

Taking Advantage of Natural Capital

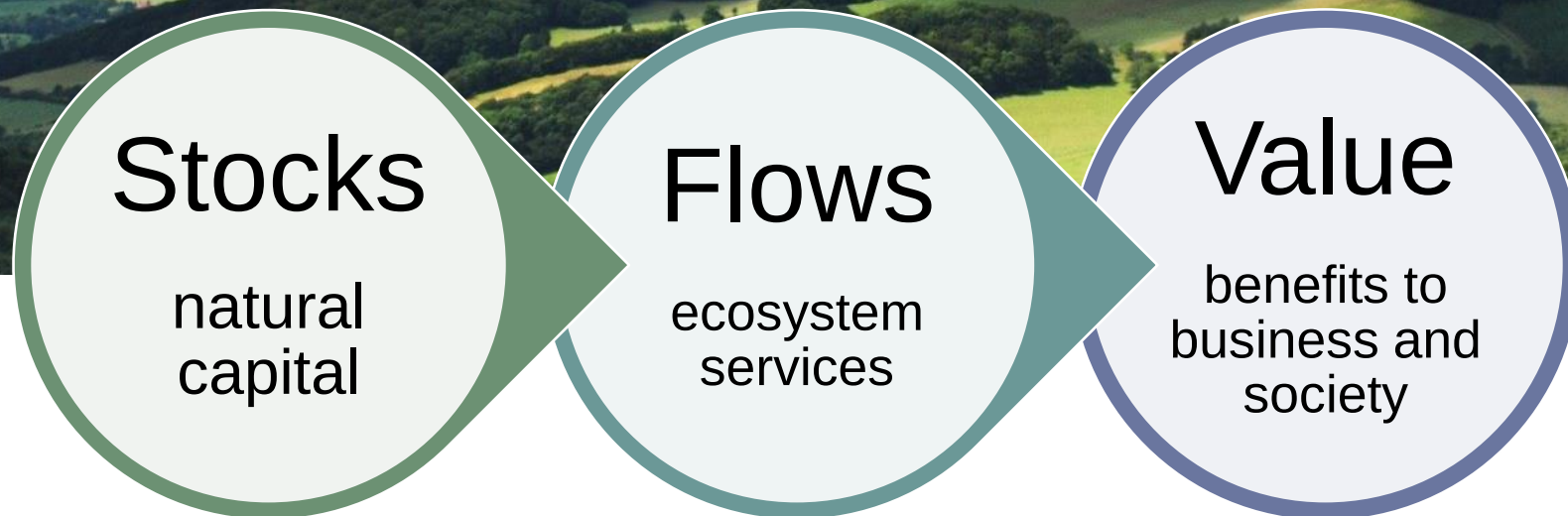
Introduction and opportunities

Molly Biddell



- **Natural Capital : what's the fuss**
- **Carbon**
- **Biodiversity**
- **Green Social prescribing**

“Natural capital can be understood as the world’s stock of natural resources – earth, air, water and all the components that are linked with them, such as trees, minerals and peat bogs to name but a few”



£196 billion

Asset value of Scotland's natural capital
According to the ONS

Ecosystem restoration

Landscape scale collaboration

**Where are the main
opportunities?**

Carbon : the drivers

The Scottish Government has proposed a legally binding target of net-zero greenhouse gas emissions by

