**Good from Woods Research Toolkit - Research Methods Workshop. Vickie Norris.** *Project Officer at the Silvanus Trust*

The Good from Woods Research Toolkit research methods workshop introduced the Good from Woods (GfW) project, the research toolkit, and provided the opportunity to have a quick go at two interactive research methods using the GfW set of wellbeing indicators to identify evidence of wellbeing.

GfW is a partnership project led by the Silvanus Trust and Plymouth University and funded by the BIG Lottery, which aims to: explore how people benefit personally and socially from woodland activities in the south west; support organisations to find out and record how people taking part in activities feel about their experience; build an evidence base that can be shared; and to cascade knowledge and research skills to those working on the ground. The project has worked with various partner organisations to support them through the research process, to help them gain a better understanding and evidence of the wellbeing benefits of their work for use in programme development, funding bids and promotion, as well as to contribute towards a growing understanding of how woodland environments benefit people. The project is coming to an end at the end of 2014, and part of the legacy which the project will be leaving behind is an online research toolkit.

The research toolkit was developed with GfW practitioner-researchers to provide a step-by-step guide to carrying out research that is useable by those with limited or no research background. It is publicly available, free of charge, at [goodfromwoods.wordpress.com](file:///\\192.168.3.10\Work\PROJECTS\Projects\Good%20from%20Woods\Presentations%20and%20flyers\goodfromwoods.wordpress.com) along with useful resources such as report templates and the GfW wellbeing indicators, further information on the GfW project, and case studies of research done as part of the project. It is hoped that this resource will enable further research, and that it will be used and added to by forest activity providers.

**For further information please contact Victoria Norris at** [**Victoria.norris@silvanus.org.uk**](mailto:Victoria.norris@silvanus.org.uk) **or on 01752 846400.**