



## Nature for Health Newsletter

November 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**

#### Free Nature for Health Training

Come and join City of Trees and The Whitworth for our Dementia Friendly walk on the second Tuesday of every month. We will be gently strolling around Whitworth Park, having a chat and connecting with nature. Booking is essential. email [Katie@cityoftrees.org.uk](mailto:Katie@cityoftrees.org.uk) or ring 0161 872 1660.

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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](#)

We know that some people are afraid of violence, crimes and abuse in green spaces and this can be a barrier in them accessing these spaces and the opportunities they can bring. We want people to feel safe accessing our sites, reserves and programmes as well as empower staff and volunteers to feel safer and confident to manage difficult situations they could be presented with. To help support our people across the movement we have been offered this great opportunity for an hours training from the **Suzy Lamplugh Trust**.

About the session from the Suzy Lamplugh Trust:

Date: Wednesday 16<sup>th</sup> November

Time: 10 – 11am

Following a growing national conversation around what the public can do to increase women's safety, people and organisations wanted to take steps to be able to address the prevalence of unwanted and aggressive behaviours such as harassment that underly the broader cycle of violence against women and girls.

To accommodate public demand, we formed a partnership with L'Oréal Paris to bring the expert approved international "[Stand Up Against Street Harassment](#)" training programme to UK audiences. This programme drives awareness of harassment; upskilling and empowering individuals in any situation; at school, on public transport, in a workplace, gym or in a pub, to help defuse situations, discourage the harasser, and support the person who is being harassed.

Please follow this link to sign up for the webinar: [https://us06web.zoom.us/webinar/register/WN\\_kS2yRnfGSxg9vtdZvlS9mQ](https://us06web.zoom.us/webinar/register/WN_kS2yRnfGSxg9vtdZvlS9mQ)

## **Advancing diversity, equity and inclusion in the workplace**

Wednesday 23rd November | 11:00 AM - 12:00 PM

### **REGISTER NOW**

A diverse workforce, inclusive culture and equitable practices are crucial to our long-term success. According to UBS's new 'Entrepreneur Compass' report covering entrepreneur challenges for the decade ahead, hiring and integrating a more diverse workforce came in their top 3 challenges!

This free webinar will explore measuring levels of inclusion in your business, fostering inclusive leadership, accountability among managers, freedom from discrimination and biases, and equal access to opportunity within the hiring process.

Featuring a live Q&A, we will be joined by:

- **Matthew Carter**, an investment strategist at UBS specialising in entrepreneur & executive topics,
- **Cicilia Wan** is the Global Head Diversity, Equity and Inclusion (DE&I) and Employee Relations for UBS
- **Paul Donovan**, UBS Wealth Management's Chief Economist and the author of many books, including his most recent one, "Profit and Prejudice: The Luddites of the Fourth Industrial Revolution" looking at the increasing economic risks arising from prejudice which was published in November 2020.

Secure your free place below!

### **Date & Time**

Wednesday 23rd November | 11:00 AM - 12:00 PM

**REGISTER NOW**

## **Head Out of Digital and into Nature**

We spend so much of our time online, and while there are plenty of positive reasons to do so, reports suggest that this could also be damaging to our mental health, especially when it comes to social media. So Mind@Work and other organisations are encouraging you to try a Digital Detox and take little breaks from technology where you can. Getting started is simple. Just schedule in some time away from technology, even if you can only manage 15 minutes or half an hour a day at the start. Instead, try to do something meaningful to you; whether that's reading, art and crafts, spending time with family and friends, or exercising. All of which have their own benefits to your health and wellbeing. At work, you can also take part by keeping your lunch a screen-free zone. Rather than spending the break time on your phone, you could bring a book to read, go for a short walk, or socialise with your colleagues. There are plenty of benefits to making small steps in reducing your time online, such as:

- Reducing your levels of stress by taking a step back from social media and focusing on yourself.
- Feeling more productive when you take the time to do something more meaningful to you.
- Improving your self-esteem and moving away from constantly comparing yourself to others online

Nature for Health: A good way to take a break from being online is by taking some time to get outside and surrounding yourself in nature. You could be getting some exercise or joining an outdoor club, spending time with your friends, or just exploring new places. Mind's Nature and Mental Health guide offers plenty of ideas to try in nature. And they report that being outdoors has a wide range of benefits for both mental and physical health, such as improved mood and reduced feelings of loneliness. So give it a try!

# Community Health and Wellbeing Fairs

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With partners from across the community!

**Every Friday in November, 11am to 3pm**  
**At Moss Side Millennium Powerhouse**  
**Raby Street M14 4SL**

There's lots of **free** activities, food and information stalls, including:

- Cost of living and **money matters**
- Food, energy and keeping warm **advice** for this winter
- **Health checks** and information
- Support for **getting online** and staying connected
- **Cancer awareness** and **Flu and COVID** advice.

