



Guest Blogger Guidance

Thank you for your interest in guest blogging!

We are excited to have a blog page on our website that not only we can utilise – but also one that other individuals, groups and initiatives can use as a platform and voice to continue advocating health and wellbeing using our local green and blue spaces.

Guest bloggers are welcome to contact us with potential ideas at any time by emailing us on info@thinkhealththinknature.scot – we just ask that your content focuses on green health, nature and the benefits the activity brings to personal health and wellbeing.

We want to ensure that Think Health Think Nature is a voice and platform for all ages and abilities, if you represent a particular age group or ability, great – but please keep the overall message encouraging and accessible for all. Everyone's journey is personal to them, with potential challenges – but just maintaining this encouraging message will furthermore bring hope to others. View the website here:

www.thinkhealththinknature.scot

Blogs that are approved and shared on our website may also be shared across our social media channels and on our monthly newsletter.

As excited as we are to have guest bloggers, we need to explain a few important bits of 'housekeeping':

- Blogs must be provided 'in kind', as such we are unable to offer any financial remuneration
- Blogs will be uploaded to the Think Health Think Nature website, which is publicly accessed – all text content and images must be copyright free
- Due to the strong message of our initiative – getting outdoors no matter age or ability and reaping the rewards, we ask that all blogs maintain the green health theme.
- Your blog should no more than a single 1 A4 page in length ideally. Feel free to include and copyright-free images. If you don't have images – please just let us know and we will source some.
- You and your organisation will be attributed as the author of the blog and you can include a website link address in your blog (please reciprocate links to our site from your own site).
- Please do also let us know if any logos need to be displayed and if there are further links you might like to include within your blog that we can share on the website.

If you are happy to proceed on this basis, we look forward to hearing from you!

Think Health Think Nature Team.