

WILD NEIGHBOURS

NINE MONTHS IN REVIEW

METHOD

The research took a mixed-methodological approach, with surveys as the predominant methodology. This was combined with qualitative feedback and observations that took place during key activities in the programme.

For the surveys, a main survey was developed and used repeatedly throughout the year and after each key activity. It included a set of scales that tracked connectedness to nature as well as a couple of key questions around the impact of the event / experience.

The survey was adjusted based on whether participants were taking the survey before their first activity or at the end of their engagement on the day / of the programme. A total of 33 responses were collected throughout the project.

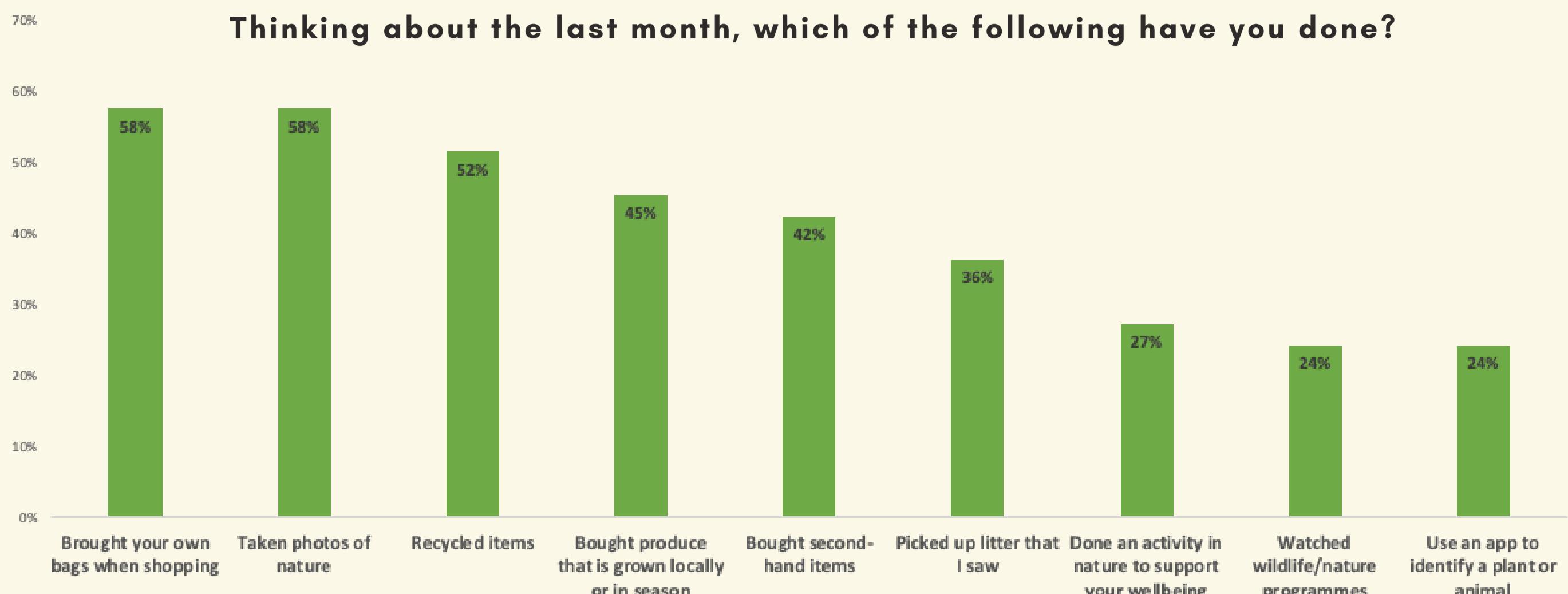
The Wild Neighbours programme attracted a wide variety of ages, with 25% of total participation coming from 18-24 year olds, 41% from 25-34 year olds, 25% from 35-44 year olds, and 8% from 45+. Participants were predominantly female (79%).

Overall, participants felt a deeper connection to nature after participating in the activities of the programme. While participants in general rated the importance of nature as high, key factors such as the ability to notice everyday nature increased as much as 19% from the beginning of the day to the end of the day.

