



Flourishing  
& Wellbeing

**NIHR** | Oxford Health Biomedical  
Research Centre



**Flourishing & Wellbeing**

Investigating how non-clinical environments might be  
utilised to enhance public health and mental health

# FLOURISHING & WELLBEING

NEWSLETTER SUMMER 2024



## A MESSAGE FROM OUR THEME LEAD

Welcome to the inaugural edition of the Flourishing and Wellbeing newsletter.

We are a new Research Theme within the Oxford Health Biomedical Research Centre, funded by the National Institute for Health Research. Our mission is to develop evidence-based flourishing initiatives and interventions for both patients and non-patients.

In today's ever-evolving healthcare landscape, evidence-based innovations are crucial to driving new preventative health models and to revolutionizing how care is delivered within communities.

Our research aims to deepen our understanding of mechanisms driving the connections between nature-based experiences and meaningful mental health and wellbeing outcomes. We position our research against the backdrop of two global crises: mental health and climate change. Therefore, we aim also to investigate how human mental health is connected to planetary health; and whether nature-based programmes to prevent and improve human wellbeing should also be good for planetary health.



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## A MESSAGE FROM OUR THEME LEAD

continued...

Thanks to our BRC funding, we are able to provide the infrastructure necessary to advance our work across three key areas:

- We are pioneering non-clinical ‘green’ mental health interventions alongside participatory initiatives, involving a range of public stakeholders in all phases of our research. We focus on young people and older adults, as well as minoritized populations and groups under-represented in research.
- We are developing an infrastructure of ‘living laboratories’ - trusted, accessible community resources such as outdoor spaces, public institutions, and workplaces. In these living labs, we will develop and test research tools and preventative initiatives for mental health and wellbeing.
- We are developing a suite of tools co-designed to study human and planetary wellbeing, based in a concept we call “ecological collective flourishing”. This toolkit will aid in understanding how nature-based activities can benefit both people and the planet.

In each quarterly update, we'll highlight the captivating work taking place within our multidisciplinary team. Stay tuned by visiting our website, where you can delve into insights about our team, ongoing research, opportunities for involvement and much more.

Thank you for joining us on this exciting journey.

Warm regards,

Ilina Singh



Ilina Singh: Flourishing & Wellbeing  
Theme Lead

Professor Singh leads the Neuroscience, Ethics and Society (NEUROSEC) Team and is a co-director of the Wellcome Centre for Ethics and the Humanities. Professor Singh's research has pioneered novel research designs, empirical methods and digital tool development to investigate the social and ethical dimensions of psychiatry innovations in neuroscience and psychiatry, with a focus on children and adolescents. She currently leads a ground-breaking projects investigating conceptual, ethical and empirical dimensions of nature-based interventions for flourishing and wellbeing, as part of the [Oxford Brain Health Biomedical Research Centre](#). She developed and leads the [NeuroGenE](#) platform for global mental health ethics, as part of a partnership with the Stanley Centre at the Broad Institute of Harvard and MIT; and she leads various projects focused on digital mental health.





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## 'E-CO-FOURISHING'

Ecological-Collective-Flourishing (E-Co-Flourishing) means being well in multiple ways: in our bodies, our minds, our emotions; in our relationships with others and with the natural world. Find out more about our E-Co-Flourishing research.



## MEET OUR TEAM

With members spanning from fields as varied as neuroscience, ethics, geography, biology, botany, psychology, mindfulness, and beyond, our interdisciplinary team's expertise fuels our collaborative spirit and drives innovation in our research.



## YPAG NEWS

The NeurOX Young People's Advisory Group (YPAG) is focused on the social and ethical dimensions of innovations in mental health science. YPAG members are trained co-researchers who actively contribute at different points in the research lifecycle. Thanks to our new research projects, we have recruited 30 new NeurOX YPAG members! Explore our blog for insights on recruitment and training.





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## BRC OPEN DAY 2024

The BRC Open Day 2024 event was held at the Westgate Centre in Oxford on Thursday, May 30th. The Flourishing and Wellbeing team's nature-based interactive stand captivated the public, drawing in over 150 visitors.

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## GET INVOLVED

We work with patients, the public, local communities, youth groups, and charities that support individuals facing multiple challenges and their caregivers. Our approach explores the use of green spaces outside the clinic to find creative ways to improve the health of both people and the planet.



## GET IN TOUCH



Email: [flourishing@psych.ox.ac.uk](mailto:flourishing@psych.ox.ac.uk)

