

The Roseland Centre

Health Is Wealth Statement

First Issued: 16/10/24

Contributors to date: CM Paul Lakeman.

"Health is Wealth: Nurturing Mind, Body, and Spirit in Nature

At THE ROSELAND CENTRE, we believe that health is a holistic endeavour that encompasses both physical and mental well-being. Our mission is to foster a thriving community where individuals of all ages can connect with nature, cultivate sustainable practices, make informed and supported healthier choices, and experience the transformative power of the outdoor, natural environment.

By providing accessible and inclusive outdoor learning opportunities, we aim to:

- Promote physical health: Encourage active lifestyles, improve fitness levels, and enhance overall well-being through outdoor activities.
- Nurture mental health: Create spaces for stress reduction, mindfulness, and emotional resilience in nature's calming environment.
- Foster community connection: Build strong relationships, promote social cohesion, and support the overall health of our community.
- Educate for sustainability: Inspire environmental stewardship, sustainable living practices, and a deep appreciation for the natural world.

"We are committed to providing safe, inclusive, and enriching experiences and spaces that empower individuals to embrace a healthier, more sustainable way of life."

Signed	Date	Updates	Next Review Date
Paul Lakeman	16/10/24	-	16/10/25
Paul Lakeman	15/10/25	-	15/10/26