



## Nature for Health Newsletter

June 2023

### The Impact of GSP in Greater Manchester

Greater Manchester is 1 of 7 test and learn sites who in total delivered activities for over 8000 referrals, often reaching populations underserved by social prescribing and 85% of patients offered GSP signed up. Well done to all those involved with #GMNatureforHealth!

Read more from the Greater Manchester Integrated Care Partnership here: [gmintegratedcare.org.uk](https://gmintegratedcare.org.uk)

[Click here](#) to explore the results of the national programme, via the National Academy for Social Prescribing.

Head over to the [National Health Service England YouTube](#) channel to see a suite of films about the programme, from Greater Manchester and beyond.

#### **The Green Social Prescribing Toolkit has been launched!**

The learning from the Green Social Prescribing Test and Learn Programme has been captured in a Green Social Prescribing toolkit. This toolkit designed to help communities, organisations and health professionals who are looking to set up green social prescribing programmes that connect with local health systems.

The toolkit includes details of the project, including:

- Information about specific projects involved in the pilot
- Templates and guidelines for getting started and best practice
- Links to evaluation and research
- Links to other useful resources

Whilst this toolkit focusses on green social prescribing, the framework could be adapted for other activity types including arts, heritage and physical activity.

To access and read more about the toolkit, [click here!](#)

## **Sow the City has just relaunched their Nature for Health project!**

Sow the City has just relaunched their Nature for Health project – gardening on prescription for Manchester residents.

Anyone in Manchester that is struggling with mental ill health or social isolation can access this service through Sow the City. Please click [here](#) for information on the Summer 2023 sessions including when and where they are running and how you can refer or self-refer someone onto the programme.

You can also follow this [link](#) and it will take you directly to their referral form. All participants will attend 6 x 2 hour sessions with our trained horticultural therapists.

Sow the City's GSP programme is now funded by Greater Manchester Integrated Care System. For more information or to book bespoke sessions for your groups feel free to get in touch with them via [info@sowthecity.org](mailto:info@sowthecity.org).

## **Potential Partnership Opportunity with Greater Manchester Probation Services**

The Health and Justice Partnership within Greater Manchester Probation services is a strategic role across GM to improve upon continuity of care pathways for those leaving prison and those on probation.

Their focus is to drive uptake of Community Sentence Treatment Requirements (CSTRs) for people on probation and to reach continuity of care of 75% of all prison leavers, with an alcohol or substance need, access to services referred to within 3 weeks.

They would like to explore the use of green/social prescribing as a route to improved outcomes and community integration and resettlement within their recovery pathways which cover a broad range of issues including drug and alcohol strategy, mental health, neurodiversity, autism and learning disability agenda, education, training and employment, housing/accommodation and also physical health/adult social care needs for prison leavers being resettled into the community.

If you are interested in hearing more about this work, with the potential to become involved in or provide for their programmes, please contact their mailbox at [GMPSHealthandJustice@justice.gov.uk](mailto:GMPSHealthandJustice@justice.gov.uk)

## **NHS backs Lancashire, Manchester and North Merseyside**

## Wildlife Trusts' 30 Days Wild this June



Lancashire Wildlife Trust and the Greener NHS programme at NHS England are encouraging people to go wild for wellbeing this June by participating in the UK's biggest nature challenge, 30 Days Wild.

As part of the NHS 75th birthday celebrations, the Greener NHS programme at NHS England is partnering with The Wildlife Trusts to shine a light on the great work of colleagues from across the NHS who have created, maintained, and made the best use of green spaces for the benefit of patients, staff and the environment.

Greener NHS will be showcasing NHS gardens and green spaces that support biodiversity, improve air quality, and provide health benefits for staff and patients, both physically and mentally – across the NHS estate.

For free activity packs & for more information see [here](#)

A promotional poster for Manchester's Wildest Festival 2023. It features photos of children in bee costumes and a blue background with text: 'MANCHESTER'S WILDEST FESTIVAL', '#mfon 2023', 'Free admission', 'Get your wings on...', 'Heaton Park Stables Garden', 'Sunday, June 25, noon to 4pm', and a list of activities: 'Bug hunts, forest bathing, giant Jenga, wildlife recording, wind spinners, woodland games, willow weaving, seed bombs, scavenger hunts, den building, sphagnum squeezing'. The Twitter handle @mancnature is also present.

