

ROOTS TO (RE)CONNECTION

Survey Participant Information

1. What is Roots to (Re)Connection?

We know trail cleaning is good for the environment, but what impact does it have on us? We want to understand the impact trail cleaning has on our relationship to nature, the places we clean and our local communities and how this impacts wellbeing. You can read more on our [website](#).

2. Why does it matter?

This project will allow us to evidence the impact we see trail cleaning has. This will help us to:

- a) Understand and improve the impact of our work to make it even better
- b) Turn trail cleaning into a "social prescription" - a non-medical intervention that supports people with their health and wellbeing
- c) Contribute to trailblazing research (no one has really studied this topic before!)
- d) Access more funding so we can bring the benefits of trail cleaning and connecting with nature to even more people

3. Why have I been asked to take part?

You have been invited to take part because you're a valued member of our community and your opinion matters! The only experience you need is trail cleaning.

4. What's involved?

We'll ask you to answer a few questions about how you feel before and after trail cleaning.

We'll also ask you some questions about you, like your age and gender. This is so we can understand the experiences of different people and to make our trail cleans more inclusive. Only share what feels comfortable.

You can complete the questionnaire online using the link or QR code we provide, or on paper.

5. What will you do with the information?

Everyone's answers will be gathered together and studied. The findings will be published in our Roots to (Re)connection Report, through our communication channels and in academic journals.

If you'd like to be kept informed of the results, you can join our mailing list through our [website](#) or follow us on social media @trashfreetrails

6. Benefits

Reflecting on experiences in nature can sometimes help us feel more connected and boost its positive effect. However, the main benefit to taking part is contributing to something bigger: a new model of wellbeing trail cleaning, new knowledge and understanding, and making sure our trail cleans benefit as many people as possible!

7. Risks

We take your privacy seriously and will never intentionally share your information publicly. However, there is a small chance your data could be lost, stolen or breached. See our privacy policy for more information on how we keep your information secure.

There are no other anticipated risks to taking part.

8. Do I have to take part?

No! Taking part is completely optional. You can skip any questions you don't feel comfortable answering and change your mind at any time before submitting the survey.

As the survey is anonymous, once it's been submitted we won't be able to remove your information.

9. Who is conducting the research?

The research is a collaboration between [Trash Free Trails](#) and [Edinburgh Napier University](#) as part of the [Knowledge Transfer Partnership](#) Programme. It is funded by [Innovate UK](#) and our [strategic partners](#).

10. What will happen with my data?

All of your information will be stored safely and securely in line with General Data Protection Regulations (GDPR). For more information see our [privacy notice](#).

12. Contact and questions

If you have any questions about the project you can contact me at sophie@trashfreetrails.org

If you would like to report a concern or make a complaint you can contact one of the project supervisors:

- Rich Breedon rich@trashfreetrails.org
- Tom Campbell t.campbell@napier.ac.uk

