



## Nature for Health Newsletter

December 2022

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

#GMNatureForHealth

**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 & Resources

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](#).

### Nature for Health: One year on...

This year, Nature for Health has had the opportunity to connect with individuals from across communities in Greater Manchester. As this year draws to a close, we have gathered feedback from attendees which is summarised below:

- **16** scheduled training events
- **144** attendances
- Main responses evenly split between 25-54 years
- **81%** of feedback was from women
- **81%** White British/ Other 12%/ Asian or Asian Pakistani 6%
- **19%** Identified as disabled
- **81%** identified as heterosexual / 12% identified as bisexual

**Enjoyment of training?** – Ave 8.75

**How much did you feel you learned/ benefitted?** – Ave 8.19

**Would you recommend this training to others?** –Ave 9.3



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## Connecting Nature and Health

Natural England have released a series of evidence summaries the benefits of the Natural environment on a number of different health issues, as well as specifically for children and young people. Below you will find a summary of this research along with the concluded policy considerations.

### Summary

Human wellbeing and the natural environment are thought to be intrinsically linked. The increase in urbanisation of living environments is changing the relationship people have with nature in terms of reducing the likelihood of exposure (proximity or time spent in nature) or impacting feelings of connection to nature. There is a growing, robust body of evidence which shows a positive association between a) population level exposure to natural environments and b) individual use of natural environments, alongside a variety of positive mental health outcomes (e.g., perception of wellbeing and mood).

#### **Mental Health Policy and Service Delivery Considerations:**

- The strong weight of good evidence that natural spaces, in and around the living environment to promote better mental health, has enabled the recent introduction of green social prescribing in the health and social care system.
- As there is now tentative evidence of therapeutic and cost effectiveness, those with responsibility for promoting or treating mental health could explore the potential of developing and trialling evidence-led programmes of non-medical interventions suitable for commissioning. This would perhaps be suitable for patients with mental health conditions who cannot be treated by green social prescribing.
- Planners and developers should be aware that the greening of urban areas could be considered to be a population health intervention which may improve mental health.
- Evidence from the experience of Covid-19 has shown the importance of connection with the natural environment for mental health.
- Nature-based interventions should be offered to those most in need in terms of lack of access to outdoor space.

#### **Physical Activity Policy Considerations:**

- Strengthen the planning recommendations regarding the accessibility, quality, and quantity of (public and private) natural spaces within living environments.
- Identify opportunities for natural environment related physical activity in wider social and educational policies and programmes.
- Identify effective natural environment-based intervention options to increase activity for people of all ages and activity levels and abilities. Adopt the recommendation that opportunities for children's self-directed play in the outdoors should be increased.
- When developing environmental physical activity interventions engage local communities during the planning and management processes. Interventions should take account of local socio-demographic characteristics and the needs of specific marginalised or disengaged groups, particularly those facing various forms of inequity.
- Policies and programmes should be suitably targeted to reduce risk of enhancing physical activity, health and social inequalities.

#### **Evidence Briefings**

Natural England Commissioned Evidence Information Notes summarising evidence of the links between

the natural environment and a range of outcomes can be found below. The Evidence Information Notes, based on rapid reviews, were commissioned with the National Academy of Social Prescribing (NASP) and delivered through NASPs Academic Collaborative Partnership. They build on a 2016 series of notes that Natural England published.

- [Links between natural environments and mental health](#) (EIN065)
- [Links between natural environments and physical health](#) (EIN066):
- [How the Natural Environment can support Children and Young People](#) (EIN067):
- [Connection to Nature](#) (EIN068):

## Dates for the Diary

### *Calling all green wellbeing providers in Greater Manchester...*

Please join us on the 12<sup>th</sup> January to take part in an interactive engagement session to help shape the design and implementation of a Green Social Prescribing Steering Group. The main ambition of the Nature for Health Steering Group will be to coordinate opportunities for learning, training, funding, and the overall growth of this expanding sector. [Click here](#) to register now to reserve your place and share with your network.

The session will be especially relevant to the following roles:

- Existing green social prescribing providers
- Natural environment organisations
- Social prescribing providers and professionals
- Infrastructure organisations involved in social prescribing activities

The overall structure and objectives of the proposed Nature for Health Steering Group will be addressed in this session. Come along to help shape the future potential of Nature for Health in Greater Manchester.