2045 at the latest



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TASKFORCE ON SCALING
**VOLUNTARY CARBON
MARKETS**



Biodiversity

**£11,000 -
£25,000**

Estimated price
ranges of BNG
units

How our proposals for biodiversity net gain work in practice

Planning for Scotland in 2050
National Planning Framework 4



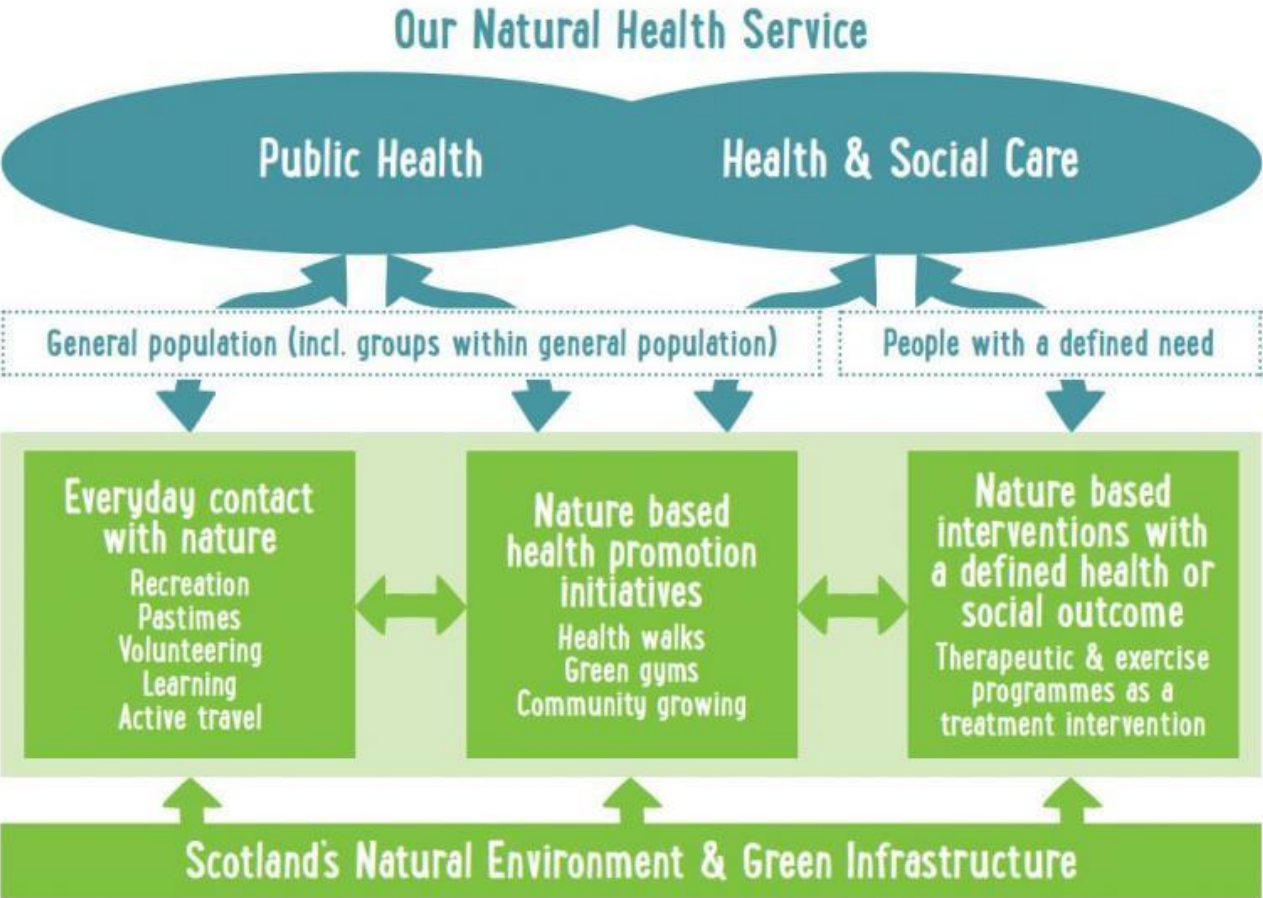
Scottish Government
Riaghaltas na h-Alba
gov.scot



Scotland's Fourth National Planning
Framework Position Statement

November 2020





Nature being prescribed in Edinburgh to support health and wellbeing

Kirsty Nutt [@RSPBScotland](#)

Monday 2 November 2020



GPs at five practices in Edinburgh have started prescribing nature as part of a new collaboration between RSPB Scotland and Edinburgh and Lothians Health Foundation, the official charity of NHS Lothian.

Forest bathing



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MENTAL HEALTH

Forest Bathing Is The Best Way To Boost Your Mood Right Now

BY HANNAH COATES
6 JANUARY 2021

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Events

Discover the healing power of forests through a variety of nature-based experiences, facilitated by Scotland's first certified Forest Bathing guide, Caitlin Keddie.

Forest Bathing Experiences
Immerse your senses among the beautiful colours and scents of the forest during one of my next guided Forest Bathing walks. Cultivate your sense of presence and calm through guided meditation, mindfulness techniques, creative invitations and a foraged tea ceremony to embody your experience. A very special way to celebrate the seasons and deepen your connection with mind, body & the more-than-human world. To join a public session, you can find dates below. More will be added as the year goes on. Please check back regularly for more dates or add your name to my mailing list for updates.

Collaborations, Workshops & Events
If you are a fellow nature guide, wellness practitioner, creative workshop facilitator, or nature educator and are looking to collaborate, I'd love to hear from you. Please get in touch with me.

Gift Vouchers
The perfect present for a nature-loving friend. Buy them a voucher to use on any of my advertised Forest Therapy walks, valid for 12 months from date of purchase. Attractive voucher to download print and wrap.



Glengarry Forest



**We knew we
needed nature.
Now we know
just how much.**

Thank you

