



## Outdoor Volunteering

How picking up tools and volunteering in nature can quieten the mind and improve your wellbeing.

### Background:

Ian came to an S2R Welcome Morning to find out about The Great Outdoors Project. He had tried groups before, but didn't always feel at home there. He liked the idea of volunteering outdoors and decided to give us a try. Here is what he says about his experience...



### Ian's story:

*"I wasn't sure it would suit me. It was my brother that found this for me.*

*I'd been offered three things for my mental health; a psychiatrist, medication and this.*

*With medication, I was worried about the side effects. I already have some anger issues and I have learnt to control them. I didn't want the drugs to take away that control and put me in a position where I might not be able to control myself.*

*With the psychiatrist, I didn't think that just talking about things and saying them out loud would really help.*

*But with this, the physical work, it just makes everything go away. It takes your mind off things and everything goes quiet for a change.*

*It gets me out of the house. When I'm in the house, every day is just the same. Here my head is clear and I feel like I'm doing something with my life.*

*Nobody judges me here. When I'm in town, I'm always worried that I'm doing things and people are judging me. Here, I don't even know if I'm doing things, everyone is really encouraging and I can just get on with being me."*

