



Nature for Health Newsletter


January 2023

The Nature for Health website is here...

Designed to support the third sector to deliver more Green Social Prescribing activities in Greater Manchester, the website includes a collection of free resources, such as information guides, templates and training, which enable community groups to harness the healing powers of nature. This resource needs to work for you, so any feedback would be most welcome - please contact natureforhealth@cityoftrees.org.uk.

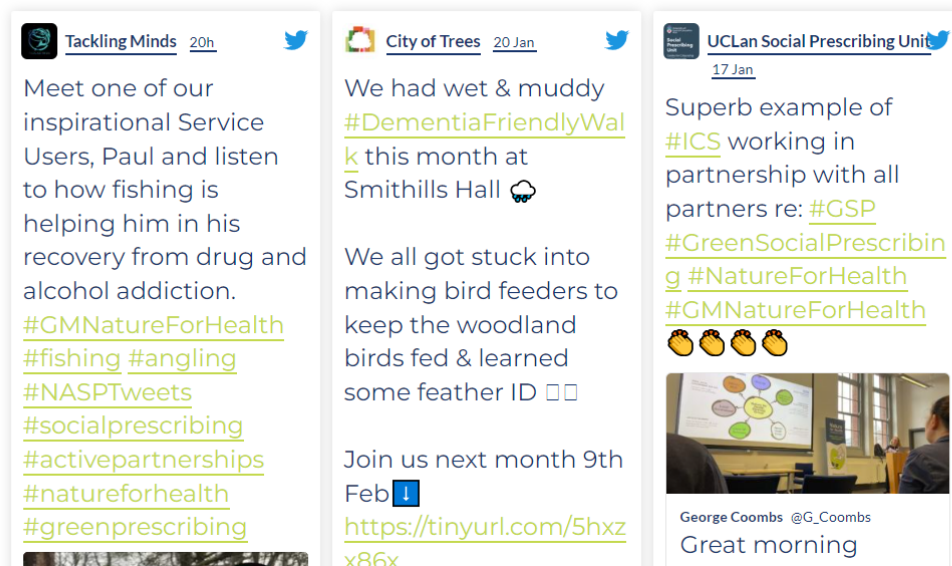
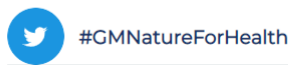
This website was developed by [Groundwork Greater Manchester](#) as part of the Greater Manchester Health and Social Care Partnership's Green Social Prescribing programme, "Nature for Health." Share the love! Please use the [#GMNatureforHealth](#) whenever you are delivery green social prescribing activities, whether you consider yourself directly involved in the NHS England Programme or not. We want to see all the brilliant things happening across Greater Manchester.



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Nature for Health aims to improve mental health and wellbeing by offering activities in the natural environment via Green Social Prescribing

There's no shortage of organisations delivering activities in nature, harnessing the outdoors to improve mental health and wellbeing. Take a look at the variety of activities taking place across Greater Manchester, and share yours by using the hashtag **#gmnatureforhealth**



Our first Nature for Health event of 2023

On Thursday 12th January 2023, an interactive engagement session was held at Salford Cathedral Centre to help shape the design and implementation of a Nature for Health Steering Group. The group will seek to coordinate opportunities for learning, training, funding, and the overall growth of this expanding sector.

A total 38 delegates attended from 24 known organisations on the day.

Key areas of development for the Steering Group were discussed, including objectives and key membership. Strong support was shown for the Steering Group to lead on data/evidence sharing, supporting delivery of GSP and promoting sustainability of GSP, closely followed by promoting collaboration and widening the sector.

Additionally, you wanted to see the membership of the Steering Group span the whole of Greater Manchester and the sector, including membership from current GSP service users to the private sector to generate wider income streams. Thank you to all those who attended, your views have helped shape and will continue to help shape the development of a future Steering Group.

If you would like to see a further write up of session on the 12th please contact natureforhealth@cityoftrees.org.uk.



