

How to make a difference

Delivering a Resilient Wales



Incorporating nature into your organisation's premises and decision-making can be simpler than you think. Large or small, inside or outside, most organisations have areas where small changes can be made to make them nature-friendly. There are also many organisations with free or low-cost resources that will be happy to support you to do this.

You can encourage your colleagues and volunteers to experience and benefit from nature in many ways:



Manage your land and buildings for biodiversity; contact Environet for advice on how to do this.



Include opportunities to get outside and engage with nature during your away days - playing in nature strengthens resources to cope with stress and contributes towards creativity, social cooperation and concentration.



Think about how you can bring nature into your workplace, from a hanging basket to landscaping – and make this part of your organisation's corporate facilities management.



Make an effort to leave your desk at lunch time and seek out local green space to remember why nature is important and to recharge and relax – 94% of people report better physical and mental health after green exercise.



Consider creative and practical activities such as making bird feeders or learning about different trees or animals as half-hour slots to break up team meetings.



Take advantage of Wales's fantastic wildlife; it will inspire you, your colleagues and volunteers.



Make venues with access to green space your default choice for external meetings or events – this can boost creativity.



If your organisation has a policy for employee volunteering, make sure it promotes opportunities that let people get close to nature and enhance it.



Make your whole organisation nature-friendly by considering the impact on nature of your everyday management decisions – from procurement to cleaning products. Including nature in your Environment Policy will help this to happen.

