Ellen Devine, Centenary Wellbeing Projects Manager, Forestry Commission

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“You don’t have to hurry any more”
“the forest gives power to every step, brings us closer to who we, human beings, truly are – hunters, gathers, warriors, runners!”

www.forestryengland.uk/run100
“I am the tree that holds the world” Lorna S.

“I sat on the bench expecting the tree to come over to sit and talk with me” Patrick O.

www.forestryengland.uk/tributes
“People are more receptive when doing something like this. It’s not in a clinical setting.”
(Mental psychosis adult group, group leader)
Sence Valley

This is a forest for the environment, for economic growth and, importantly, for PEOPLE.
Join the conversation:
#forests100

Find out more:
W: www.forestryengland.uk
W: www.forestresearch.gov.uk

Get in touch:
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Useful links and information

Forestry England activities:
• Celebrating 100 years of forestry: https://www.forestryengland.uk/100
• Volunteering: https://www.forestryengland.uk/volunteering
• Learning: https://www.forestryengland.uk/learning
• Arts: https://www.forestryengland.uk/forest-art-works
• Getting active (including Active Forests): https://www.forestryengland.uk/getting-active
• Westonbirt Community Inclusion Programme: https://www.forestryengland.uk/community-programmes-westonbirt
• Sence Valley: https://www.forestryengland.uk/sence-valley

Research and reports:
• Greenspace design for health and wellbeing: https://www.forestry.gov.uk/PDF/FCPG019.pdf/$FILE/FCPG019.pdf
• Roots to Wellbeing: https://networks.sustainablehealthcare.org.uk/networks/roots-wellbeing
• Greenspace design for health and wellbeing: https://www.forestry.gov.uk/PDF/FCPG019.pdf/$FILE/FCPG019.pdf