

Nature For All

This paper is all about helping people feel healthy by spending time in nature.



Contents



About us

Page

3



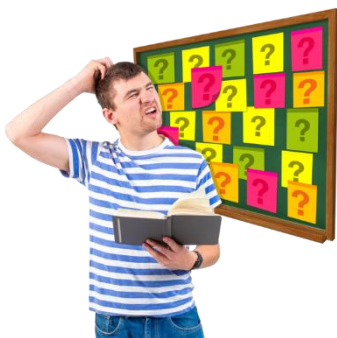
About the report

4



Nature makes us healthy

5



What needs to change

7



What needs to happen

10



What happens next

13

About us



We are a **charity** called The Wildlife Trusts.



- A **charity** is an organisation that does good things for a group of people or a place. We help **nature** and help people to go to nature.



- **Nature** is things like flowers, animals, rivers, woods and parks.



There are 47 local Wildlife Trusts across the country.

the report



The Wildlife Trusts have ideas to help people spend time in nature. This helps people feel healthy.



The **government** promised to help more people be in nature. They have not shared their plans yet.



- The **government** are the people in charge of deciding laws and how things work.



The Wildlife Trusts asked people about what they like about nature. This helped them make their ideas. Then we put what people told us into a report.

Nature makes us healthy



Nature helps people live healthy and happy lives. Nature makes safe places for children and pets to play.



Having nature means having more food. It stops floods from happening. Trees help you feel cool when it is hot.



Nature helps you when you feel sick. It also stops you getting sick. This means it helps doctors.



Young people grow up happy and healthy if they can be with nature.

People enjoy picnics, play sports, and work together in gardens. This helps

them be healthy and stops them feeling lonely.



People find peace in nature. Walking in woods or parks helps them feel happy.



Nature helps people with a **disability**. A **disability** is a condition that makes it difficult for someone to do the things they want to do.



We need nature to make our lives the best they can be.

What needs to change





Some people find it hard to spend time in nature. The Wildlife Trusts think nature should be for everyone.



People with disabilities can find it hard to get to nature. They also find it hard to move when they are in nature.



We need more places people with disabilities can get to. Those places need things like paths and toilets for people who need them.



People who have less money can find it hard to get to nature. They have less parks and woods near where they live.



People who are from an **ethnic minority** can find it hard to get to nature. A **minority** is a group where there are less people, or who has less power than others.



- **Ethnicity** means someone's background including **culture** or skin colour.



- **Culture** is how people live, including their rules, what they wear, how they speak and what they believe.



We need more nature where **ethnic minority** groups live. They deserve to feel happy, healthy and safe. Nature can help that.



We need lots more places with nature.
These places should be easy to get to
and close to where people live.



If we do this, we can help people
become happy and healthy. The
government needs to make these new
places with nature.

What needs to happen



The Wildlife Trust wants more people to enjoy nature. They have ideas to help the government make this happen.



Local **councils** can help improve nature access. They know their areas best. They can make sure everyone has a chance to enjoy nature.



- **Councils** are the people that make decisions about the areas where people live.



The government can help councils make more places with nature. This includes parks and the countryside. These spaces are important for health and happiness.



Many parks are in places where people with more money live. Poorer areas have fewer parks. We should create more parks where they are needed most. They should be clean and safe.



Councils can buy land to make new parks. This can be expensive. It should be easier and cheaper for councils to do this.



Empty land can be used to make more gardens. This is good for nature.



New buildings should be good for nature. This helps with health and happiness. It also makes places nicer to live in.



Sometimes people don't know where to find nature. They don't know how to get there or what they will find.



There should be a website on the internet that has this information. It should be free and easy for people to understand.



When people are sick they should be able to spend time outdoors.



Hospitals should have lots of nature. It will help patients, staff, and visitors feel better.



Schools should have lots of nature too. It helps children learn and be happy.

What happens next



The Wildlife Trusts think everyone should spend time in nature. They want to know what you think.



You can answer questions about what will help you spend time outdoors. You can also suggest new ideas.



You can share your thoughts on The Wildlife Trusts website until 2 November 2026. Get help from someone you trust if you need help.

How to contact us



wildaboutinclusion@wildlifetrusts.org



01636 677711



The Wildlife Trusts
The Kiln
Mather Road
Newark
Nottinghamshire
NG24 1WT



[www.wildlifetrusts.org/
get-involved/campaign-us/
fix-nature-fix-health](http://www.wildlifetrusts.org/get-involved/campaign-us/fix-nature-fix-health)

(images: Dinosoft Labs & Photo Symbols)