

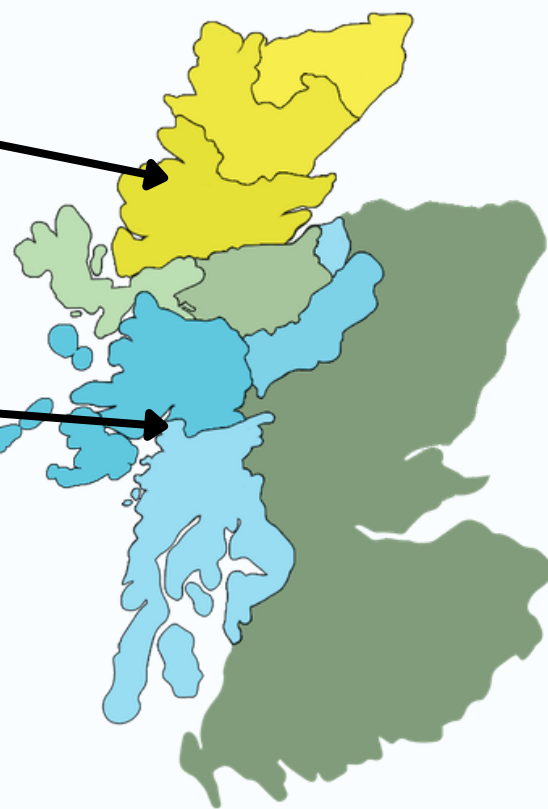
Stepping Stones- Community Led Pathways to Green Health

Aim: Stepping Stones aims to trial community-led pathways into nature-based activities for mental health and wellbeing.

Where?

Ullapool School catchment area

Kinlochleven



Pilot projects are being carried out in Kinlochleven (focus on Adults), and Ullapool (focus on families and children).

Kinlochleven funded for 1 year, Kinlochleven Trust in collaboration with NHS Highland (Highland Communities Mental Health and Wellbeing Fund for Adults), project started in May 2025.

Ullapool funded for 2 years, Lochbroom and Ullapool Community Trust in collaboration with NHS Highland (Whole Families Wellbeing Programme), project started in August 2025

Kinlochleven- the project so far



- Project launch networking event held in October



- 13 events/activities; Catering to a range of tastes and abilities
- 4 local providers; Swim with Saz, Earthbound Basketry, Mountain Yoga Kinlochleven, The Wild Cooke
- For 60 participants; An average of 9 participants per event
- 7 Walk leaders trained; 6 local to the village with 2 community group; Ewen's Room, Crafty Crew
- E- Newsletter promoting regular and one off activities.

- Upcoming- Suicide Intervention and Prevention (SIP) Training & Nature 4 Health 'Using Nature as a Resource for Mental Health' Training and BEfrienders recruitment and training.

The model

Stepping Stones - suitable local activities

Pool of Knowledge - MH & wellbeing knowledge, all local activities, support organisations

Participants - who will engage in activities, encourage by Community Enablers

Community Enablers - group leaders, volunteers, trusted faces with the knowledge and trust to support into activities



Learning & Evaluation

- Participant survey/evaluation for individual activities
- Reflective diary
- Interviews facilitated with support from UHI

Anticipated Outcomes

Improved mental health & wellbeing	Improved confidence & resilience	Increased knowledge and understanding of mental health	Community Cohesion	More effective identification of those in need
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Project Outputs

- Resources and information for continued use within the communities to promote nature based wellbeing activities to those in need.
- Toolkit and guidance for other communities to deliver similar programmes
- Increased understanding of the needs of communities with regard to delivery of nature based mental health & wellbeing programmes

Ullapool- the project so far



- Highlife Highland Ranger Jenny held an autumn nature day on a local croft during the tattie holidays reaching new families thanks to funded support.
- Kindercroft will deliver a family woodland programme for referral only participants in late Autumn 2025.
- An Talla Solas were supported through their Art Week programme to host family friendly events.
- HLH rangers are developing homepacks for families

With thanks to funders...

Communities Mental Health and Wellbeing Fund for Adults & Whole Families Wellbeing Programme