



Nature for Health

What is Green Social Prescribing?

Green social prescribing (GSP) is the practice of supporting people to engage in nature-based interventions and activities to improve their mental health.

'Preventing and tackling mental ill health through Green Social Prescribing' is a £5.77m cross-governmental project funded by the HM Treasury Shared Outcomes Fund (£4.27m), with contributions from Sport England, National Academy of Social Prescribing and NHS England and NHS Improvement. The project runs from October 2020-April 2023 and is exploring how to increase the use of, and connection to, the natural environment through social prescribing to prevent and tackle mental ill health.

Social Prescribing Link Workers (and other trusted professionals in allied roles) connect people to community groups and agencies for practical and emotional support, based on a 'what matters to you' conversation.

There are many different types of nature-based activities and therapies that people may reach through a social prescription and include: conservation and other hands-on practical environmental activities; horticulture and gardening; care farming; walking and other exercise groups in nature; and more formal talking therapies based in the outdoors.

Green Social Prescribing



Upcoming training sessions

Exploring diversity and green social prescribing. In Conversation with ADAB

Learn about ADAB's work with the South Asian community in Bury and how they developed and delivered ESOL with Lancashire wildlife Trust.

14th June 2022

10-3pm

The Mosses Centre, Cecil Street, Bury, BL9 0SB

Mental Health Awareness in Nature

Join Manchester Mind for a practical day of mental health awareness training with practical opportunities.

21st June 2022

10-4pm

KYP, Belfield Road, Rochdale, O46 2UP

Social and Therapeutic Horticulture for Mental Health

Learn to use plants and gardens to improve physical and mental health. They will also provide an overview of how to practically prepare and deliver a Social and Therapeutic Horticulture session, and how to evaluate these sessions

12th July 2022

9.45 for a 10am start - 4pm

Incredible Edible, Philips Park, Prestwich

13th Sept 2022

9.45 for a 10am start - 4pm

Platt Fields Market Garden, Platt Fields Park, Fallowfield, Manchester, M14 6LT

What can Social Media do for Green Social Prescribing?

Join Greater Manchester's Nature for Health partners in exploring social media - what is it, how it can benefit your group or activity, and where to start.

19th July 2022

2-3pm

Online - Zoom

An introduction to Safeguarding and Green Social Prescribing

Learn about the basics of safeguarding, differences between child and adult safeguarding, how to develop a policy and procedure alongside practical examples.

25th July 2022

6-8pm

Online - Zoom

15th Nov 2022

10am -12pm

Online - Zoom

Substance Misuse and Dual Diagnosis

Join Rachel Bennion, service manager at homelessness charity Petrus to learn about substance misuse and dual diagnosis.

4th Oct 2022

1-4pm

KYP, Belfield Road, Rochdale, O46 2UP

Growing Strong Roots- Introduction to Social Enterprise

Learn about the elements that make a successful and sustainable community growing project.

22nd Feb 2023

Arrive 9.45am for a 10am start-4pm

The Boiler House, 9 Wilcock St, Manchester, M16 7DA

Further information for all events can be found on Groundworks website at www.groundwork.org.uk

To book on to any of the training sessions please book using the website link or email: cdavenport@lancswt.org.uk



[Book onto one of the above sessions](#)

More events coming soon

The Green Social Prescribing round-up bulletin from across the partnership can now found on our [website](#).

Included within are the key priorities for the remaining programme, which broadly aligned with the feedback from the Green Social Prescribing Conference, the 'Shaping Places for

People Award' 2022 winner, and updates on governmental reports and policies related to GSP. There are also links to GSP and social prescribing case studies, research studies, events to get involved with, and much more!



The Green Social Prescribing Test & Learn Pilot - Newsletter has also gone live on the [website](#).

There are headlines from the National Evaluation Team - preliminary emergent findings as presented in the May 2022 Interim Report to the National Funder, as well as key steps and milestones for the National Evaluation, and where help is needed for the next phase of the evaluation.

Grant funding available



GREATER MANCHESTER
DOING THINGS DIFFERENTLY FOR THE ENVIRONMENT

Greater Manchester Green Spaces Fund

Now open for applications!

Get more information, support and apply at:
gmenvfund.org/green-spaces-fund

The banner features a dark green background. In the top left corner is the Greater Manchester logo. The main text is in large, bold, white font. A white leaf icon is positioned on the left side, overlapping a light green circular shape. The text 'Now open for applications!' is in a smaller, bold, white font. At the bottom, the website URL is provided in a white font.

Click on the image above to go straight to the Green Spaces Fund webpage

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