



Forestry England

Feel Good in the Forest champion training

Free online module for people working in health, social care or community support

Forestry England has a wide range of opportunities for people to 'feel good in the forest'. We know that connection with nature benefits our mental, physical and social wellbeing and that health, social care and community teams play a vital role in supporting people to access those benefits.

This 45-minute, free to access, [online module](#) will help you to:

- understand the health and wellbeing benefits of time in and connection with nature and forests (including summary of research and evidence)
- learn about Forestry England's health and wellbeing offer and how you can support others to 'feel good in the forest'
- have confidence signposting people to nature-based activities and/or having conversations about nature and wellbeing
- provide information and resources you can use to connect with nature at home, in healthcare settings or in nature
- provide inspiration for how you can experience the wellbeing benefits of forests for yourself

The module is suitable for anyone with an interest in nature and wellbeing - so give it a go!

- Click on this link [Feel Good - Open Access: Feel Good in the Forest Champion Training](#)
- Log in as a guest user (link below the light green sign in button)
- Select 'enter' to access the course
- Work through the modules in your own time
- Follow the instructions at the end of the module to claim your certificate
- Share with colleagues
- Send us your feedback: email feelgood@forestryengland.uk

forestryengland.uk/feel-good