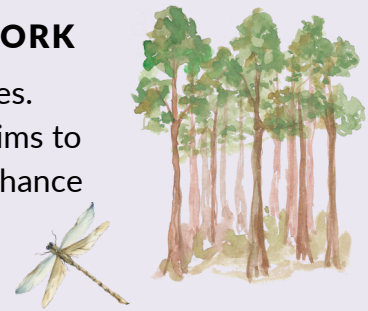




### EXETER GREEN & BLUE WELLBEING RESEARCH NETWORK

Green and blue spaces means parks, woodland, riversides, beaches. CoLab and Wellbeing Exeter have initiated a new network that aims to making green and blue spaces more accessible to everyone to enhance community wellbeing.



### WALK THIS WAY - LUNCHTIME WALKING GROUP

Every Wednesday lunchtime, Laura Greenhill (Welcome Team) leads a guided walk for staff, taking in local green spaces and snippets of Exeter history.

Getting out of the office for a lunchtime walk is great for reducing stress and allowing the brain to reset. Walking can be a kind of mindfulness allowing us to come back into our body and take a mental break. There's plenty of research evidencing the benefits for our mental health, including this research paper [The impact of urban walking on psychophysiological wellbeing](#).



### ZINES ON SELF CARE, TRAUMA & CREATIVITY

Researcher & author Meg John Barker uses zines (informal, self-published booklets) to explore and share their work on trauma and creativity.



The zine [Hell Yeah Self Care](#) explores self care with a political lens introducing dimensions such as the difference between being self cruel and self kind. It can be printed out or read online [here](#).

Other zines can be found [here](#) and include "Staying with Feelings", "Creative Queer Health", "Welcoming Your Monster Feelings".





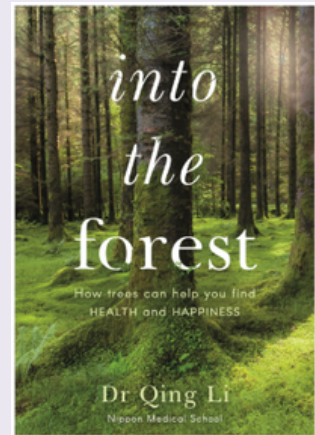
# CoLab Research

## Newsletter

June 2025  
Issue 2

### RESEARCH THAT INSPIRED ME: FIONA CARDEN, COLAB CEO

*Into the Forest* by Dr Qing Li resonates deeply with me—not just as a qualified Shinrin Yoku (forest bathing) practitioner, but as someone who has always felt the quiet, healing power of trees. His research gives language and scientific backing to what I've long experienced: that walking slowly in the woods, breathing in the forest air, is genuinely good for body and mind. Reading his work affirmed my path and gave me the confidence and inspiration to share my passion with other people. It's more than just a walk in nature – it's a way to balance, connect and slow down in our hectic world. For good measure take a book like 'The Lost Spells' by Robert Macfarlane and read poetry in nature too – it really is a wonderful, restorative, joyful thing to do.



### CRAFT SKILLS FOR PRISON LEAVERS

Fine Cell Work train prisoners and prison leavers in high-quality needlework skills, paying them to create beautiful handmade products, designed by world renowned artists.

On Netflix is the short documentary "The Quilters", about a similar project in the US.

### A GUIDE TO TRAUMA-INFORMED RESEARCH

This practical guide to trauma-informed social research by Kerry Dowling gives practical advice for how to conduct safe interviews and focus groups with anyone affected by trauma.

Trauma-informed research is crucial when working with those who have experience of feeling unheard or unsafe in the past.

[Find it here.](#)

