

Hi I'm Claudette and I'm the community and sales manager at Go Jauntly. Go Jauntly is a free walking, wayfinding and nature connection app which provides you with inspiration and opportunities to have everyday outside adventures.

We started the app because we were working too much, stuck looking for local walks in towns and cities and found that maps alone were not very inspiring for our families. Therefore we made a photo-led walking app, supported by a map, to inspire people to get outside and enjoy all of the benefits of doing so.

Walking and noticing nature have a real impact on mental health and wellbeing - from reducing stress and anxiety to feeling a stronger connection to our local surroundings and community. Walking is of course great for our physical health too of course and with that comes further boosts to our mental health.

Our aim is to make Go Jauntly the world's first app-based green prescription and there are a number of ways that you can use it to support your mental health from home or while you're out walking.

### **App demo**

1. When you open the app you'll find the main collection page. You can jump into one for inspiration, do the whole walk or just part of it. These change monthly so there is always something new to encourage you to get out and find some headspace. To get the most out of the app you need to enable location sharing so that routes are tailored to where you live or currently are.
2. Green routes for you feature was created as a direct response to the pandemic in 2020 made possible by a grant we secured from Innovate UK. It is coming to Android in spring 2021 via Sport England funding to support people's mental health as a result of the pandemic.
  - a. Users have a green "routes for you" collection of personalised walks through nearby nature they can follow from their doorstep.
  - b. These are from 10 minutes long, to 2 hours+. A bit like Spotify's "uniquely yours" playlists, but for walks.
  - c. The walks are perfect for your daily sanity walk, popping to the local shops or even your lunchtime stroll
  - d. A to B option on dynamic map provides opportunity to use for school run, commute, essential shopping etc
  - e. We want to help add more variety to your jaunts and make them greener and we are widening the data sets we use to tailor this even further
  - f. We hope this personalised collection will encourage all of us to walk more and we'll be looking to add some of the elements from our curated walks into these dynamic routes too.

- g. As part of the optional premium subscription, you can also download the new personalised trails for offline use or even download the GPX (perfect for runners!).
  - h. On top of this you can freely share your routes with your friends and family.
  - i. When we can all travel again, you can even search for other locations further afield and create loops there.
- 3. Nature notes came about via our work with the Nature Connectedness Group at University of Derby and their research into how technology can support a deeper connection with nature.
  - a. Nature Notes is a chat-bot style ‘nature diary’ which prompts users to note everyday moments with nature, however small.
  - b. We also share encouragement and tips by focusing on the 5 types of activities that promote nature connection e.g. tuning into our senses, responding with emotions, appreciating beauty, celebrating meaning and activating our compassion for nature.
  - c. Nature Notes has been designed to encourage engagement without having to be chained to your phone. It can be done out on the walk, from your garden or even from your window meaning it can support those who find it difficult to leave the house or those without an outdoor space of their own.
  - d. By helping you capture happy moments in everyday nature, it can bring real benefits to mental well-being and it's easy to get kids involved too from a young age.
  - e. Developed as part of the £1.3m Improving Wellbeing Through Urban Nature project. The study found it brought **clinically significant improvements** in quality of life for people living with a mental health difficulty.
  - f. For example, Noting down the good things you see in nature for one week had lasting benefits for up to one month.
  - g. It is also coming to Android in spring 2021 via Sport England funding.

I hope that was useful. If you're an organisation who wants to promote or create your own walks then have a look through the partnership page on our website [gojauntly.com/partnerships](https://gojauntly.com/partnerships). If you're a user or an organisation and you'd like to find out more about how we can support nature connectedness, walking and mental health in your area follow us on our socials. You can find us on Twitter, Instagram and Facebook with the username gojauntly. Please don't hesitate to get in touch via [hi@gojauntly.com](mailto:hi@gojauntly.com) if you'd like any more info. Thank you!