

Call For Participants



The 12 Hour Journey: A wellbeing study for people living with a stoma

1 day(s) to complete

Prize draw to win one of 4 £50 retail vouchers

Experiment

Online

University College London

We're running a UCL research study with Colostomy UK exploring how time outdoors can support wellbeing for people living with a stoma. The 12 Hour Journey isn't about distance — you choose 4, 6, or 12 hours outdoors, unplugged and at your own pace. By taking part, you'll help us understand how nature may improve mental health, confidence, and adjustment to life with a stoma — and your involvement could help shape future support for the stoma community.

Find out more online

Poster printed on 23/09/2025

Study expires on 31/01/2026

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3

cfp.cc/NUTJT3