



Nature for Health Newsletter

Spring 2023

Celebrating Two Years of Nature for Health

With the 2-year national pilot for green social prescribing programme coming to an end last month, we celebrate all the good work that has been achieved through the programme across Greater Manchester!

CELEBRATING 2 YEARS OF #GMNatureforHealth



These achievements were celebrated by programme partners and supporters in an event held at RHS Bridgewater on 15th March 2023.

We kicked the day off with a recorded session from the evaluation team, then dynamic presentations from the programme and delivery partners as well as those directly involved in delivering GSP sessions. Following a fantastic lunch with amazing cake, all attendees took part in their own green social prescribing session, undertaking all kinds of nature-based activities including flower crowns, mindfulness walks, snowdrop re-planting and seed sowing.

To explore the presentations from our test and learn delivery leads on the day please email natureforhealth@cityoftrees.org.uk



Check out how we spent the day celebrating over at the RHS Bridgewater [📺](#)

▶ Next Steps...

Things are not stopping here! The Nature for Health network is now set up across GM and will continue to champion green social prescribing activity by:

- Steering the network... The Nature for Health Steering Group is set up and committed to help coordinate opportunities for learning, training, funding, and the overall growth of the sector in GM. ***If you would like to hear more about this***

steering group, please email natureforhealth@cityoftrees.org.uk.

- Celebrating the network... use the [#GMNatureforHealth](#) hashtag to share news and activities.
- Supporting the network... use the Nature for Health website <https://gmnatureforhealth.org.uk/> as a key resource to support the third sector to deliver more GSP activities across Greater Manchester.

Want to read more about the National Pilot?

The National Evaluation Newsletter

[Click](#) to see the latest edition of the national evaluation newsletter which outlines findings from the last report as well as our progress so far and next steps as the evaluation teams enter into the last part of the evaluation.

Natural England Reports

For those of you who like a longer read, Natural England, commissioned by the Department of Health and Social Care, have produced the following reports:
National green social prescribing delivery capacity assessment: [final report](#)

National research focussing on public and clinical perceptions of green social prescribing: [report](#)

If you would like to discuss the content of any of these reports, please contact George Coombs, Senior Advisor - Health and Environment (North West) at George.Coombs@naturalengland.org.uk

Social Prescribing Taster Sessions at RHS



As well as hosting the celebration event for the programme, the Royal Horticultural Society have been running a series of green social prescribing taster sessions at their Bridgewater site in Salford. Participants have included those who already deliver GSP sessions and want to learn more; to those who it's their first time learning about GSP. Participants have included link workers, community connectors, care co-ordinators and many others.

During a session, participants are given a tour of the gardens with explanation of how each garden is used. They are invited to work in the Wellbeing Garden and given a talk on the design and concept of the garden and its different aspects such as the woodland area and grass circles. The talks on each of the different areas in the garden helps to demonstrate how the design and planting has a direct link to the way they are used and experienced by people for their wellbeing.

70+ people have attended these taster sessions. Feedback from the sessions has been overwhelmingly positive, with attendees appreciating the time to make new connections and network. 81% of participants say they would be willing to take part in further discussions about how they and RHS can support GSP in Greater Manchester.

Based on this feedback, the RHS are looking to set up regular social prescribing taster days for professionals/green providers to continue to support the wider NFH network and members in sharing our expertise, resource and learning.

Commissioning Success at MyPlace

Pennine Care Community Mental Health Team have commissioned Nature for Health test and learn site in Bury lead by the Lancashire Wildlife Trust Nature and Wellbeing service to deliver bespoke green wellbeing sessions with their secondary care mental health teams for a day a week, working with their community mental health, Early Intervention and Older

Adults teams, following learning from Early Intervention pilot groups.

Jenni Lea, Nature and Wellbeing Senior Officer at Lancashire Wildlife Trust stated:

"After the success of the pilot Green Wellbeing sessions with Pennine Care Early Intervention Team in Bury, I am overjoyed we now have the opportunity to build on our successful partnership. It was inspirational seeing the positive impact for individual's wellbeing and confidence following engagement with the nature based activities at Philips Park. How exciting it is that we can role this out further to continue to align people's and nature's recovery for healthier communities."

To find out more information about MyPlace, [see here](#)

Upcoming Training Opportunities

All information on training opportunities can be found on the Nature for Health website here

<https://gmnatureforhealth.org.uk/upcoming-training-sessions/>

To book any of these trainings, please email cdavenport@lancswt.org.uk

📌 **Mental Health Awareness in Nature | 18th April 2023 | 10am -4pm | Lalley Community Allotment, Collyhurst**

Join Manchester Mind for a practical introduction to mental health awareness training, exploring practical opportunities to gain confidence having conversations about mental health and wellbeing. Self-care will be a big part of the day in which we hope you will leave with tools to support yourself and others, along with links to resources to further support your activity within Green Social Prescribing.

📌 **Creating Space for Nature| 27th April 2023 | 1pm-3:30pm | Philips Park, Bury**

Greater Manchester hosts an exciting tapestry of green spaces. However small or large there are lots of ways to support nature to thrive. Join Lancashire Wildlife Trust to learn about some of the different types of homes for we can make for nature and the thing to consider with each.

