



Mental Health Service

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To Whom It May Concern,

Instinctively Wild Reference:

Instinctively Wild, in collaboration with the Mental Health Older Adults team, have piloted and developed an Ecotherapy Therapy project (now in its third session) for individuals who have been diagnosed with dementia.

The aims of the project are to enable people with dementia to regain their connection with the outdoors through engaging in outdoor activities that stimulate the senses and consequently improve well being, self esteem and confidence.

The sessions with Instinctively Wild are consistently well organised and they have proved to be a reliable team to work with. We have been confident that the in-depth Risk Assessments carried out prior to each session ensure that those taking part are kept as safe as possible.

We have been impressed at the way the team have been able to adapt the skills they have in running outdoor groups with younger people and their knowledge of the natural environment to effectively engage with this client group and recognise their specific needs.

The staff and volunteers of Instinctively Wild have been willing to participate in training provided by NHS staff and have been more than willing to implement any advice given to them by the NHS team.

They have shown commitment to developing the Ecotherapy programme through links being made with academics involved in Dementia Research.

I would highly recommend the Instinctively Wild Team as a collaborative partner in developing Ecotherapy for individuals with a diagnosis of dementia.

Yours Sincerely

Jannetta McQuat

Jannetta McQuat
Specialist Dementia Occupational Therapist
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