
Downloaded from: http://insight.cumbria.ac.uk/3113/

Usage of any items from the University of Cumbria’s institutional repository ‘Insight’ must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria’s institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available here) for educational and not-for-profit activities provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
- a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator’s reputation
- remove or alter the copyright statement on an item.

The full policy can be found here. Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.
Cumbria Research & Innovation Conference

Achievement, Impact & Potential

Sustainable Solace: can this be achieved in practice?

Tracy Hayes

Lecturer in Health, Psychology & Social Studies | Researcher in Outdoor Learning

cumbria.ac.uk
Introduction

Exploration of the natural world is not just a pleasant way to while away a few golden hours, it provides opportunities for comfort, peace, relief from everyday stresses and strains – we can find solace in nature...
My story...

The story-that-I-have-to-tell is from my adventures in the company of wolves. The experience was a birthday gift, from my husband Ian, who came with me.

So if you’re sitting comfortably...

“Haunted by the Sounds of Silence”
Can we find solace in nature...

• Without destroying the very fabric of nature in the process?
• How can we provide & sustain the benefits gained?
• Is it possible to create a balanced sanctuary for people, wildlife & nature, where none are exploited or damaged?
I invite you to consider my discussion paper and share with me your response...

So that I can attempt to answer his questions.

@hayes_tracy
tracy.hayes@cumbria.ac.uk