

OUR WELLBEING AND NATURAL CONNECTION

“Everybody needs beauty as well as bread, places to play in and pray in, where Nature may help and cheer and give strength to body and soul alike”
John Muir

John Muir understood that nature is not just a commodity, a warehouse of raw materials for our economic needs, but an essential element for our mental health and spiritual nourishment.

“Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are not only useful as fountains of timber and irrigating rivers, but as fountains of life.

Our National Parks by John Muir, 1901



North Light Arts – Dalziel and Sculions

“A dose of greenspace could be just what the doctor ordered”

NHS Lothian publishes Green Health Strategy – June 2019

Keep close to Nature’s heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. JM

Our crude civilisation engenders a multitude of wants, and lawgivers are ever at their wits’ end devising. The hall and the theatre and the church have been invented and compulsory education. Why not compulsory recreation?

John of the Mountains 1875: The Unpublished Journals of John Muir. Edited by Linnie Marsh Wolfe, 1938



The Ridge, Backlands, Dunbar

RSPB - NHS Partnership - Nature Prescribing in Shetland

‘When we did the research, the evidence for nature working in health and wellbeing was overwhelming. It’s not just about exercise outdoors, which of course helps, but the connection is even more important.’

Karen MacKelvie, Counsellor, Shetland NHS Lothian publishes Green Health Strategy – June 2019

Belhaven Community Garden

