

## **Myplace face-to-face ecotherapy FAQ's**

**Phone:** 07738 102274

**Email:** [myplace@lancswt.org.uk](mailto:myplace@lancswt.org.uk)

**Self-refer:** [www.lancswt.org.uk/ourwork/projects/myplace](http://www.lancswt.org.uk/ourwork/projects/myplace)

Myplace is an ecotherapy offer run by Lancashire Wildlife Trust in partnership with Lancashire and South Cumbria NHS Foundation Trust. We work with anyone aged 16 years and over, that is feeling anxious, isolated, or has poor mental health, and lives in Lancashire or Greater Manchester.

Primarily we are a project which is all about getting outside to experience the many benefits of being out in nature. In light of the current circumstance with Covid-19, we have had to adapt our work slightly and also now offer online ecotherapy sessions too.

Face-to-face Myplace sessions take place weekly at a select few locations. We offer small groups of people the chance to learn about nature and wellbeing alongside our trained team. For example, we might make bird feeders, sketch from nature, or learn to connect to the 5 Ways of Wellbeing.

Myplace aims to help you feel better connected, meet new people, learn about nature, improve your wellbeing and start to look positively to the future. Connecting people to nature and improving our wellbeing is at the core of what we do.

### **Frequently Asked Questions**

#### **What's the difference between online and face-to-face sessions?**

Apart from the obvious, our online and face-to-face sessions will be very similar. All sessions are focussed on feeling the benefits of the outdoor world, in whatever way we can, and are led by a fully trained member of our team.

#### **How do you decide which session I might attend?**

We will try to accommodate what you want and feel comfortable with as much as possible but factors like location, local lockdown measures and capacity will also play a role in what type of session you join initially.

We are looking at running our face-to-face sessions on a rotary basis where possible to give more opportunities for people to get out with us in person.

#### **Is it safe?**

Yes. We have taken lots of extra precautions to ensure we are all working as safely as possible.

- We have carefully assessed all of our locations which we usually operate from and have only re-opened sites which are large enough to allow for social distancing and one way systems.
- Track and trace systems are in place
- When you start, you will be given your own set of gloves which are yours to keep for the duration of your time with us.
- Hand sanitising stations will be available and frequent hand washing encouraged.
- There will be no tool sharing during the session and our activities may differ slightly to allow us to all stay a safe distance from each other.
- Groups will be small; up to six people max in line with current government guidelines.
- We are constantly reviewing and updating our risk and site assessments in line with the most up-to-date guidance.
- Before you come out with us, a member of our team will ensure that you are made aware of and fully understand how the sessions will run and what we expect from everyone who comes out with us.

### **I'm nervous about joining a face-to-face session.**

That's completely normal. Our team are on hand to help you feel safe and comfortable for the duration of your time with us. We will take it at your pace.

If the thought of coming outside with us is a bit too daunting at the moment, you can stick to our online sessions which are still just as frequent and engaging.

### **I'm retired. Can I join?**

Yes, anyone that is retired, unemployed, employed or furloughed and feeling isolated can join. Anyone aged 16 years or above, that lives in Lancashire or Greater Manchester, can access this service.

### **My child is under 16 can they join?**

We currently can only take young people under the age of 16 that have been referred to us via another agency, such as CAMHs. This is because we do not have the capacity to work with all young people currently not in school and our service is not designed to be an alternative education curriculum. Our service is focused on people struggling with poor wellbeing. If in doubt you can give us a call.

### **I've heard that joining Myplace can help me get into work?**

Part of our funding is provided through the More Positive Together project whose aim is to help people find employment or further training. Therefore, joining a Myplace session can help you get into work. By attending regularly to either an online or outside session you will naturally be improving your employability skills. Every Myplace session promotes key skills such as: team working, communication, good timekeeping, leadership and a positive work ethic. During your 6 months with Myplace you will be supported to explore options for your future; this could be entering the workplace, further training or education or trying

another volunteering opportunity to get you closer to where you want to be. There are also opportunities to attend accredited training throughout the project to enhance your CV.

On completion of the project your Project Officer can provide a reference as well. In order to receive all these benefits, you will need to complete our registration paperwork and provide evidence that you are currently out of work.”

**Do I need to register with the project?**

We will ask you to complete a registration form before you commit to the project. (You can join one session first to see if you like it before signing up.) This is to make sure we have relevant information about you to help keep you safe whilst with us. We also have to report back to our funders about where our participants live, how old they are etc.

If you are signing up to the More Positive Together project (see above) we will also ask you to provide evidence that you have the right to live and work in the UK (this is usually a passport or birth certificate or your National Insurance number) and that you are currently out of work (this is usually a benefits letter or screenshot of a Universal Credit page but can also be a self-declaration if you are not claiming benefits). This is to make sure that we are focussing our resources on the people that need our support most.