part of everyday life.

Down to Earth provides alternative learning situations and space for growth, using nature connectedness as a catalyst for change from within. They also champion responsible land management that works in harmony with nature and the economy, and the rights for all people to have access to green space.

Their inner-city community garden and venue Electric Daisy is the flagship project of Down to Earth. Brought to life with Eden Project and Derby City Council they transformed an abandoned, dead city-center supermarket into a buzzing garden and event space for people of all ages to connect through food, music, education — culture rooted in nature.



Electric Daisy has become a shining example of how nature-based regeneration can bring life back to a city center. It's now a vibrant part of Derby's culture, drawing in a wide range of people, and shows what's possible when communities, local authorities, and cultural groups work together. They run a wide range of events – from gardening, arts, children's playgroups, community dining experiences focused on sustainable food, live music, markets, festivals and more.

Website: dtederby.org
Photos: Cristina Simion



Wild Neighbours: A Citizen Science Artist Residency

By Kerry Lemon – Artist

As an artist, my work celebrates the natural world through monumental sculptures installed across the UK, each informed by the inspiring research of the Nature Connectedness Group. Their 'Five Pathways to Nature Connection' profoundly influence not only my approach to engaging communities but also the final form and experience of each artwork on site.

Currently, I am undertaking a year-long Artist Residency at Moda Hove in East Sussex, funded by a Section 106 planning requirement for a new residential development. This unique project diverges from traditional 106 art projects by prioritising an ephemeral legacy over a permanent, fixed artwork. Therefore, I've developed a dynamic arts and science programme designed to foster connections between residents and the natural world, as well as with one another.



This ambitious project centres on a citizen science initiative—creatively harnessing the arts to deepen ecological engagement. A unique project to create empathy and community with ALL the other site residents—bacterial, animal, geological and botanical, exploring what Moda looks, sounds and feels like for ALL these >more than> human residents. Led by a creative team of artists, ecologists, and engineers, this is a GIANT creative citizen science project to measure if we can all feel more connected to nature by the end of our year together.

The programme, underpinned by a comprehensive research and evaluation strategy, aims to collect data on the impact of creative nature engagement on health and wellbeing. My intention is to share these insights widely, highlighting the transformative potential of the arts in enhancing our relationship with the natural environment.

Website: kerrylemon.co.uk

Photos: [Emma Brown Photography](#)



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12. See pg 18-19 in Roots and Rhythm X Lopemede's From Surviving to Thriving for guidance on holding a Council of all Beings (<https://rootsandrhythms.substack.com/p/now-blooming-a-pocket-guide-to-life>), based on Joanna Macy's *The Work that Reconnects* (<https://www.joannamacy.net/main>). Other developments of this work for nature-centric governance includes holding Interspecies Council, an approach created and stewarded by Phoebe Tickell at Moral Imaginations, [CC BY-NC 4.0 \(www.moralimagination.com\)](https://www.moralimagination.com)

About

The University of Derby's Nature Connectedness Research Group was formed in 2013 to understand and improve human-nature relationships. They pioneered the first interventions for sustained increases in nature connectedness, bringing about improved wellbeing and pro-nature behaviours. Their work sets out to support transformational change towards more nature-connected societies.

They work closely with a range of partners in research, practice and policy, including Natural England, The National Trust, Wildlife Trusts, local government, environmental NGOs, community groups, and business, health, and education sectors. Through pure and applied research, consultancy, and training the Nature Connectedness Research Group has influenced national and international policy, informed large-scale programmes and campaigns for connecting people with nature, and shaped nature connection professional practice across sectors.

Authors:

Carly W. Butler and Miles Richardson

Design:

Open & Honest

Illustration:

Catherine Chialton

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Contact:

Carly Butler
c.butler2@derby.ac.uk

Wates Family
ENTERPRISE TRUST