Funding Opportunities

♥ **Round 3 of the Green Spaces Fund is now OPEN! Greater Manchester Green Spaces Fund**

Following its first two successful rounds, round three of the £2.6m Greater Manchester Green Spaces Fund is now open to applications, seeking community projects that will make a real difference to their local area by creating or enhancing green spaces.

To date, the fund has supported 52 projects ranging from community and sensory gardens to tree planting schemes, food growing projects and more. Projects should improve publicly accessible spaces through physical improvements to make them better places for nature and people. These projects could take place in parks, community gardens, streets, schools, housing estates, canals, streams, rivers and existing nature reserves.

To make things easier for applicants, several Green Spaces Fund Advisors are on hand to help community groups apply. Please see the link above for all details!

This round of funding is likely to close in early June.

🌊 **The Wild Isles Community fund is now live! Save Our Wild Isles Community Fund | Save Our Wild Isles**

The BBC TV series Wild Isles has brought the story of UK nature to our screens with more drama, beauty and spectacle than we've ever seen before. It's our responsibility to make sure this isn't our last chance to marvel at UK nature in its current state. Save Our Wild Isles is an urgent call to action for everyone.

We know that communities across the UK play a crucial part in helping to restore nature. This new £1 million Community Fund, inspired by the BBC's Wild Isles series, will provide additional funds for community groups to drive forward action for nature in their local area. Please see the link above for more details.

[Funding to Support the Integration of Hong Kong Arrivals \(North West\)](#)

Voluntary, community, and social enterprise organisations can apply for a share of £1.4 million in funding for projects and activities that support Hong Kong British National (Overseas) status holders and their dependents to integrate into Cheshire, Cumbria, Greater Manchester, Lancashire, and the Liverpool City Region. Grants of between £20,000 and £40,000 are available to help organisations support new arrivals to access services and advice, provide support to find housing and employment, and ensure that emotional wellbeing needs are met. Priority will be given to projects targeting under-represented groups including the elderly, children & young people, LGBTQ+, and people with disabilities.

The funding is made available by the Department for Levelling Up, Housing and Communities through the Hong Kong BN(O) Welcome Programme which closes to applications on the **31st March 2023**.

[Manchester Airport Community Trust Fund \(Manchester\)](#)

Each year Manchester Airports Group contributes £100,000 to the Community Trust Fund for distribution to local good causes. Grants of a maximum of £3,000 are awarded to a broad range of projects including, for example, play areas, community fun days, community growing projects, riding for the disabled, that are delivered by not-for-profit organisations. Projects supported must be within a 10-mile radius of the Airport and priority is given to those areas most exposed to aircraft noise.

The next deadline to apply is 5pm on the 3rd June 2023.

[Arete Foundation](#)

Funding and support to charitable organisations that help young people in NW England. Two funding streams. One-off unrestricted grants for small community organisations. Typical one-off grants of £2,000-£2,500. The Foundation aims to support organisations with a turnover of less than £500,000. Long-term funding partnerships for small North West charities that want to strengthen and grow. Typical grants of £10,000-£30,000 pa for 3 years, to scale or strengthen operational health.

Applications for the October grant round: Open 1st May, Close 31st August.

[£1.9 Million Fund to Increase the Resilience of Places of Worship \(Scotland, Wales & the North West of England\)](#)

The National Lottery Heritage Fund, in partnership with the National Churches Trust, is making £1.9 million in funding available to increase the resilience of places of worship in Scotland, Wales and the north west of England (Greater Manchester, Lancashire and Cumbria). The three-year Cherish programme will provide grants of between £500 and £10,000 to help places of worship with small repairs, project development and maintenance, along with support which will be tailored to local needs. Places of worship in Scotland and the north west of England will get help with exploring community uses for their buildings, while places in Wales will benefit from developing their visitor offer.

The programme will open to applications in May 2023.

[Grants up to £2,500 to Support Health and Well-Being Initiatives \(North West and Yorkshire and the Humber\)](#)

The CHCP Foundation provides grants of up to £2,500 for local non-profit organisations and community groups in support of health and well-being initiatives throughout the UK. The focus is on communities in Hull, East Riding, Knowsley, and St Helens where CHCP CIC operates. The programme runs three times a year in March, July, and November.

The next deadline is at 5pm on the 1st July 2023.

Dates for the Diary


 National Link Worker Day 2023 – 27th April

Campaign hashtag: #LinkWorkerDay23

The 5th UK Annual Social Prescribing Link Worker Day will take place April 27, 2023 to celebrate and showcase Social Prescribing Link Workers' impact and role in Transforming Healthcare for ALL.

How can you participate in #LinkWorkerDay23?

See here for more details on events, and ideas! [#LinkWorkerDay23 27th April - National Association of Link Workers \(nalw.org.uk\)](#)

 Earth Day - 22nd April

The Earth Day Network works around the world to work towards changing things for the better when it comes to: Climate Action, Science and Education, People and Communities, Conservation and Restoration and Plastic and Pollution.

For more details see here: <https://www.earthday.org/>

 April is Stress Awareness Month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

For details and ideas see here: <https://www.stress.org.uk/national-stress-awareness-month/>

Visit our website today!



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