

Hello everybody,  
My name is Jack Cardno  
I am a Transformation Design student at the Glasgow  
School of Art's rural campus in Forres.

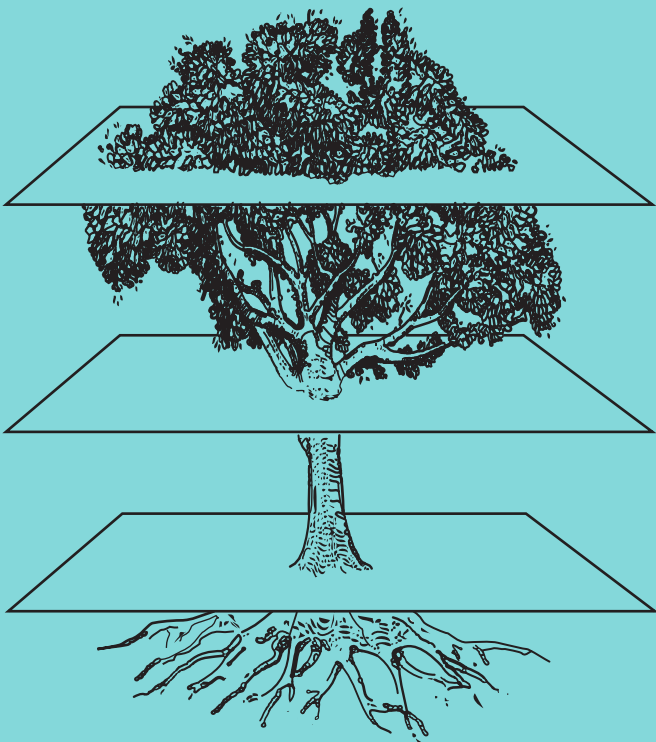
FOR MY MASTERS THESIS PROJECT I AM RESEARCHING:

## HOW DOES OUR APPROACH TO THE MATERIAL NATURE OF OUR SURROUNDINGS AFFECT OUR MENTAL HEALTH?

I am inspired by an endless list of things  
but I'll only give you two examples here  
for clarity:

1.

Initiatives like Branching-Out, that invite  
mental health service users into forest  
environments to teach them outdoor skills  
and natural sensibility.  
These kinds of experiences give people  
the opportunity to learn about the symbi-  
otic nature of the world in a safe space of  
creative inquiry.



2.

My own experience of becoming a  
carpenter and starting to understand how  
interconnected timber is in terms of the  
environment, industry, culture, myth,  
language, place, etc...  
These connections gave the world meaning  
at a time when I was feeling hopeless.

*Through research, discourse & practice I have gained an insight into how mindfully understanding the symbiotic relationships of our material world provides fertile ground for new kinds of positive experience. How understanding the depth of your surroundings can empower you to play a greater role in your local area. And just how this can benefit your mental wellbeing.*

This is an **open invitation** for collaborators to help co-design tools to supplement initiatives like Branching-Out, share experience or information that could help with my research. I will be holding workshops and conducting interviews in the near future, please get in touch if you would like to get involved.



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