



**Nature for Health Newsletter November 2021**



Health walk from Kingsway Surgery, Rochdale

Welcome to our first Nature for Health newsletter – sharing information and ideas about Green Social Prescribing (GSP) across Greater Manchester.

Whether you are already involved or are interested in finding out more – this newsletter is for you. We want all aspects of this project – from the training that is delivered, through to the sharing of resources – to be as useful as possible. Please contact [natureforhealth@cityoftrees.org.uk](mailto:natureforhealth@cityoftrees.org.uk) with your ideas and suggestions so we focus on the right things.

This newsletter is provided as part of the national Green Social Prescribing programme – please see <https://www.gmhsc.org.uk/news/green-social-prescribing-funding-awarded-greater-manchester/> for more details.



Bee 'b and b' box makers at Philips Park

## What is happening locally

Nature for Health funded projects are happening across Salford, Manchester, Bury and Rochdale. Brilliant work is taking place across all four sites and in this newsletter, we are highlighting some of the work in Bury.

- There has been a buzz of green activity in Philips Park, Bury, enabling local communities to benefit from a connection to nature with the Friends of Philips Park encouraging more people to get involved.
- Bury Greenwood Group (BGG) meets weekly at Philips Park and are part of the Men's Shed Association. They provide a safe and welcoming environment for individuals to socialise, learn new skills, share, feel supported and be with nature
- After consultation with BGG members, a “connection with others with common interests” was the most common reason peoples engaged with the group. In response, BGG with support from Lancashire Wildlife Trust and Bury Beacon Service created a monthly informal sister group, ‘Bury Greenwood Social.’ This group welcomes anyone who would like to spend a morning enjoying having a brew

and a chat whilst practicing basic greenwood activities in the woods at Philips Park – what’s not to love?!

- Lancashire Wildlife Trust's 'Myplace' green wellbeing sessions are continuing to really help participants as part of the Bury Nature for Health. One participant said *'Participating in the group has done more for me than taking more medication, I have learnt so much in a short time and it has helped me realise I have skills that I have forgotten. It has definitely improved my mental health and well-being and I enjoy meeting and chatting with other group members, as well as sharing our skills and knowledge.'*

For more information about the Bury test and learn project, please contact Jenni ([jlea@lancswt.org.uk](mailto:jlea@lancswt.org.uk))

## Latest news

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**Partnership working between Sow the City (STC) and the NHS** has been showcased at COP 26. An exhibition of portraits by photographer, Justin Lambert highlights some of the NHS heroes that have championed green healthcare initiatives. STC is exhibiting the Green Health Walk – a project they developed in partnership with GMMH NHS Trust at Prestwich Hospital in Bury. The walk is a co-designed marked route for staff, visitors and service users that promotes the physical and mental benefits of greenspace and exercise.



**Can you help?**  
Colleagues at UCLAN are developing a new role that will work across several prisons, focusing on public health improvements and prescribed nature based health interventions. If you have any job or role descriptions that you are happy to share at Band 6 NHS then please contact Mark Dooris, Professor in Health and Sustainability [MTDooris@uclan.ac.uk](mailto:MTDooris@uclan.ac.uk)



**Funding and grants**  
Two grants are available, both with deadlines in November.  
[GM Mental Wellbeing Grants](#)  
[Together for our planet National Lottery](#)

## Free training coming up - please book

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Bury Voluntary, Community and Faith Association GSP workshop

### **Book onto free Nature for Health training**

Thanks to everyone who completed our Nature for Health Survey and told us what training you would find helpful. All survey responses will be used to shape what comes next in terms of resources and forming a Nature for Health network. The ideas in progress for our 2022 training plan include fundraising, working with young people, using social media, practical delivery ideas, equality, and diversity and many more.

To start us off we've got some great online opportunities provided first by Manchester Mind and then the LGBT Foundation. Places are limited and will be first come first served.

Please remember that while they are free to you, by taking a place and not attending you are removing that opportunity for someone else, so do make sure you are able to attend. Our initial courses are online, and we will be gathering feedback to help us plan a more bespoke and in person offering for people to access in 2022.

We're still very much in the planning stages for next year so if you've got a great idea, please get in touch with Rhoda Wilkinson [rwilkinson@lancswt.org.uk](mailto:rwilkinson@lancswt.org.uk)

#### **Manchester Mind (click link for more details)**

Mental Health Awareness

Registration link: [Customer: GSP 18.11.2021, 1.30-4.30pm, ONLINE Half Day Mental Health Awareness | Manchester Mind](#)

Finding a Healthy Balance: Managing Stress and Building Healthy Habits

Registration link: [Customer: GSP - 16 Nov 2021, 1-2.30pm - ONLINE Finding a Healthy Balance: Managing Stress, and Building Healthy Habits \(90mins\) | Manchester Mind](#)

Supporting Mental Health- Effective Conversations

Registration link: [Customer: GSP - 22.11.2021, 1-2pm, 1 hour Online Supporting Mental Health - Effective Conversations | Manchester Mind](#)

#### **LGBT Foundation**

LGBT 101: terminology, legislation, and inequalities

23.11.21, 3-5pm

A great foundation for understanding common inclusive language, an awareness of the inequalities faced and an insight into legislation.

Contact Rhoda to book your place on LGBT 101 [rwilkinson@lancswt.org.uk](mailto:rwilkinson@lancswt.org.uk)

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## Resources to share

Groundwork GM is building a webpage so that community groups delivering green social prescribing activities (or hoping to) can access and share resources to support their work. The information will be organised into the following themes

- General information on green social prescribing
- Supporting people with mental ill health
- Running green social prescribing activities legally and safely
- Ideas for green social prescribing activities
- Access to funding

There will also be inspirational stories highlighting work across Greater Manchester. Watch this space to find out when the resource exchange will be launched and how you can add your own resources to support our Nature for Health movement!

In the meantime, here is a taster of one of the amazing resources out there...

Meditation in nature – from your armchair

Many of you have mentioned that people who would benefit from Nature for Health sessions can not leave their home. Check out the Carbon Landscape guided meditations by clicking the link or photo below (Little Woolden Moss, image by Tracy Hill)

[Guided Meditations | Carbon Landscapes](#)



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## Things to look out for...

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**We will be arranging a series of online and face to face Nature for Health activities and events to share support and ideas and learn from each other.**

Nature for Health newsletters will be circulated every other month, with the next one coming early 2022. If you have news you want to share, a question to get help with or any other suggestions please contact [natureforhealth@cityoftrees.org.uk](mailto:natureforhealth@cityoftrees.org.uk)  
Thank you



Engaging with nature at Platt Field Market Garden, part of the Sow the City GSP network

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