

Allan â Ni! Come Outside!

Come Outside! is working with over 40 organisations to inspire and motivate 3,000 people with sedentary lifestyles to discover and enjoy the outdoors, experience the benefits, and value and care for the natural environment.

Outdoor activity is proven to benefit mental and physical health, confidence, self-esteem and skills. However, 70% of people in Wales don't do enough activity to fully gain these benefits. Although Wales offers lots of opportunities for outdoor activity, many people need specific support to enable them to overcome multiple barriers to accessing the outdoors.

Come Outside!'s innovative approach is to match people's interest and aspirations with exciting outdoor activities, enabling them to overcome personal barriers and to try out new ways of getting active.

In the last 18 months Come Outside! has enabled those who have the most to gain from outdoor activity, to get involved:

- learning about nature, the night sky, local history and culture, and exploring on foot, by bike, paddling and using new technology
- developing outdoor skills in bushcraft, habitat improvement, angling, identifying wildlife, green woodworking, making music outdoors and photography, and developing the skills and confidence to lead others in these activities
- outdoor fun and games bringing communities and families closer together and closer to nature.

Come Outside! reaches those with sedentary lifestyles, living in Communities First areas¹, by targeting the support organisations who work with them – service providers working in the health and social care sector. The support workers are linked up with local outdoor providers and given the skills and confidence to use outdoor activities in local greenspaces, as part of their service provision.

Come Outside! offers a different and innovative way of working, delivered by experienced officers with community development skills:

- It is a catalyst that creates collaboration and the sharing of resources across organisations from different sectors.
- Focuses on influencing existing service provision to work in a different way, rather than creating a new service.
- Promotes a participative approach to engagement so that individual's needs are met and barriers addressed, through inspiring, memorable, local outdoor experiences.
- The delivery model is evidenced based and externally evaluated.

1. Communities First is the community focussed Programme which supports the Welsh Government's tackling poverty agenda. The Programme delivers across Wales in 52 Communities First cluster areas.

This Programme is funded until March 2016 by Big Lottery, Natural Resources Wales and Welsh Government's Homes and Places Division and the Communities First Programme. The Come Outside! Team (hosted by NRW) and areas of delivery are:

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Our short Come Outside! film and regular Programme Updates can be found at:
<http://naturalresources.wales/about-us/our-projects/come-outside/?lang=en>