Overall, participants felt very positive about the workshops that were provided, and reported significant learning, engagement and fun as the result of participating.

Participants reported engaging with nature in a variety of ways. Most commonly they reported taking pictures of nature, using reusable shopping bags and recycling items, while were less likely to do activities in nature to support wellbeing, I identify plants or animals using an app or watch wildlife/nature programmes.

KEY FINDINGS

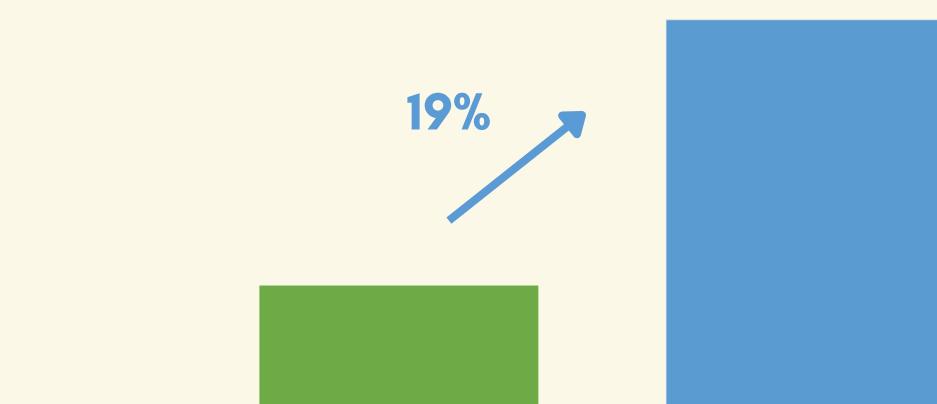


How important is spending time in nature to you?

● Important ● Very Important



I often notice everyday nature (for example butterflies, bees or flowers)



I often notice everyday nature (for example butterflies, bees or flowers)

