



1000 Stories 100'000 Trees

www.1000stories.world













'You cannot protect the environment unless you empower people, you inform them, and you help them understand that these resources are their own, that they must protect them.'

Wangari Maathai

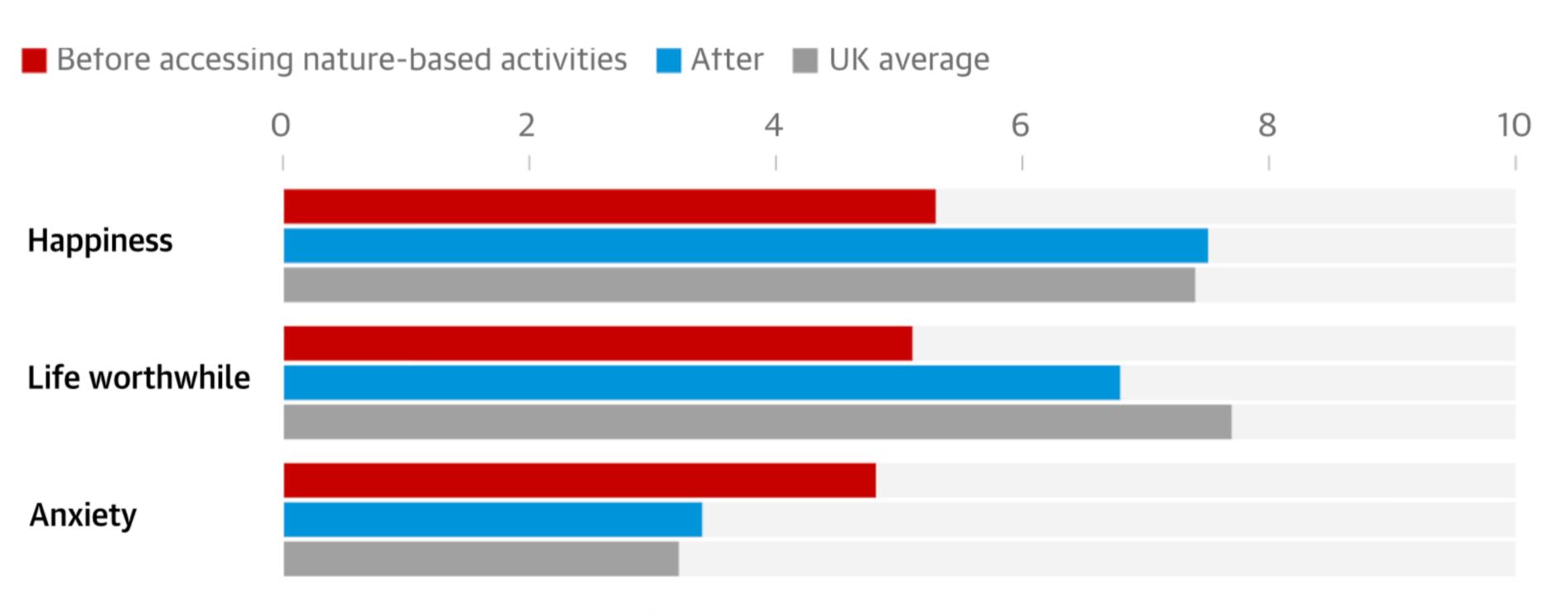






Prescribing green activities markedly improved people's reported wellbeing

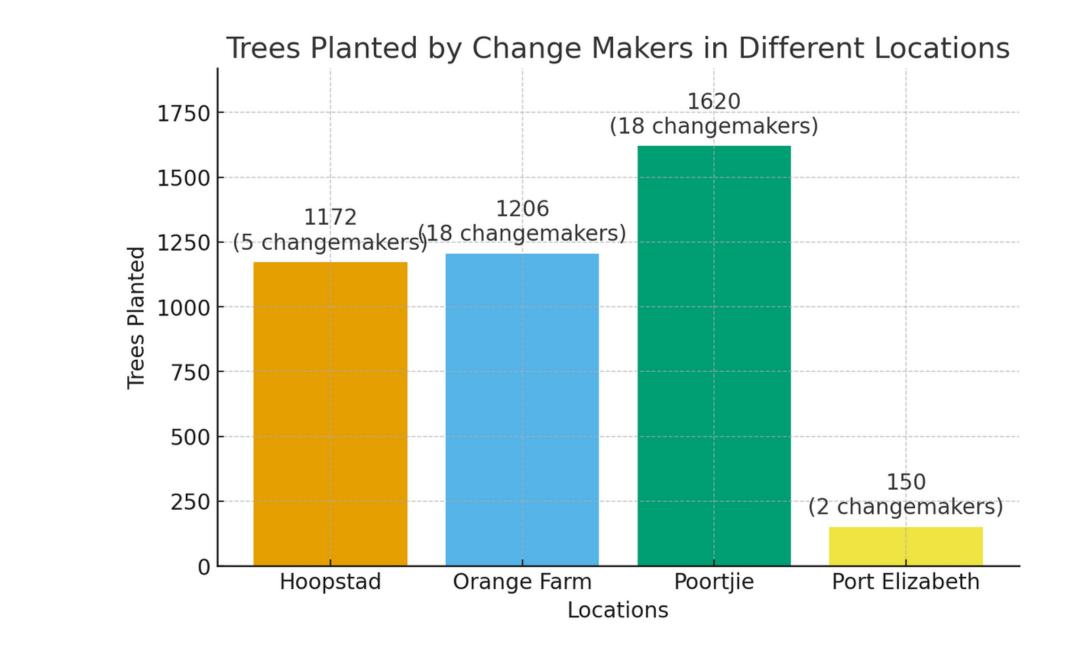
Average score out of 10 before and after activity



Guardian graphic. Source: National evaluation of the preventing and tackling mental ill health through green social prescribing project 2024























1000 Stories 100'000 Trees

www.1000stories.world

contact: Nonhlanhla or Christina sheevolves.world@gmail.com mobile:+27 733860467



