

Connecting with Nature for a Zero West – further resources

ZCB pages on 'Worldviews and values' ? Chapters 6.1 and 7.1 <http://www.zerocarbonbritain.org/images/pdfs/ZeroCarbonBritain-MakingItHappen.pdf>

Nadine Andrews- a researcher for the IPCC on psychosocial factors in climate change is a major inspiration for this Mindfully Connecting with Nature for a Zero West workshop. For an in-depth look at her thinking and research around issues about self identity and nature on individual and organisational action see her blog which has references to relevant articles and her comprehensive PhD. <http://cultureprobe.co.uk/>

On the influence of mindfulness on pro- environmental behaviour, this article reviews the research and introduces a new programme: Mindful Climate Action: Health and Environmental Co- benefits from mindfulness- based behavioural training. Bruce Barrett et al 2016 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5170843/#!po=14.7059>

Other well established approaches to supporting pro- environmental behaviour are Carbon Conversations <http://www.carbonconversations.co.uk/p/about.html> and Joanna Macy's "Work that Reconnects" <https://workthatreconnects.org/>

A good reading list of books on eco psychology:
<https://www.ecopsychology.org.uk/books>

Looking specifically at connection with nature for health and wellbeing, the Royal College of Psychiatry has links to resources published by wildlife and nature groups as well as academic research. <http://www.rcpsych.ac.uk/workinpsychiatry/sustainability/greencare.aspx?theme=mobile>
http://www.rcpsych.ac.uk/pdf/sustainability_4_resources.pdf
<http://www.rcpsych.ac.uk/workinpsychiatry/sustainability/greencare.aspx?theme=mobile>

Of local relevance is Bristol City's plans to cut £2.868 million from its parks budget, principally by commercialising use of the space, but also asking for voluntary and community groups to get more involved. These would be major changes in the way we relate to green city spaces. The consultation is underway: http://news.bristol.gov.uk/parks_consultation_launches_today