



Healthy Living Network

Health Improvement Team
Public Health
NHS Borders
SBC HQ
The Old School Building
Newtown St.Boswells
TD6 OSA

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To Whom It May Concern,

Instinctively Wild Reference:

Instinctively Wild, have been running a family relationship programme called 'My Main Man' & 'All Together', since 2011. This is a partnership between NHS Borders and Scottish Border Council's Community Learning and Development and Education departments. Instinctively Wild has just delivered the 10th programme in Peebles.

The project works with families that are from disadvantaged backgrounds, who need supportive opportunities to help them develop positive relationships. Specifically the project provides experiences for a parent/carer & child, one four hour session, over four weeks. Instinctively Wild has utilised the Forest Schools ethos with bushcraft skills and nature connection experiences to develop a range of activities that raise self-esteem and confidence –providing much needed positive conversations and interactions.

Feedback from families and professionals has been consistently very positive. Instinctively Wild's enthusiasm, skill, passion, team-working and attention to detail *has* made My Main Man/All Together. I am very proud of this project, as I know the impact it has made to the families.

I would highly recommend Instinctively Wild as an organisation that can deliver high quality, thought provoking, inspiring and empowering relationship-building projects.

Yours Sincerely

Nichola Sewell

Nichola Sewell
Health Improvement Lead
NHS Borders