



Nature for Health Newsletter

October 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

Mental Health Awareness Day



I'm part of the
#GMNatureForHealth
movement and
we're supporting
#WorldMentalHealthDay
through our green social
prescribing activities



10th October is World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. The official theme is '**Make mental health and wellbeing for all a global priority**'

Mind are sharing stories and looking at the different ways to get talking about mental health.

Mental Health UK are looking at 'taking control of your life' and making mental health your priority.

St John's Ambulance have a series of resources, including a free one-hour webinar on Wednesday 12th October to understand and supports others' mental health.

Please use the image above and **#GMNatureForHealth** hashtag alongside some photos of your GSP activity on the 10th October.

Caring for your mental health in Autumn

People have mixed feelings when it comes to the colder seasons. Some appreciate the chance to stay indoors and get cosy by the fire. Others find this time of year difficult, particularly those who experience Seasonal Affective Disorder (SAD).

People with SAD experience patterns of depression in line with the seasons. This is most evident during winter months. And as the days are already growing shorter and the temperatures steadily decreasing, some of us may already be feeling in dip in our mood and energy levels. Therefore, [Mental Health UK](#) have published an article with some helpful tips on how to take care of your mental health during the autumn and winter months:

- Find the best bits of the season - Get involved in celebrations such as Halloween or Bonfire Night, which embraces the cold and spooky time of the year!
- Take the time to relax - Autumn and winter is a great time to relax, so wind down and get cosy indoors.
- Keep exercising - Although the cold might not feel ideal for exercise, it's important to keep moving and motivated. The colder times can be a good opportunity for brisk morning walks.
- Stay connected – During the colder months, you may also feel like you're going out less. But there are still plenty of activities to get involved in and opportunities to see friends and family

Nature for Health event - Greater Manchester

The 'Using Nature to Address Health Inequalities', Nature for Health in Greater Manchester event was held on the 29th September at Hulme Garden Centre. As part of NHS England's national Green Social Prescribing Programme, the NfH event celebrated the successes of the programme so far and used the opportunity to look forward to what can still be achieved.

There were workshops, discussion panels, and first-hand GSP demonstrations to show what a green health approach can deliver in Greater Manchester.

Over 70 people attended the event including test and learn sites (Petrus, Salford CVS, Lancashire Wildlife Trust and Sow the City) and a panel of sector professionals. A huge thanks to everyone who attended.



Free Training

These resources were collated by Groundwork as part of the [Greater Manchester Health and Social Care Partnership's Green Social Prescribing Programme](#), Nature for Health.

The programme looks at how to tackle and prevent mental ill-health, by offering connection to the natural environment through referral to green or blue social prescribing services. By effectively implementing green social prescribing mental health outcomes can be improved, health inequalities reduced, demand on the health and social care system reduced, and best practice developed at a local level.

The programme partnership was led by Sow the City, Lancashire Wildlife Trust, Petrus, Salford CVS and City of Trees.

[Green Social Prescribing - Groundwork](#)

Dementia Adventure: health, nature, and dementia

Visit 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

Mersey Vale Nature Park Sidings Orchard Pruning Workshop

The Sidings Orchard is the largest community orchard in Greater Manchester. Join this pruning workshop and task day.

[Mersey Vale Nature Park Sidings Orchard Pruning Workshop Tickets, Mon 7 Nov 2022 at 12:30 | Eventbrite](#)

Outwood Country Park, Bury: Green Recovery Challenge Fund

Tuesday, 11 October, 2022 - 10:00

We are building a Green Recovery to increase people's connection to their green and blue spaces and tackle the climate emergency using nature-based solutions in Bury. greenrecovery@cityoftrees.org.uk

Greater Manchester - Manchester Mind Case Study –

Nature for Health



A client was referred to Manchester Mind (MM) for Green Social Prescribing by his GP because he struggles with chronic fatigue syndrome, depression and anxiety. He was very isolated during the pandemic. He attended MM's gardening groups and felt that he made some good friends, learned something new and found a sense of community. He really enjoyed the food he tried during the groups and as he was experiencing some financial struggles he was referred to Manchester Mind's Emergency Meal Project for support accessing nutritious meals.

“Outdoors socialising has helped shift some of the darkness I feel daily”

"I thoroughly enjoyed my time that I spent with you all at the allotment and it helped me in so many ways. The opportunity helped me to grow my confidence for socialising again after the pandemic. Being around so many beautiful people that shared similar beliefs and morals as myself, helped me to change my perspective from a negative one, to one that showed the beauty in the world when you look for it.

"I truly believe I wouldn't be at the place I'm currently at in my recovery from my depression if I hadn't of attended. I have sought out similar communities more local to myself that have really helped to continue my growth over the last 6 months. I never would of made the steps to attend anything new if I hadn't of had such a great experience with the allotment and Manchester Mind. I am also enjoying gardening at home so much."



Grant Funding Available

**GREATER
MANCHESTER**
DOING THINGS DIFFERENTLY FOR THE ENVIRONMENT

Community looking to grow its own?



The Green Spaces Fund is investing £2.6m into community-led projects which create or improve green spaces.

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

Round 2 of GM Greenspaces fund will be opening soon! Small & large grants are available for community groups wanting to create new spaces and improve existing ones in their local area. Watch this space...



You are receiving this email as you previously consented to receiving communications regarding Nature for Health. To stop receiving these emails please contact natureforhealth@cityoftrees.org.uk

This email was sent to [*|EMAIL|*](#)
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
|LIST:ADDRESSLINE|