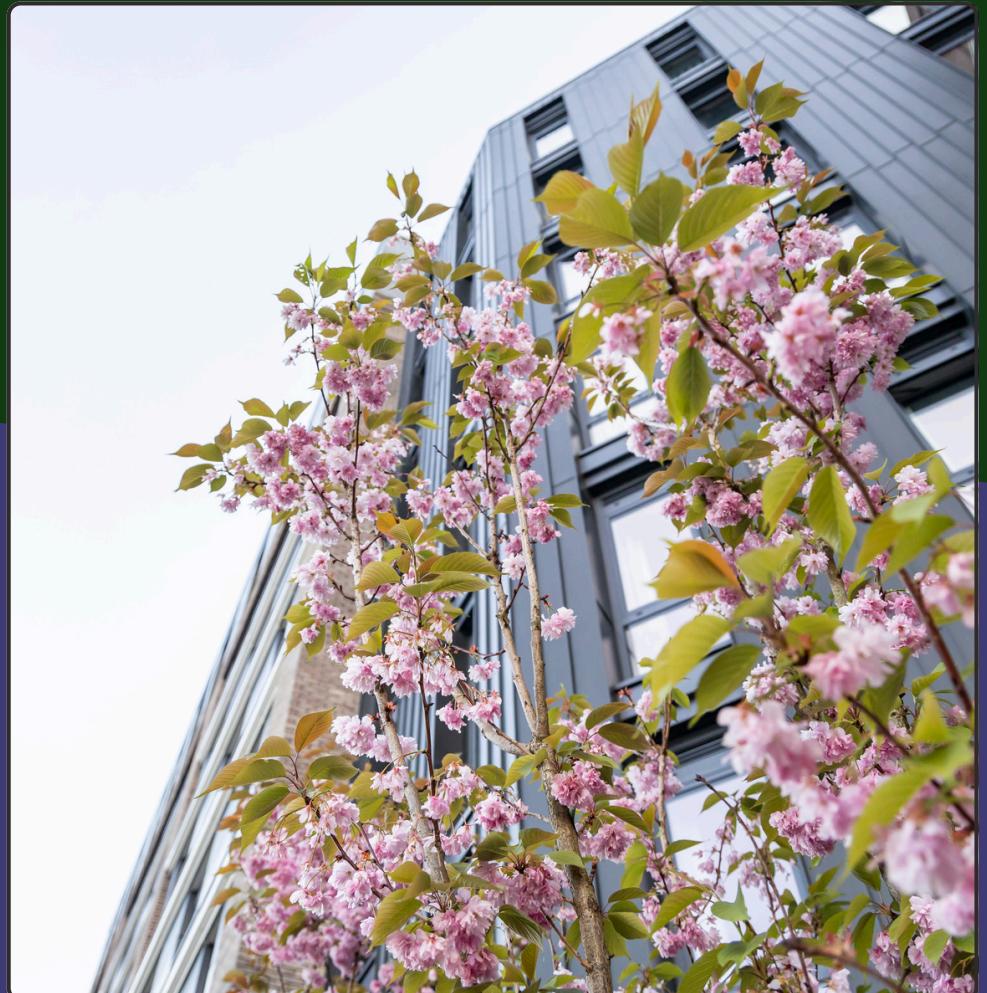
■ Beginning of the day ■ End of the day

WILD NEIGHBOURS

WHAT NATURE MEANS TO US

Can you describe a specific moment, big or small, that made you feel connected to the natural world?

- Watching the waves crash on the shore
- Scuba diving definitely opened up a whole new natural world for me
- Being alone in the forest
- Listening with our eyes closed
- Imagining the four eyed fish.
- I was sat out of the back of moda and saw a butterfly fly past. I saw that same butterfly (or one that looked the same) for the next three days. It felt very special!
- Wind breezing over my back and giving me goosebumps
- Lying under a tree
- When I'm by the sea, or in the rain.
- Hearing the sounds we made in the soundscape and being reminded of all the small animals who make sounds like that when they're moving around
- See foxes on my way to work



WHEN YOU THINK OF NATURE, WHAT COMES TO MIND?

- Trees, fresh air, the sea, green, gardens, wildlife
- The great outdoors
- Countryside
- Space, nourishment, connectedness
- Flower/ green
- I think about fungi and trees, animals and bugs
- Peace, calm, expansive breath
- Peace and happiness
- Plants, animals, and untouched landscapes
- Green, parks, nature, plants
- Peace
- To me, usually being outside of a city, the smell of grass, all of the sports and activities I like to do outside. But also, that feeling of getting into a park after a day walking around the city, or the moment you see the river after you've been walking through London all day. Always makes me smile
- All life including us
- Being outside in the fresh air, greenery, seeing, smelling and hearing the elements and wildlife
- Brightest colours in my head

- Greenery, trees, the texture/feel of grass underfoot, the sounds of birds, insects and wind in the wild.
- trees and animals and fungi
- Animal sounds, smell of rain, dense diverse forests, winding riverbeds carving through massive landscapes untouched other than scars of time
- The whole world
- From the smallest sound to the biggest environment, the outside world and the man-made
- Green, plants, flowers, wildlife, animals
- No humans



WHAT ARE YOUR BARRIERS TO SPENDING MORE TIME IN NATURE?

- My health
- Having an office based job
- Definitely living in a city, not all my friends are too concerned with spending time in nature either
- The great indoors
- Time
- Don't like the rain
- Expected pace of life.
- Work and London
- Time and bad weather
- My job, and the mundane everyday
- Full time work