NOV





**Friday 4th**  
**Friday 11th**  
**Friday 18th**  
**Friday 25th**

All 11am to 3pm

Come down and see what's going on or you can email [l.davenport@msmpowerhouse.org.uk](mailto:l.davenport@msmpowerhouse.org.uk) for further information.

COVID-19 Vaccination Programme



## Get your COVID booster vaccination at the Millennium Powerhouse

You can even get your COVID Winter booster vaccination while you visit the health and wellbeing fairs. Winter boosters are available for over 50s and other eligible people. 1st and 2nd vaccination doses will also be available if you've not had them yet. Just drop in on the days!



**Free and no appointment needed**

**No need to bring ID**

**Get protected this winter!**

Petrus have a new Instagram please join their new social media platform



Grant Funding Available

### [Grants to Encourage People to Get Walking \(Greater Manchester\)](#)

To improve the health and well-being of communities in Greater Manchester, 10GM is making funding available for voluntary, community or social enterprise sector organisations that are working to get more people in Greater Manchester walking this autumn/winter. The GM Walking Fund will award small grants of up to £2,000 and medium grants of up to £5,000 to support activities, particularly those that link in to the wider health and care system, that encourage people who are usually less active to start or increase the amount they regularly walk. Small grants will be allocated on a rolling basis until all the funding has been awarded. Small grants will be allocated on a rolling basis until all the funding has been awarded.

The application deadline for medium grants has now passed.

### [Funding to Help Not for Profit Organisations Reimburse Volunteers' Out-of-Pocket Expenses \(Manchester\)](#)

Voluntary, community and social enterprise organisations can apply for funding to cover the out-of-pocket expenses of volunteers providing support for vulnerable communities in the city of Manchester that are struggling to cope with the cost-of-living crisis. Funded by the Eric Wright Charitable Trust, the Volunteers' Expenses Fund 2023 will help sustain the efforts of smaller groups with an annual turnover of up to £100,000 that have limited resources. Eighteen grants of £770 will be awarded to help reimburse the costs for existing volunteers such as travel and transport, refreshments and meals, care of dependents and accessibility costs. The deadline for applications is 12pm on the 21st November 2022.



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

The graphic features a green background with a white outline of a carrot and other vegetables on the left. The text is in white and green.

Round 2 of GM Greenspaces fund is open. Small & large grants are available for community groups wanting to create new spaces and improve existing ones in their local area.

## Other News and What's On



GM Ringway - a long new distance walking trail for Greater Manchester is going ahead with lottery help. Designed around existing footpaths, parks and open access land, all 20 stages of the 186-mile route are designed to be accessed by public transport. The route passes more than 40 Grade 1 and 11 listed buildings, including Bramall Hall in Stockport and Haigh Hall in Wigan: and 14 scheduled ancient monuments including Blackstone Edge Roman Road in Rochdale. The trail also guides walkers through 57 conversation areas.

[Green Social Prescribing Support \(Trafford\) | TCV](#)

We've been taking volunteers into the green spaces of Greater Manchester and Merseyside to do practical conservation activities for over 20 years.

Come and get involved with helping improve the Green Spaces of the North West with TCV. We have weekly volunteering opportunities along with other projects where you can make a difference to the places both people and wildlife call home



TCV HiNT project supports nature-based activities that improve health and wellbeing. BreathChamps are delivering Forest Bathing at some beautiful sites across Trafford. Find out more through [@breathchamps](#)



Call all voluntary and community groups operating within the Borough of Bury. Holding Bury VCFA Annual General Meeting. Tuesday 29th November.

<https://uk.movember.com/?home>



## MEN'S HEALTH AWARENESS MONTH

November is also host to Movember, which raises awareness of men's health issues such as mental health, suicide prevention, prostate cancer, and testicular cancer.

There are plenty of ways to get involved in supporting men's health at work. Fundraising opportunities could include a sponsored walk or run, hosting a trivia event or competition at work, or creating your own challenge. You could even create your own team at work and set a fundraising goal. And every year you're encouraged to grow a mo to save a bro!

To find out more, visit the [Movember website](#) and their dedicated [workplace fundraising webpage](#) for advice and ideas.



Looking for planet and people friendly catering for your event?  
At MUD Kitchen we use fruit and veg from our market garden and buy from local, organic UK growers and producers.  
Our menu is Vegetarian and Vegan to keep things simple and we can cater to most dietary requirements.  
All of our packaging is compostable or bio-degradable and we have a zero-waste policy.  
We can deliver anywhere in the Greater Manchester area.

Recently, the campaign to discuss and support one another's mental health has surged, and this is also the case for stress at work; whether this is work-induced stress or stress being brought into the workplace. Therefore, Work Right have published a series of toolkits that will help employers and employees to open up the conversation about work-related stress, and find the best outcomes for all. You can access the stress-talking toolkits by [clicking here](#). The toolkits help to navigate conversations on stress and provide guidance on how to help those experiencing stress in the workplace. You can also [click here](#) to take the Work Right stress quiz and see what you know on how to support those experiencing stress in the workplace.



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