



## **Nature for Health Newsletter**

September 2022

### **Greater Manchester: Using Nature to Address Health Inequalities**

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

### **Events, Training, & Activities**

# Green Social Prescribing



## Upcoming training sessions

### 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

### Introducing 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.

15th Nov 2022

10am -12pm

Online – Zoom

### Peer Support Group Facilitation

This experimental training event will host discussions and slides with the aim of developing self-reflective skills to assist yourself and others.

3rd, 10th, & 12th October

12:30pm - 5:30pm

Online – Zoom

To hear more about upcoming training, events, and news, sign up to the Nature For Health Newsletter. Register by emailing [natureforhealth@cityoftrees.org.uk](mailto:natureforhealth@cityoftrees.org.uk)

### Wildflower Meadows

Join experts from TCV for a practical day learning all about wildflower meadows

7th Oct 2022

10am - 3pm

Sale Water Park

### 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](http://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](mailto:cdavenport@lancswt.org.uk)



Plattfields Market Garden

- September 7th - October 12th  
Every Wednesday  
Open Groups Time: 1pm-3pm

Contact: [hello@weareMUD.org](mailto:hello@weareMUD.org)

## **RHS Events**

### **Drop in Gardening Session**

- Pendlebury Health Centre (Silverdale Medical Practice)  
Monday, 26/9/22: 14:30-17:00
- Levenshulme Health Centre  
Friday, 7/10/22 - 14:30-18:00

A short drop-in to see how the garden is doing and offer advice and support to those involved in using and caring for our garden.

### **Caring for the plants in our garden**

- Levenshulme Health Centre  
Thursday, 29/9/22: 13:00-17:30
- Pendlebury Health Centre (Silverdale Medical Practice)  
Monday, 10/10/22: 13:00-16:30

Learn how to look after the garden in terms of general maintenance: watering, weeding, feeding, and dealing with garden plant problems.

### **Sustaining our gardening project**

- Pendlebury Health Centre (Silverdale Medical Practice)  
Monday, 10/10/22: 13:00-16:00
- Levenshulme Health Centre  
Thursday 20/10/22: 13:00-17:30

This is a chance for the regular volunteer looking after the garden areas to collaboratively develop a management plan for the spaces with support from Andy (RHS)

### **Making new plants for free - Winter edition**

- Pendlebury Health Centre (Silverdale Medical Practice)  
Monday, 14/11/22: 11:00-14:00

- Levenshulme Health Centre  
Thursday, 17/11/22: 11:00-14:00

A short drop-in session where you can learn how to collect some seeds from plants and also propagate new plants from hardwood cuttings - for free!

## **Making your own winter wreath - including how to gather your materials**

- Pendlebury Health Centre (Silverdale Medical Practice)  
Monday, 5/12/22: 11:00-16:00
- Levenshulme Health Centre  
Thursday, 8/12/22: 11:00-16:00

Join us on our last session and make a winter wreath of your own after a quick gathering of local materials

## **RHS Health & Horticulture Conference Full Footage**

It has been some months since the RHS Health and Horticulture Conference 2022 and we hope that the ideas, energy and emotions that you had are still bubbling away. The conference had a total of 259 delegates from over 155 different organisations and 15 countries across the world (including the UK). Attendees were key stakeholders from public health, science, horticulture, medicine, education, urban planning, design, community activism, and other allied fields.

[You can view the full footage from the conference here.](#)

## **Eco-Together Launch**

September 24th, 25th, 28th, & 29th  
Various Times

Eco Together majors on empowerment - inviting participants to consider their powers to act through lifestyle, but also through their communities, communication and advocacy.

5 simple sessions with the practical themes of energy, transport, food and resources are guided by a handbook and activity sheets.

[Learn more and book here.](#)

## **Greater Manchester Suicide Prevention Programme**

Various Dates & Times

12 workshops to be offered to SPLW colleagues to help them deal with situations where they may find themselves in contact with a person who is

having thoughts of suicide, to know what to say, what NOT to say, and how to help the person get the help they need.

Our workshop also emphasises that you do not become the help yourself, but signposting and encouraging connection with others who are better able to help and have the necessary expertise.

Please book your slot by [visiting this link](#)

Please contact [Andrea](#) if you have any questions or concerns.

## **Suicide Bereavement: Practical Applications**

Webinar, every Tuesday & Thursday in September

Time: 10am-11am

The programme is designed to help those of us working with anyone impacted by suicide to improve our knowledge, skills and understanding in relation to suicide bereavement.

[Find out more and book here](#)

## **Dementia Adventure: health, nature, and dementia**

Visit [www.dementiaadventure.org](http://www.dementiaadventure.org) to find out more about these events

- **Free Training for Family and Friends**

[Online skills sessions](#) providing practical support and guidance.

- **Supported Dementia Holidays**

Shared [supported breaks](#) as an alternative to traditional respite. All holidays are subsidised by 25%, and further financial assistance is available.

- **Support for Social Prescribers, Professionals, and Other Groups**

If you are considering creating a nature-based programme for people with dementia or making your services more inclusive, Dementia Adventure can provide [practical training and support](#). Please [contact Dementia Adventure for a free 30 minute consultation](#).

