

Green escape to wellness for Surrey's anxious

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A new photography exhibition by Active Prospects is shining a light on the power of nature, creativity, and personalised wellbeing support.

The stunning images on display were all taken by people who have taken part in the charity's Green Escape wellness recovery programme, funded through the Mental Health Investment Fund (jointly funded by Surrey County Council and Surrey Heartlands ICB).

Over the past year, small groups of two or three people have enjoyed 8-10 nature trips to beautiful parts of Surrey, including places that are sometimes difficult to reach by public transport, such as RHS Wisley. Each trip gave participants the chance to explore new places, take photographs and build confidence at their own pace. Their work has now been brought together in a unique photo book and this special exhibition.

For many, these trips were life-changing. One participant had not left their home for 10 years. With gentle encouragement, practical support and small achievable steps, they were able to join the group, enjoy the outdoors and reach a personal goal they once thought impossible. Families are involved too, and wellbeing coaches from Active Prospects support each person throughout their journey. It's a true team effort.

At the end of the wellness recovery programme, each participant leaves with a personalised action plan. By removing barriers, such as fear of using public transport or trying new activities, people gain the confidence to become more independent. Some have even taken their new skills into work or volunteering. One participant discovered a passion for paddleboarding and is now a qualified instructor.

Research shows that around half of autistic adults experience anxiety disorders. Every part of Active Prospects' wellbeing coaching is designed to ease anxiety, build confidence and open up new opportunities for neurodivergent people over 18. Participants often tell the team they felt "invisible" before joining. Peer connection is central to the programme, and activities focus on what makes people smile, whether that's creative writing, photography or paddleboarding. One member's love of table tennis inspired Table Tennis Thursdays, which is now a much-loved weekly meet-up.

The programme is person-centred, with coaching tailored to each individual. Thanks to Mental Health Investment Fund support of £299,270 over 2 years, as well as the programme, Active Prospects also developed Emajo, a digital wellbeing app that helps people track how they're feeling across eight areas of wellbeing such as 'Environment'. Users can set goals, get ideas for new challenges, and create a monthly mood calendar that helps them notice progress and patterns over time.

The photography exhibition celebrates everything the programme stands for, confidence, creativity, connection, and the joy of discovering something new.

Councillor Mark Nuti, Surrey County Council Cabinet Member for Health and Wellbeing, and Public Health said: "The exhibition has showcased wonderful moments captured in nature, and it was inspiring to hear the stories behind each photograph. It's clear to see the positive impact of the support provided by Active Prospects—helping people improve their mental health, build confidence, and enhance their overall wellbeing."

Dr Charlotte Canniff, Joint Chief Medical Officer for NHS Surrey Heartlands, said: "This exhibition shows the real difference personalised wellbeing coaching can make. We're proud that, through the Mental Health Investment Fund, Active Prospects has been able to create Inclusive Wellbeing Coaches to support adults with multiple challenges to grow in confidence and quality of life."

Maria Mills CEO Active Prospects said: "Connecting to nature and the outdoors offers a real boost to wellbeing. Already participants have shared a documented 25% improvement in their wellbeing presentation, showing how investment in inclusive community support pays back public funding in multiples, but most importantly enables people to thrive."

Leanne - Programme participant: "I wasn't going out, was overwhelmed and my senses were overloaded. Since being part of the programme, I'm able to get out and about and I'm seeing things differently."

Kieran - Programme participant and a member of the Active Prospects Wellbeing Team: "Being outside (in nature) after years in hospital gives you a feeling of freedom and space."

Mental Health Investment Fund

The Mental Health Investment Fund (MHIF) is a Surrey wide, all age, resource to enable the delivery of the outcomes in Priority Two of the Health and Well-Being Strategy. This priority area is focused on prevention, removing barriers, and

supporting people to become proactive in improving their emotional health and wellbeing.

Established in 2022, the MHIF is a joint fund with Surrey Heartlands Integrated Care Board (ICB) and is part of the county's No One left Behind agenda. The additional investment in mental health provision was ring fenced within the 22/23 Council Tax with an additional contribution from Surrey Heartlands.

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Surrey County Council

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Photo: Lucy a participant

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