



NATURE & HEALTH PRACTICE NETWORK

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www.natureandhealthpractitioners.com

Minutes: NHPN Forum Meeting

Date: Thursday, 4 December 2025

Location: Community Farm

Facilitators: Barbara Gonzalez and Kim Stone

1. Welcome and Introductions

- Facilitator BG welcomed participants and led a grounding exercise.
- Participants shared what drew them to the forum and observations upon arrival.

2. Introduction to NHPN

- KS provided an overview of the NHPN, including:
 - Frequency of meetings
 - Geographic coverage
 - Aims and objectives
 - Overview of Special Interest Groups (SIGs)
 - Updated NHPN Overview Document -
<https://static1.squarespace.com/static/68a5a211d8976804c2ff5bda/t/693048490643044606b77cd7/1764771913392/NHPN+Overview+Nov+2025+%28v2%29.pdf>
 - Update on ongoing consultation
 - Join the mailing list: <https://nature-and-health-practice-network.kit.com/496309e4d2>

3. Consultation Activity

- Participants broke into three groups to discuss:
 - What is valuable about NHP
 - Priority activities/functions
 - Challenges or barriers in practice that NHP could address
- Large paper sheets were used to record discussions.

4. Feedback on Consultation

- Group discussions were shared with the full forum.
- Both BG and KS facilitated a plenary feedback session.

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5. SIG Updates and Q&A (11:55 – 12:10)

VCSE SIG

- Created a database of members, funding opportunities, networks, and research papers.
- Interested in a joint meeting with the Statutory SIG.
- Future meeting themes: Measuring impact, social prescribing, and NHS 10-year plan integration.
- Next meetings proposed: Feb 2026 (online), Summer 2026 (physical), Autumn 2026 (online).

Children and Young People SIG

- Considered renaming to **Youth Nature and Health Partnership**.
- Working on a Vision Statement.
- Aim to organise an event showcasing youth nature activities, pending resources.
- Next meetings: 21 Jan 2026 (online), 24 Apr 2026 (in-person, Abbots Leigh).

Nature in Statutory Practice and Allies (NISPA) SIG

- Recent meetings:
 - 17 Sept 2025 – Woodland Gathering, Leigh Woods Roundhouse (story circle reflections)
 - 19 Nov 2025 – Guided Walk & Talk, Elm Tree Farm and Wickham Glen/Frome Valley
- Next meeting: Early Spring 2026 (date TBC).
- Ongoing WhatsApp group for discussions.
- Q&A session followed SIG updates.

Contact: info@natureandhealthpractitioners.com to join a SIG

6. Peer Practice Sharing

- Participants split into groups of three to:
 - Reflect outdoors and select an object symbolising their responses to the discussion questions.
 - Share one recent challenge and one recent win or success story.
- Each participant had ~5 minutes to share.

7. Next Steps and Future Meetings (12:50 – 12:55)

- Consultation and review process ongoing.
- Meeting dates for 2026 to be announced.
- NHPN relaunch planned for Spring 2026.
- Participants encouraged to join mailing list and engage further, including opportunities to join the steering group.

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