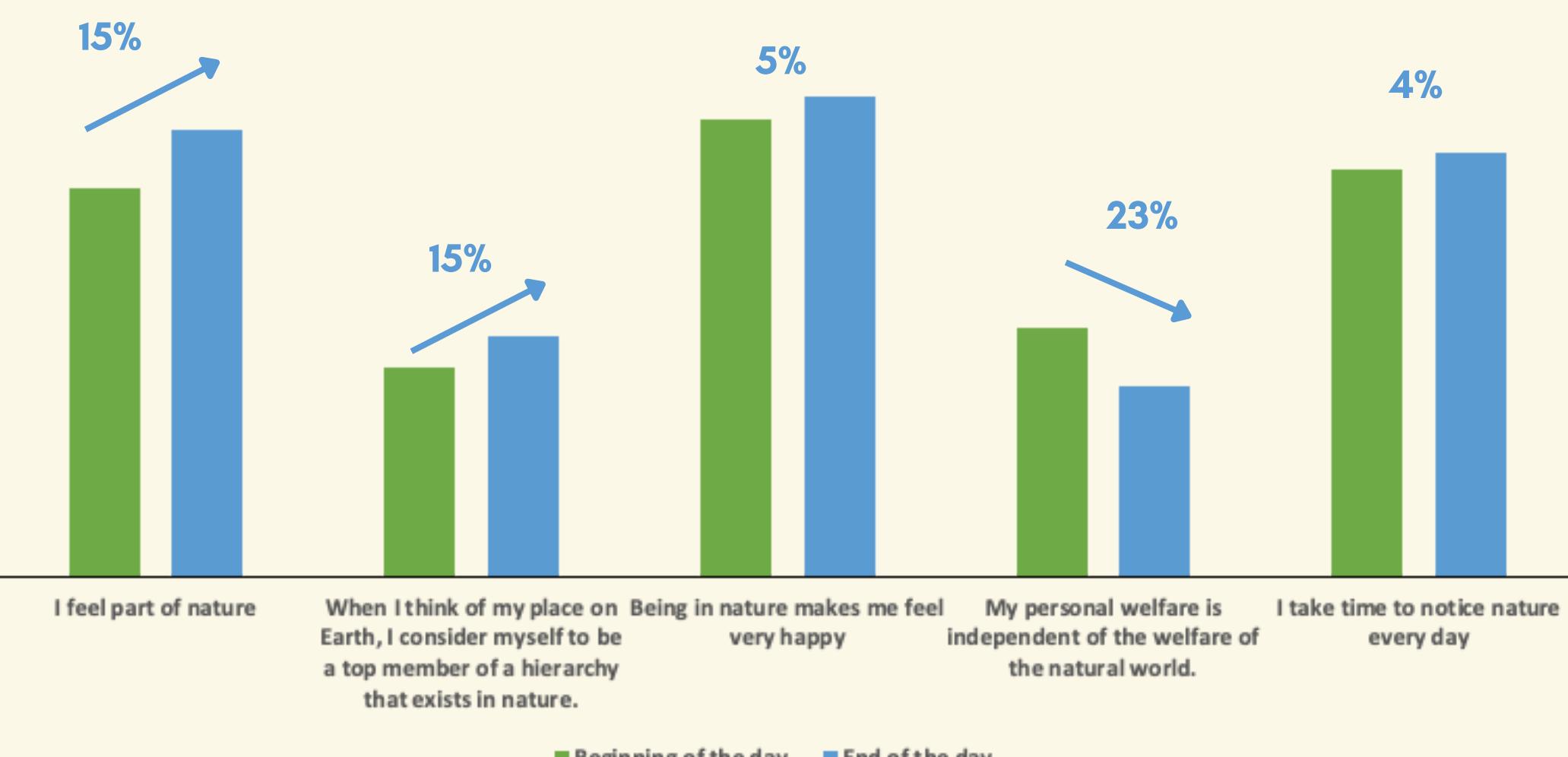
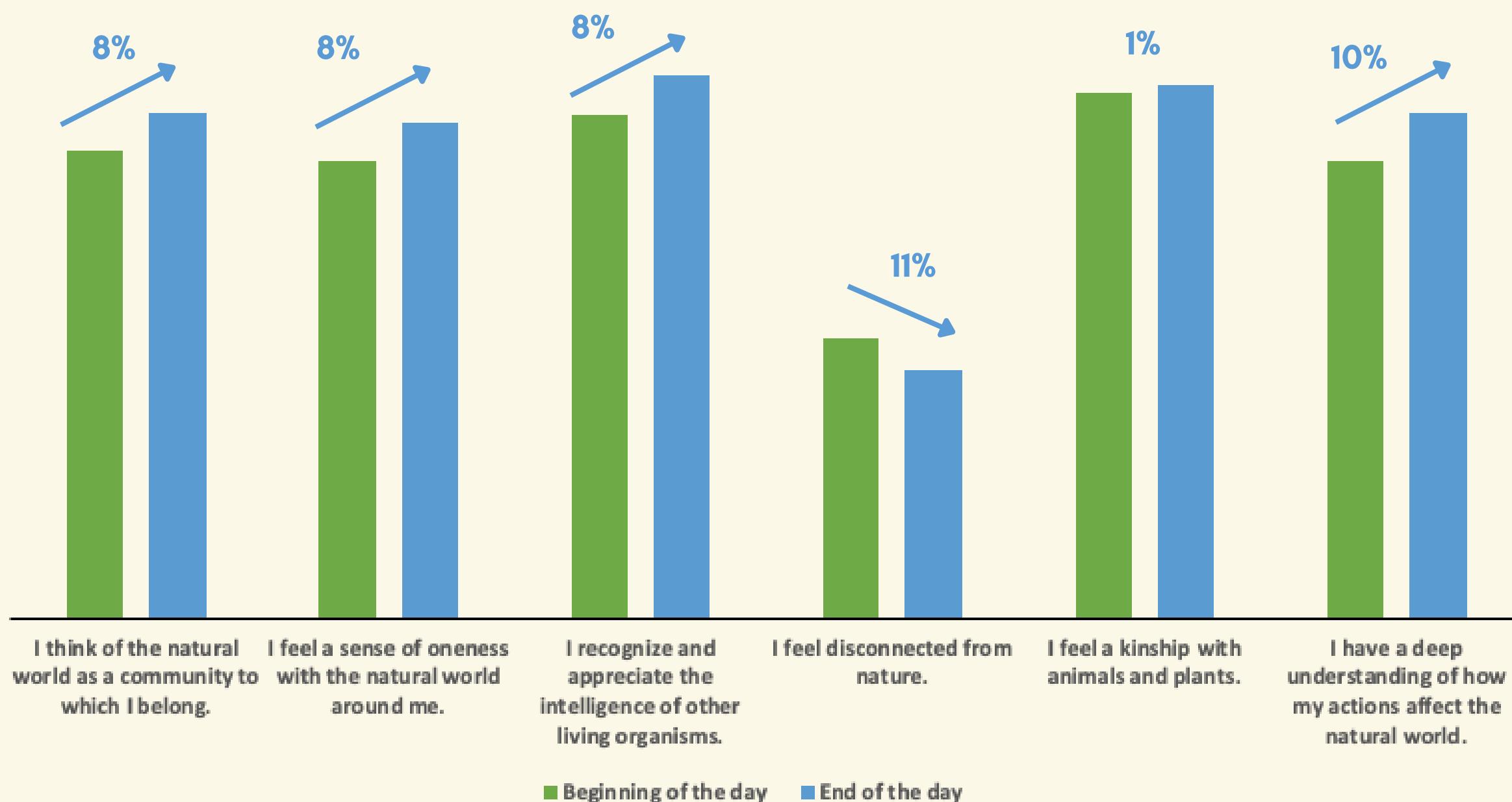
- depression - it can be really hard to leave the house despite knowing it's good for me and I'll feel better. I also struggle in the cold weather so this time of year (added SAD) can be even harder.
- Energy, time - sometimes cold/dark evenings can be a barrier, but less now it's spring

