

Nature for Health Newsletter Spring



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

Here at Nature for Health, we are welcoming in the new year and the exciting projects that will be taking place in 2022!

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 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.

A big thank you to all those who took part in our Nature for Health Green Social Prescribing Survey on SurveyMonkey. A total of 185 people responded to some or all of the questions which is a fantastic number of responses. Whilst the results are still being analysed to inform the programme, we can share the following headline results.

We asked you what you felt the main barriers were to delivering Green Social Prescribing?

Most significantly, you told us that no access to information and conversations about GSP; no access to funding; a lack of information about benefits of Green Social Prescribing; and, training needed for team are the main barriers. The Nature for Health project is working to address these barriers (see our digital resource exchange and training links below!).

In general, you told us that resources you would find most helpful are:

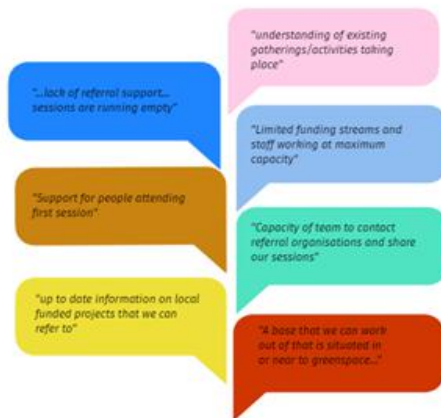
- General information on GSP
- NHS and health information
- Supporting people with mental ill health
- Access to Link Workers or a Link Worker contact
- Tool exchange
- Ideas for running activities outdoors
- Including and supporting diverse communities

Overall, you wanted the Nature for Health network to share good practice and issues; share funding news; provide peer support; develop partnerships with others, link to training opportunities and other sectors.

Training

Our first training sessions were delivered in November 2021 in collaboration with Mind Manchester and included online trainings including a half-day online Mental Health Awareness training; Finding a Healthy Balance; and Managing Stress and Building Healthy Habits. Based upon your survey feedback, we've been working hard to develop a series of on-line and face-to-face trainings to be delivered from Springtime onwards.





Blog From Petrus - Youth Project

Supported by funding through the GMCA's Nature For Health Program and the National Academy For Social Prescribing 'Thriving Communities' Program Petrus and their partners have been delivering a locality based social prescribing program in Rochdale, working directly with VCSE partners, GP surgeries and link workers to engage the community in socially prescribed activity and build a supportive strategic framework to support activity across the borough.

The pilot has already brought so much to all those involved so it was met with great excitement when we heard the news that we would be supported through the Bounce Back Program to build on this offer to provide support for young people in Rochdale by hosting the first Youth Social Prescribing Link Worker in Greater Manchester in partnership with Hopwood Hall College.

The project is part of a wider youth social prescribing program in colleges across Greater Manchester, who we are working collaboratively with alongside the GMCA Integrated Health and Social Care Partnership, Curious Minds, Street Games and Petrus. The effects of lockdown on young people's health and wellbeing have been significant and we hope that the project will support those who are facing difficulties. As a homelessness charity we believe that by working with young people in our communities early on is vital as part of a holistic, locality-based approach to achieving our organisations aims to end homelessness and create safe places where all can flourish.

There is a long-established link between health and wellbeing and the factors that affect this such as poverty and disadvantage and presenting to homelessness services. We hope that by support people before they get to that point will initiate systemic change which we hope will enable young people to shape health and wellbeing services to meet their needs, therefore reducing the risk of homelessness in the future and act as a preventative health intervention for other young people in our communities.

Through the pilot we have seen a demand from young people to engage in nature-based activity and due to the partnerships developed through the wider green social prescribing program it places us in a position to develop provision at a faster pace thanks to the collaborative nature of the program. The activities will not only provide a referral route to support the young people on the pilot but will also support the longer-term sustainability of the project by embedding training and development for young people who wish to develop their skills to be involved in shaping and leading on how youth social prescribing develops in the future. For example, through walk leadership, peer mentoring and other nature-based therapy training, apprenticeships and voluntary opportunities.

Since our link worker Bryony started in post in December we have already seen a positive impact and are well on our way to engage with over 100 students to coproduce socially prescribed activity based around their needs. We are looking forward to seeing the longer-term impact of link workers on site at the college will bring to those accessing the services but early indicators are demonstrating that the pilot is not only popular amongst students and staff but also greatly needed.

Digital Resource Exchange

Digital Resource Exchange has gone live!

Groundwork GM has built 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 is organised on the webpage by the following theme:

1. General information on green social prescribing
2. Supporting people with mental ill health
3. Running green social prescribing activities legally and safely
4. Ideas for green social prescribing activities
5. Access to funding

This webpage is free and available for anyone to use and will remain dynamic, with new resources and links being added on a regular basis. Please get in touch to add more content or with any feedback or recommendations natureforhealth@cityoftrees.org.uk

What is happening locally?

Gardening on Prescription in Manchester Spring 2022 Sessions - Sow The City

What is the new Sow the City Nature for Health service? The Sow the City Nature for Health service aims to tackle and prevent mental ill health by providing Social and Therapeutic Horticulture on prescription for Manchester residents. Our service is funded by NHS England as part of a national pilot and is delivered in partnership with 7 community gardens across the city. Social and Therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills.

Garden	Date and time
Southern Allotments, Chorlton Park	Wednesday afternoons, commencing 2nd March
Platt Fields Market Garden, Fallowfield / Rusholme	Wednesday afternoons, commencing April 6th
Cornbrook Medical Practice, Hulme	Wednesday mornings, commencing 2nd March
Ryder Brow Community Allotments, Gorton	Tuesday afternoons, commencing 12th April
Lalley Centre, Collyhurst	Thursday afternoons, commencing 3rd March
Grange Community Garden, Beswick	Wednesdays mornings, from 16th March
Crumpsall Park Community Garden	Thursday mornings, commencing 3rd March

Things to look out for...



**Social
Prescribing
Day** 10 MARCH '22

#SocialPrescribingDay

Natural England and National Academy for Social Prescribing Thriving Communities North West
invite you to
Networking for People & Nature
"Sefton and its surrounding areas talk Green Social Prescribing"

Hello,

Natural England and Partners would like to invite Health care professionals, Green Social Prescribing activity providers, Social Prescribing Link workers, and anyone taking an active role connecting people with nature in Sefton & the surrounding areas to this FREE 1 DAY event on Thursday 24th March 2022.

Click this **link** to find out more and book your place:

<https://www.eventbrite.co.uk/e/green-social-prescribing-networking-for-people-nature-tickets-257799694827>

If you offer Green Social Prescribing locally we'd love to see you at this event and perhaps you'd like to book a stall to promote your work.

3 quick actions when you book via Eventbrite: **1. Book your ticket 2. Sign up a stall (if applicable) 3. Choose 2 activities to take part in**

*Lunch and hot drinks are provided!

Funding and grants

[We Love MCR Charity Stronger Communities Fund](#)

[The Big Life group Social Prescribing Development Fund](#)

[Grants for full members of Salford CVS](#)



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 across the region. If you have news you want to share, a question to get help with or any other suggestions please contact natureforhealth@cityoftrees.org.uk

Thank you

|LIST:ADDRESSLINE|