MANCHESTER'S WILDEST FESTIVAL

Free admission

Get your wings on...

#mfon 2023

MANCHESTER FESTIVAL OF NATURE

Heaton Park Stables Garden

Sunday, June 25, noon to 4pm

Bug hunts, forest bathing, giant Jenga, wildlife recording, wind spinners, woodland games, willow weaving, seed bombs, scavenger hunts, den building, sphagnum squeezing

@mancnature

## Machester Festival of Nature at Heaton Park this June!

 When: Sunday June 25th, 12pm - 4pm  
 Free entry

Take part in fun nature-based activities mindfulness, willow weaving, bug hunts, nature crafts, solar DJ and much more!

Find out more [here](#)

## Get Gardening Without a Garden

Thrive has released a new resource called **Get Gardening Without a Garden**. It's an information pack that provides plenty of ideas for people without a garden to get into gardening and enjoy all of the wellbeing benefits that it has to offer. As we all know, the joy of gardening should be available to everyone!

If you or anyone you know might be interested in getting their free activity pack, you can do so by visiting their website [linked here](#).

If you have any questions on the info pack, you can contact my colleagues at [comms@thrive.org.uk](mailto:comms@thrive.org.uk).

## Funding Opportunities

### [Bupa Foundation Green Grants - Groundwork](#)

Bupa Foundation Green Community Grants support practical projects which help both people and planet health through funding amounts between £250 and £2,500. The scheme, which is part of Bupa's [Healthy Cities](#) campaign, is open to all to schools, registered charities, not-for-profit organisations, local authorities and social housing providers across the UK.

### What projects can be funded?

Priority will be given to the regeneration of green spaces for community use, however other examples include:

- Improving green spaces for community activities to improve wellbeing
- Tree planting to improve air quality and biodiversity
- A school wanting to create an outdoor classroom or forest school
- A community group who'd like to create an allotment
- A voluntary organisation wanting to install sustainable equipment, such as a heat pump

**The deadline for applications is noon on Friday 30 June 2023.**

[Save Our Wild Isles Community Fund](#) | [Save Our Wild Isles](#)

The Wild Isles Community fund is now live!

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 regarding closing dates.**

### [Arete Foundation](#)

Funding and support to charitable organisations that help young people in NW England. It is made up of two funding streams. One-off unrestricted grants for small community organisations, the typical one-off grants range from £2,000-£2,500. The Foundation aims to support organisations with a turnover of less than £500,000. Funding stream two is based on 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.**

## **Training Opportunities**

### [Social and Therapeutic Horticulture Course - Sow the City at Quarry Bank Mill](#)

**Sat 15 Jul 2023 at 10:00 - 16:00**

Join Sow the City for their 1 day Social and Therapeutic Horticulture course to learn how to be a Social and Therapeutic Horticulture practitioner.

Sow the City's course will equip you with the knowledge, skills, and tools you need to become a therapeutic facilitator. You'll learn how to create a safe and supportive environment, lead engaging and effective group discussions, and how to help participants develop valuable coping skills and insights.

Experienced trainers will guide you through a variety of hands-on exercises and interactive activities, teaching you the latest techniques and best practices for facilitating meaningful and impactful group experiences. Whether you're a seasoned therapist looking to expand your skillset or a newcomer to the field of horticultural therapy, this course is perfect for anyone who wants to make a difference in the lives of others.

For more details and to book, [see here](#)

## Dates for the Diary

### **June is Pride month!**

Pride is a time for everyone to celebrate who they are, with Pride events held across the country. For more information and to see what's going on see here: <https://lgbt.foundation/>

### Men's Health Week | **12-18 June 2023**

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

For more information see here: <https://www.menshealthforum.org.uk/mhw/>

More useful resources see [suicide prevention](#) & [supporting our most vulnerable people](#)

### Health Information Week | **3-9 July 2023**

Health Information Week 3rd – 9th July is a national, multi-sector campaign promoting high-quality information for the public. High quality health information can have a huge impact on people's ability to stay healthy and manage illness effectively, giving a better quality of life.

See the link above for more information. Free event for health information week....

### **Social Prescribing talk with Julie Bentley (Prestwich Primary Care Network) | 1-2pm, 6th July**

Prestwich Library & Adult Learning Centre, Longfield Centre, Prestwich, M25 1AY

See [here](#) for more information

## Visit our website today!

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