

COURSE PROSPECTUS

# Wellbeing in Nature

Qualifications



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# Level 3 Wellbeing in Nature Practitioner

The Agored Cymru Level 3 Certificate and Extended Certificate for Wellbeing in Nature Practitioner qualifications recognises the skills and experience required for practitioners offering nature-based activities for health and wellbeing.

It aims to give the students the confidence and knowledge to run dedicated programmes promoting health and wellbeing using natural environments.

With the need for Social Prescribing increasing, this qualification enables those who have responsibility for making referrals to have confidence in the quality of service provided.



# Mandatory units

The qualification consists of three mandatory units:

## Principles of Wellbeing in Nature

**Credits: 3**

The purpose of this unit is to explore the factors which contribute to human wellbeing and to gain an appreciation of the multiple wellbeing benefits that being in nature can have. It looks at current health initiatives and legislation, theories of wellbeing and behaviour change, and how these can be used to inform practice.

## Facilitating Wellbeing in Nature Leader

**Credits: 7**

This unit focuses on developing the skills to enable effective facilitation and leadership of nature-based wellbeing groups. This unit has both a theoretical and practical element and requires the student to develop and run a 6-week wellbeing in nature programme with a relevant client group.

## Sustainable Use and Management of Natural Resources

**Credits: 3**

This unit is about understanding ecosystems and the principles of sustainable management of natural resources in order to apply them to students' own site and practice. This unit focuses on developing an awareness of the wellbeing of the natural environment in which the practitioner is working.

Please note: This course does not teach students the practical skills of specific genres, e.g. Bushcraft or Nature Craft skills. Most courses will include some activities and skills that could be used with groups, but learners should have their own unique practical skills set in place or may need to undertake further training. The optional units which form part of the extended certificate offer a range of practical training that may be of interest in this instance.



# Optional units

The optional units below can be chosen from to achieve the Level 3 Extended Wellbeing in Nature Practitioner Certificate or to develop knowledge, skills or interest in a particular area.

## Level 2

Coppice Products

Outdoor Practical Skills

Participate in land-based activity

Participate in water-based activity



## Level 3

Understanding Nature Connection and Using Nature Based Activities for Wellbeing

Understanding Mental Health

Positive Approaches to Understanding and Reducing Behaviours that Challenge





## What standard of work is required?

This is an Agored Cymru Level 3 qualification which is equivalent to A-level standard.

Some of the Optional units available for the Extended certificate are Level 2 which are taught at GCSE grades A\*-C level.

## How long will the course take?

Qualification	Credits	Estimated teaching time	Estimated self-study & practical delivery time	Total time
Certificate for Wellbeing in Nature Practitioners	13	30 hours	100 hours	130 hours
Extended Certificate for Wellbeing in Nature Practitioners	21	76 hours	134 hours	210 hours



# Assessment Requirements

## Portfolio

You will be required to provide a portfolio of evidence to show your understanding of the Assessment Criteria for each unit. Guidelines on this and the evidence required will be made available by your course provider.



## Practical Assessment

Unit 2 - Facilitating Wellbeing in Nature requires you to deliver a Wellbeing in Nature programme, one session of which will be observed. The programme should involve at least 6 sessions of a minimum of 2 hours.

Please note that some answers for your written portfolio will require reference to the actual site you will be using for session delivery.

For the practical delivery element of the course there are 3 options:

- You deliver a programme as part of your existing work.
- If you are not currently working with an organisation delivering Social Prescribing you can offer to deliver a programme for an organisation operating such sessions in your area.
- Your course provider may be able to facilitate you helping to deliver one of their programmes.



# Who is the qualification for?

This qualification is suitable for anyone who is able to demonstrate working with adults, young people or vulnerable groups aiming to improve their health and wellbeing through nature connection, or anyone who has an interest in developing their skills in order to work in this sector.

## Entry requirements

- ✓ Age 18 or over for all qualifications at Level 3
- ✓ Have a level 2 or above qualification in a relevant area OR be able to demonstrate working with adults, young people or vulnerable groups with health and wellbeing challenges in a leadership capacity
- ✓ Appropriate insurance cover and permissions for delivering Wellbeing in Nature programmes with your client group



## Recommendations

- Relevant 1st Aid qualification
- Food hygiene certificate if intending to cook food in the outdoors





# Progression routes

- Lateral progression from the Outdoor Learning Training Network Wales (OLTNW) suite. For example; Level 3 Outdoor Learning Co-ordinator, Forest School or Coastal School Practitioner.
- For those who wish to deliver this qualification in the future, further guidelines on pre-requisites for being a trainer are available in the Outdoor Learning Training Network Wales qualification guidelines documents. A Level 4 Train the Trainer pathway may also be available through one of the course providers listed at the back of this brochure. Please contact them directly for more information.



# Level 2

## Supporting Wellbeing in Nature Qualification

This qualification aims to give an understanding of wellbeing in nature and build confidence to enable learners to support leaders of wellbeing programmes effectively.

### The course aims to:

- Provide a deeper insight into the area of wellbeing in nature
- Develop practical hands-on experience in skills related to working with groups in nature
- Understand factors that influence human health and wellbeing
- Provide understanding of how to support wellbeing in nature groups
- Understand factors that influence the wellbeing of the environment.



# Mandatory and Optional Units

## Mandatory Unit

### **Supporting Wellbeing in Nature Practice**

**Credits: 3**

This unit will give the learner a basic understanding of how to support the health and wellbeing of people and the natural environment.

It also covers practical ways to support a wellbeing in nature programme and the benefits of interacting with nature.

## Optional Units

The following optional units are available as part of this qualification:

Using Nature Based Activities for Wellbeing

Healthy Lifestyles

Foraging for Plants

Observing Fauna and Flora

Sustainable Woodland Management

Practical Skills in the Outdoors

Introduction to Coppicing

Coppice Products



# How long will the course take?

Qualification	Credits	Estimated teaching time	Estimated self-study time	Total time
Award in Supporting Wellbeing in Nature	5	31 hours	19 hours	50 hours
Extended Award	9	60 hours	30 hours	90 hours

## Who is the qualification for?

Learners must be 16 years and older to take this qualification. It is for anyone wishing to develop knowledge and skills for supporting and working with groups for wellbeing in a natural environment.



THANKS FOR READING

# Course Providers



Contact a course provider directly:

## Coed Lleol

Various locations across Wales and Green Wood Centre in Telford

✉ [cathyvelmans@smallwoods.org.uk](mailto:cathyvelmans@smallwoods.org.uk)

🌐 [smallwoods.org.uk](http://smallwoods.org.uk)



## Down to Earth, Swansea

South Wales

✉ [info@downtoearthproject.org.uk](mailto:info@downtoearthproject.org.uk)

🌐 [downtoearthproject.org.uk](http://downtoearthproject.org.uk)



## North Wales Outdoor Learning

Wrexham, Flintshire, Denbighshire and Conwy

✉ [polly@northwalesoutdoorlearning.co.uk](mailto:polly@northwalesoutdoorlearning.co.uk)

🌐 [northwalesoutdoorlearning.co.uk](http://northwalesoutdoorlearning.co.uk)



## Outdoor Tribe CIC

Northamptonshire, Cambridgeshire and Bedfordshire

✉ [susan@outdoortribe.co.uk](mailto:susan@outdoortribe.co.uk)

🌐 [outdoortribe.co.uk](http://outdoortribe.co.uk)



These courses were developed in partnership with the following organisations:

