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## Our Feel Good in The Forest Agreement

Forestry England looks after our nation's forests for the benefit and enjoyment of everyone. We know that forests care for us, and together we can care for forests.

Feel Good in The Forest offers safe activities for everyone to seek adventure, find escape and make memories in a supportive, welcoming and inclusive group.

Our staff and activity leaders are not health specialists and do not provide specialist support for participants' physical or mental health and wellbeing. We will signpost you to local or national services if needed.

If you, your link worker or referral agent have any questions about Feel Good in the Forest, and if it is suitable for you, please call us before your first visit to chat this through.

**As a member of Feel Good in The Forest, Forestry England and the activity leaders we work with will:**

- Respect your skills, dignity, right to privacy and wishes and do our best to meet them.
- Listen and learn from your feedback and support you to improve.
- Treat you fairly and equally; share who to talk to if there are any problems or difficulties.
- Co-ordinate activities so that they're safe and enjoyable and always provide you with a safe environment.
- Make reasonable adjustments when you've told us your needs.
- Look after your data (for example what you tell us on your registration form).
- Let you know if sessions are cancelled or changed.
- Signpost you to other support services if you require support outside our sessions.
- Be honest if we think Feel Good in The Forest cannot provide a level of specialist support that may be needed when joining or re-joining Feel Good in The Forest.
- We recognise that some days can be tough, and things can go wrong. In rare circumstances where we have concerns about your or other people's health, wellbeing and safety, we may need to ask you to leave Feel Good in The Forest for a short time. We will talk with you before this happens to explain what behaviours or actions need to change for you to continue to attend.

**As a member of Feel Good in the Forest, we ask that you:**

- Respect everyone who is part of Feel Good in the Forest - other participants, volunteers and staff - and other forest users.
- Let us know any health conditions or additional support you need and tell us if this changes.
- Follow instructions and ask if you're unsure.

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- Respect any decisions that activity leaders or Forestry England staff make. If there are concerns about your behaviours or actions at activities, this may lead to us asking you to leave the Feel Good in The Forest programme.
  - Let us know if you're not able to attend a session.
  - Wear suitable clothing and shoes for the activity (we can help with this one, just ask!).
  - Take responsibility for bringing any medication you require.
  - Take your litter home or put it in a bin.

Please feel free to share your suggestions to add to these.

Contact [feelgood@forestryengland.uk](mailto:feelgood@forestryengland.uk) or speak to your local Forestry England member of staff.

What activity are you/will you do?

**Either sign below or confirm acceptance via the providers electronic booking system.**

Date:

Signature (participant)

Please print in block capitals:

Signature (Activity Leader)

Please print in block capitals:

Signature (Forestry England)

Please print in block capitals:

**Please note:**

Feel Good in The Forest is not a crisis service. For urgent support please contact your local or national services.