



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 AUTUMN 2024



WELCOME TO OUR AUTUMN NEWSLETTER!

We are delighted to bring you the latest news from our team. This edition highlights the arrival of an exceptional group of new colleagues and exciting developments in our research. We share insights from our recent projects, including the E-Co-Flourishing Walk study and our collaboration with Worcester College for the City Nature Challenge, as well as updates on our newly published papers.

Looking ahead, we will soon be launching a gamified website designed to address pressing questions in conservation and development. We are also spotlighting initiatives like the Cherwell School Nature Education project and our collaborative efforts with groups under-represented in research in Blackpool, creating opportunities for nature and communities to thrive together.

There are many ways to get involved — whether through study participation, collaboration, or youth-focused initiatives like our Young People's Advisory Group (YPAG). Learn more about our work and discover how you can be part of the Flourishing & Wellbeing journey!



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E-CO-FLOURISHING WALK

Our recent pilot studies have explored what it is about connecting with nature that makes a difference to our mental health, flourishing, and the environment. With nature walks, nature-based sensory activities, and co-production with young people, we are investigating the psychological and social mechanisms that drive E-Co-Flourishing.

[Find Out More](#)



LAST HAVEN

What matters more: saving endangered species or building vital infrastructure? Our upcoming gamified website lets participants worldwide explore these difficult trade-offs, shaping insights into global conservation and development preferences. Look out for the launch of the website in early 2025!

[Find Out More](#)



BLACKPOOL-OXFORD CO-RESEARCH

Through co-research with groups typically under-represented in research, we are mapping the effects of green and blue spaces in Blackpool and their influence on mental health. Together, we are designing inclusive, nature-based interventions and unlocking new insights into human and planetary wellbeing.

[Find Out More](#)





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CHERWELL SCHOOL NATURE EDUCATION

Our student-led project aims to demonstrate how enhancing green spaces in schools can support mental health and wellbeing, while also enhancing biodiversity and broader nature recovery initiatives. Using participatory methods and education, we are co-developing a thriving green space at the Cherwell School.

[Find Out More](#)



NEW PUBLICATIONS

1. Our recent *Scoping Review* suggests that mindfulness skills, decentering and attitudes of mindfulness may be key intervention targets for addressing mental health.
2. *Marine Spatial Planning* (MSP) balances human activity with environmental protection but often overlooks cultural and emotional ties to oceans. Adopting a place-based approach can make MSP more inclusive by integrating diverse perspectives and holistic management practices.

[Explore Papers](#)



YPAG NEWS

Our NeurOX Young People's Advisory Group (YPAG) is gaining vital research skills through our training programme, earning certificates along the way. They are also key co-researchers for our E-Co-Flourishing Walk studies, enhancing both our experimental design and their research co-production experience. See our latest blog for all the details!

[YPAG Training](#)

[Jamie's Blog](#)





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NEW ARRIVALS!

We are excited to welcome our new arrivals to the team!

Meet our new Postdoctoral Researchers: Wendee, Laurence, and Kiera; our Research Assistants: Sasha and Charlotte, and our new Project Coordinator: Jess.



Charlotte

Wendee

Jess

Laurence

Sasha

Kiera

GET INVOLVED

Curious about research that explores flourishing and wellbeing? Get involved with us! We work with patients, the public, local communities, youth groups, and charities, to explore the use of green spaces outside the clinic to find creative ways to improve the health of both people and the planet. From participating in studies to shaping our insights, your input matters. Find out how you can contribute here:



GET IN TOUCH



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