WILD NEIGHBOURS

UNDERSTANDING NATURE CONNECTEDNESS

Overall, the majority of the nature connectedness factors were impacted by the participation of a full day of nature based arts activities. Interestingly, some of the biggest changes occurred by the negative statements, showing that participants felt more connected to nature overall. Those least effected were statements surrounding happiness through nature and the interest in spending more time in nature.

ON THE LINE BEFORE EACH OF THE FOLLOWING STATEMENTS, USE THE SCALE BELOW TO INDICATE HOW YOU GENERALLY FEEL ABOUT EACH ONE. BE AS HONEST AS YOU CAN. THERE ARE NO RIGHT OR WRONG ANSWERS.



WILD NEIGHBOURS

WORKSHOPS



MULTIMEDIA COLLAGE (April 2025)

Residents participated in a collaborative session where they drew, collaged, glued and mapped out the lives of Moda's animal inhabitants over 24 hours on a long, shared sheet of paper. The collage was then transformed into an online scroll-story legacy piece with sound effects!



NIGHT SOUNDWALK (April 2025)

Residents were guided through the sunset (8.16pm) and ventured into the hidden corners of Moda with sound artist Simon and ecologist Michael to explore the nighttime sounds of their home. Together, they created a unique soundscape that reflects the rhythms of the shared environment.

it really helped me to feel more connected with nature, relaxed and inspired to get out and about more often

CYANOTYPES (April 2025)

Ecologist Michael helped residents identify and collect plants from across the site and then were guided by Tori and Harry to create framed cyanotype prints for their homes.

Cyanotypes are nature's own photo-making process, where residents used the sun to expose plants on special paper, rinsed them off under the tap and created beautiful blue images and collages of flowers collected from the site.

I really enjoyed all the activities, they were very mindful and opened my awareness. I particularly enjoyed the cyanotypes, it was very approachable and hands-on



BIO BLITZ (November 2024)

Ecologist Michael helped residents discover and identify the plants, animals, and fungi that call Moda home. He guided residents, helping them find often-overlooked treasures around Moda.

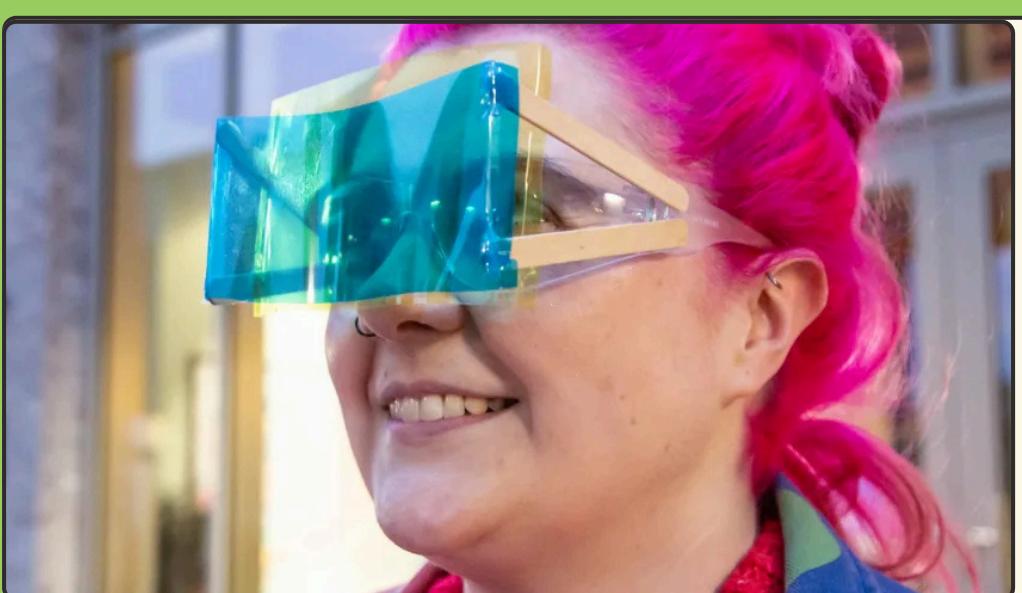
I learnt loads and felt connected to nature

MODA SOUNDS (November 2024)

Sound artist Simon James helped residents uncover the secret sounds of the space. Together, they created a unique soundscape that reflects the rhythms of Moda's shared environment.

Loved all of them!!!

loved being a part of the whole day and the ongoing project



ANIMAL VIEWS (November 2024)

Engineers Tori and Harry helped residents create glasses and goggles to simulate different species' perspectives.

A great group activity with science insight

Everyone got really stuck in and creative with some seriously impressive outputs

I loved the mixture of learning and application. It got the thinking juices going.