There are a limited number of free places for professionals on the [carers sessions](#), so you can learn more before signposting



## **Wellbeing Coaching**

Every Thursday from Sept 15th for 6 weeks

Belfield Road, Rochdale, OL16 2UP

Time: 11:30am-12:30pm

We would love you to join us at PIER for a wellbeing coaching session with Wonderful Life Academy. This six-week programme will teach you about the power of nature and therapeutic horticulture. And it's completely free! Visit [here](#) to learn more and sign up.

## **Upcoming Awareness Days**

### **World Mental Health Day**

Monday, October 10th, 2022

**Theme: Make Mental Health and Wellbeing a Global Priority**

We need to do as much as possible to prevent mental ill-health – as individuals and as a society. World Mental Health Day is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. To find out more, [visit this link](#). Details on what we're doing from Nature For Health will be provided in the near future.

### **National Stress Awareness Day**

Saturday, November 12th, 2022

More details coming soon.



**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](http://gmenvfund.org/green-spaces-fund)

The banner features a green background with a white leaf icon on the left and the Greater Manchester logo in the top left corner.

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



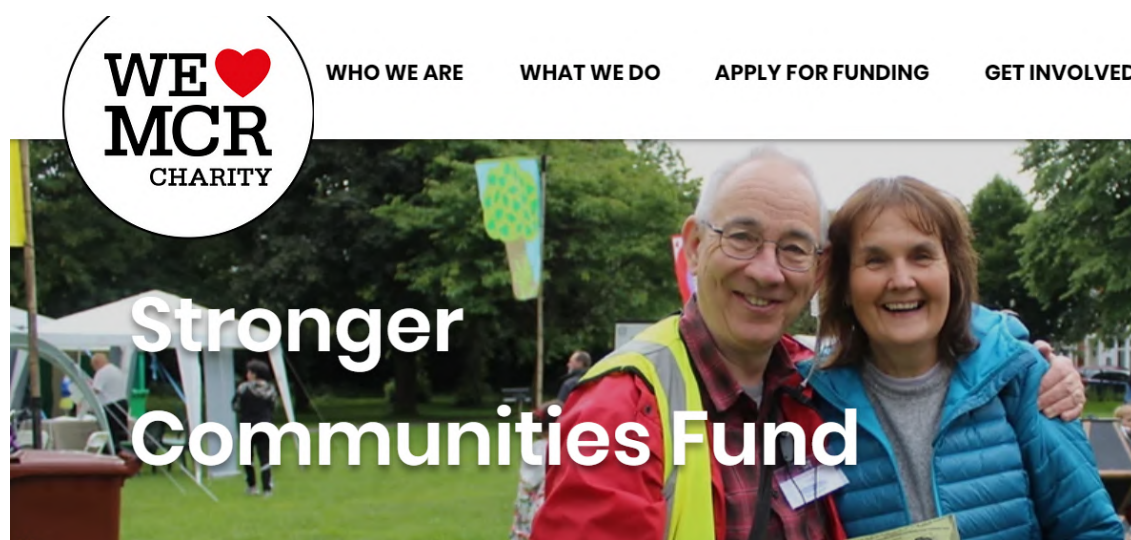
**GREATER MANCHESTER HIGH SHERIFF'S POLICE TRUST**

CHARITY REGISTRATION NUMBER 1040579

The banner shows a police officer on a horse in a crowd, with the text overlaid in white on a dark background.

## Funding for Crime Prevention Projects (Greater Manchester)

Grants of up to £5,000 are available for not-for-profit groups and organisations across Greater Manchester to support projects that increase the quality of life of local communities through the prevention of crime, the protection of people and property from criminal activity, and the advancement of education regarding alcohol, drugs, and other solvent abuse. The funding is being made available through the Greater Manchester High Sheriff's Police Trust and the next closing date for applications is the 30th September 2022. Visit [here](#) to find out more.



### Stronger Communities Fund (Manchester)

Charities, community groups, schools and individuals can apply for grants of up to £4,000 for initiatives that will bring their communities together. The We Love MCR Stronger Communities Fund is looking to celebrate and invest in Manchester's diverse, multicultural neighbourhoods, and is looking to support projects which have one or more of the following themes; helping in the Early Years; combating loneliness and social exclusion; protecting and improving open spaces; and offering positive youth activities. The next deadline for applications is the 5th October 2022. Visit [here](#) to learn more.

**Please share with your networks....**





In Our Nature wants to hear your views on what needs to be done on climate change and your own personal climate actions. Please take this short 2-minute survey to assist Manchester Climate Change Agency as the city moves forward with climate action.

[Please visit this link to share your views.](#)



Sow the City has been featured on BBC's North West Tonight for our Nature for Health Service, providing gardening on prescription for Manchester residents.



Find out about the innovative Prescribe a Plant Scheme established by Sow the City and Cornbrook GP Practice.



## **New Role at City of Trees**

*Digital Communications & Fundraising Officer*

We're looking for a Digital Communications & Fundraising Officer to join our growing team. This is a brand-new role all about connecting people to our region's trees and woodlands. All info [here](#) - closing date 30/9, please share.



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