



Devon Local Nature Partnership

# Devon Naturally Healthy Initiative



Everyone in Devon  
happier and healthier  
through an increased connection  
with nature.



Photo: Tony Cobby

The **Devon Local Nature Partnership** was established in 2012 and brings together all those who have an interest in securing the benefits of our natural environment. Its purpose is to ensure that a healthy natural environment underpins a high quality of life across Devon, with a strong green economy and healthy communities. Naturally Healthy is one of seven priority themes.

**Connecting Actively to Nature (CAN)** is a Devon Local Nature Partnership Programme managed by Active Devon and delivered by a range of partners. It was launched in July 2018 and is aimed at inspiring inactive over 55s from around Devon to connect actively to nature. Visit [activedevon.org/CAN](http://activedevon.org/CAN).



Connecting Actively to Nature



For more information on  
**Naturally Healthy** visit:

[naturaldevon.org.uk/priorities-and-projects/naturally-healthy](http://naturaldevon.org.uk/priorities-and-projects/naturally-healthy)

Useful links:

[naturaldevon.org.uk](http://naturaldevon.org.uk)  
[activedevon.org/CAN](http://activedevon.org/CAN)  
[walkingforhealth.org.uk](http://walkingforhealth.org.uk)  
[pinpointdevon.co.uk](http://pinpointdevon.co.uk)  
[explored Devon.info](http://explored Devon.info)

Front cover photo, Malcolm Oakley  
([www.southdownswalking.com](http://www.southdownswalking.com))

#naturallyhealthy

#DevonCAN

## How to get involved...

### Health and wellbeing sector:

- Ensure that Naturally Healthy opportunities are included in strategies and delivery plans as part of the prevention agenda.
- Find out more about Naturally Healthy opportunities in your area and promote / signpost to them where appropriate.
- Commission Naturally Healthy interventions as part of the prevention agenda.

### General public:

- Find a Naturally Healthy activity that makes you feel happier and healthier... and spread the word!

### Naturally Healthy providers:

- Engage with the health sector in your area and target your opportunities to priority audiences.
- Develop and promote activities which encourage long term behaviour change.
- Get involved in Naturally Healthy projects and campaigns.
- Work with relevant partners to increase high quality local access to the environment.



## What is the Naturally Healthy Initiative?

In our modern, hectic world there is now clear evidence that taking the time to connect with the natural environment offers huge benefits for our physical health, mental health and wellbeing.

Devon's natural environment is amazing and offers a variety of ways for us all to be naturally healthy. It could be a ramble with friends, paddling in the sea, walking through the park to work, volunteering for a wildlife group or just being outside somewhere special. Regardless of age or fitness there is something for everyone.

In Devon we have a number of public health challenges including social isolation, inactivity and mental health. Involvement in Naturally Healthy activities can help with all of these priorities and should be a key part of the prevention and social prescribing agendas.

Devon's Naturally Healthy Initiative is led by the Devon Local Nature Partnership. It brings together partners from the health, wellbeing, community and environment sectors to ensure that everyone in Devon is happier and healthier through an increased connection with nature.

Join the Devon Naturally Healthy Forum to connect with other interested partners, receive invitations to workshops, conferences and the LNP newsletter.

Email [nature@devon.org.uk](mailto:nature@devon.org.uk) to join.