



**For better
mental health**

Mind in Taunton and West Somerset

PRESS RELEASE – FOR IMMEDIATE RELEASE

Friday 26th August 2011



NEW ECOTHERAPY PROJECT FOR EXMOOR

Mind in Taunton and West Somerset and Somerset Wildlife Trust's joint 'Go Wild, Stay Well' ecotherapy project is set to commence on Exmoor during late September, and project manager Dave Topham is currently looking for participants. 'Go Wild, Stay Well' involves people experiencing mental distress taking part on conservation work on stunning nature reserves, which will include a walk round the reserve led by a member of Somerset Wildlife Trust.

It has been taking place for just over a year on the Quantock and Blackdown Hills, and has been extremely successful so far, with participants' comments including "This is the highlight of my week", and "I have got a lot out of the group, I feel a lot more confident now." Dave Topham explains that "Ecotherapy is just a posh way of saying 'Get out into the natural environment and do something physical and you'll feel better about yourself.' It's not complicated, but it's very effective."

People can self-refer; the project will be co-ordinated through Dave Topham, who is based in the Taunton office and can be contacted by calling 01823 334 906 or e-mailing DavidTopham@mindtws.org.uk. This is a wonderful opportunity for people experiencing mental distress to discover the therapeutic benefits of nature, to get involved in something positive and to meet new people.

- ENDS -

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Photo – Go Wild, Stay Well project logo

Notes to editors

- Mind in Taunton and West Somerset is a local mental health charity based in Taunton and Minehead. We aim to provide high quality information and support services to local people experiencing mental and emotional distress.
- Mind in Taunton and West Somerset runs an out of hours telephone helpline called Mindline, open Wednesday, Friday, Saturday and Sunday evenings from 8pm-midnight. Mindline's number is 01823 276 892.
- More information about Mind in Taunton and West Somerset can be found on our website at www.mindtws.org.uk