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!

# Winter activities still to come 🌲



## Nature and Wellbeing



The Wildlife Trust for  
**Lancashire  
Manchester &  
North Merseyside**

### FREE Nature for Health Sessions in Prestwich, Bury.

We work with a variety of green groups in Prestwich & Bury to delivery our green social prescribing provision

Are you interested in...

- getting out in nature
- growing local food
- Taking action for Nature
- greenwood working
- bushcraft

We aim to engage with individuals most at risk of developing poor mental health & create the activities and support they need, whilst making the most of the natural environment.

For more info and to refer... please fill out the online referral form on our website or scan the QR code below

Tel: 01772 872007 or 07738 102274  
[natureandwellbeing@lancswt.org.uk](mailto:natureandwellbeing@lancswt.org.uk)



[www.lancswt.org.uk/natureforhealth](http://www.lancswt.org.uk/natureforhealth)

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**Dementia Friendly Walk**  
 Join City of Trees and The Woodland Trust for a  
 Woodland walk and activity

On the Smithills Estate, Bolton  
**Thursday 8th December**

To connect with nature and people




**Soil is an antidepressant**

The smell of **mycobacterium vacii**, a microorganism found in soil, compost and leaf mold, lights up neurotransmitters that release **serotonin** (a mood-lifting hormone)

Green Social Prescribing Spotlight:  
**Forest Bathing with BreathChamps CIC**



**Forest bathing in Trafford**

Spend quiet, mindful time in the woods, using your senses to be present, slow down and calm the mind.



*Forest bathing is great for breathing and heart problems, high blood pressure, diabetes, depression & anxiety.*

Where: Stretford, Partington, Sale  
 Contact: Heather Henry, 07941790670

 **Salford CVS**  
 343 followers  
 10h • 📍

We know that groups are worried about increased costs & increased demand for services.

We've grants supported by @SalfordICP to help VCSE organisations to cover the costs of keeping their Salford premises open & supporting those most in need.

<https://ght.ly/gbpi0k4>



**Winter Support Fund**

Grants to help VCSE organisations to cover the costs of keeping their Salford premises open & warm to deliver activities to support those most in need.

**Join the CATHIP Health Hour on Saturday mornings 11:00-12:15hrs**

Join via Zoom-  
<https://us02web.zoom.us/j/84516756373>  
 Meeting ID: 845 1675 6373  
 One tap mobile  
 +442034815240,84516756373#

Join via YouTube and Facebook –



Petrus have a new Instagram account, please follow!

## Explore Grant Funding Opportunities

### North West Thriving Communities

Applications Now Open: North West Thriving Communities Learning Together Programme Autumn Winter 2022/23. **Register** [HERE](#).

We are pleased to announce that applications are now open for the FREE North West Thriving Communities Learning Together Programme – Autumn Winter 2022/23. This regional programme is open to voluntary, community, faith and social enterprise (VCFSE) organisations across the North West region interested or involved in social prescribing. This free programme will teach you about social prescribing and the VCSE eco-system that enables social prescribing to be successful. Places are limited to two people per organisation.



## 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)

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.

**Find out more and apply**

**Future Communities Fund**

Future Communities Fund will focus on supporting voluntary organisations passionate about helping us achieve the [Future Communities Vision](#), created by young people. This, in turn, will help us deliver on Co-op's vision of 'Co-operating for a Fairer World'. Find out more [HERE](#)

In this first round of funding Co-op Foundation look to support organisations building communities that are:

- Diverse, equitable and inclusive, and
- Prioritising youth activism, shared power and transparent governance

The fund will offer unrestricted grants of up to **£30,000 per year for up to five years.**

## Other News and What's On

### Ryder Brow - Test and Learn Site

Greater Manchester Youth Network volunteers on a lovely summer day Aug 2022 in the sensory garden. Planting creeping thyme herbs in the path so when you walk on it, the aroma wafts in the air. A good tidy up of the sensory plants; mint, curry plant, marjoram, chives, sedum, pansy, Dianthus. Raised planters for those who can't bend down, are still able to touch and smell a range of plants.







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