

# Would you like to get involved in research?

## Children's mental health/wellbeing and 'Forest Schools'

We are a group of clinicians, teachers, parents and academics looking to conduct research to better understand the mental health and wellbeing benefits of taking part in outdoor nature based activities such as forest schools within primary school settings

### Who can attend?

- We are looking for 10 Parents/Guardians of primary age children

### What is involved?

- You will be provided with a £10 Love2shop voucher for attending an online workshop. This will involve:
- an introduction to our research topic
- an opportunity to ask any questions
- an opportunity to share your views on our research based on your lived experience

### Further details:

- Limited places available
- Online session: MS Teams
- Monday 2<sup>nd</sup> October 4:30-5:30pm
- For more information, get in touch via: [Hannah.armitt@nhs.net](mailto:Hannah.armitt@nhs.net)