👉 **Great morning spent with other partners across health and environment orgs, working to push the nature for health agenda across GM, to make our communities healthier, safer and fundamentally happier.**

Big thanks to @CityofTreesMcr for hosting #GMNatureForHealth ~ George Coombs, Natural England

Share your Partner Stories

Got an interesting Green Social Prescribing story you would like to share; we would love to hear from you! Please email to natureforhealth@cityoftrees.org.uk.

Report from NASP

New evidence around nature, health and wellbeing, and social prescribing has been released by the [National Academy for Social Prescribing \(NASP\)](#). This includes four Evidence Information Notes produced for Natural England, and an evidence review commissioned by NHS England about Green Social Prescribing.

Please see this link for the story about the reviews [Evidence reviews reveal strong benefits of nature for physical and mental health | National Academy for Social Prescribing \(socialprescribingacademy.org.uk\)](#)

The reviews themselves are here:

NHS-commissioned evidence review

Review <https://socialprescribingacademy.org.uk/media/dmzbrff1/nasp-briefing-natural-environment.pdf>

Natural England-commissioned evidence notes

- [Links between natural environments and mental health - EIN065 \(naturalengland.org.uk\)](#)

- [Links between natural environments and physical health - EIN066 \(naturalengland.org.uk\)](#)
- [How the Natural Environment can support Children and Young People - EIN067 \(naturalengland.org.uk\)](#)
- [Connection to Nature - EIN068 \(naturalengland.org.uk\)](#)

Upcoming Training Opportunities

All information on training opportunities can be found on the Nature for Health website here <https://gmnatureforhealth.org.uk/upcoming-training-sessions/>

To book any of these trainings, please email cdavenport@lancswt.org.uk

✦ **Social and Therapeutic Horticulture | 27th January 2023 | 10am - 4pm | Wardley Hall**

The course will provide an overview of the scientific evidence of nature and gardening for health.

✦ **Planning Your Year in the Garden | 10th February 2023 | 9.30am – 3pm | Platt Field Market Garden**

Join Manchester Urban Diggers for an inspiring day looking at how to plan your year ahead in the garden.

✦ **Introduction to Social Enterprise | 22nd Feb 2023 | 10am -4pm | The Boiler House, 9 Wilcock St**

This course provide organisations and new projects with an understanding of the elements that make a successful and sustainable community growing project.

✦ **Growing and Cooking for Different Cultures | 3rd March 2023 | 11am – 2pm | Platt Fields Market Garden**

Spend an inspiring lunchtime learning session participating in two practical workshops. One with a MUD Grower learning about options for growing culturally diverse food, as well as a Dolma preparation demo with MUD Chef Imam Aaziz Mahdi . Followed by a shared lunch of Kurdish Dolma.

✦ **Creating Space for Nature |9th March 2023 | 1pm – 3.30pm | Philips Park**

Join Lancashire Wildlife Trust to learn about some of the different types of homes for we can make for nature and the thing to consider with each. Throughout the afternoon you'll also have the opportunity to make bird boxes and bug homes.

✦ **Safeguarding Training | 13th March 2023 | 2pm – 4pm | Online**

This session will cover the basics of safeguarding, the differences between child and adult safeguarding, how to develop a policy and procedures, as well as time to work through practical examples of safeguarding.

✦ **Willow Coppicing | 22nd March 2023 | 10.30am | 3pm | Sale Water Park**

Join Ruth from TCV for a practical day learning about coppicing willow, followed by time to turn your willow in to a variety of crafting projects.

New Funding Opportunity

In Our Nature Programme for the City have just announced the launch of a [Community Nature Grant](#). In Our Nature are looking to fund innovative, community-led projects that can help Manchester communities connect to nature and respond to the climate emergency. This might include projects focusing on topics such as improving food security, mental health, and biodiversity.

Key details:

- The grant is open to groups across the Manchester City area
- Groups can apply for up to £2000 of funding
- The deadline to apply is 23:59 on 23rd February and groups can apply via an [online application form](#)
- More [information and eligibility criteria is available on the website](#)

To find out more about the new In Our Nature Programme please click [here](#)!

Elsewhere in the News

Nature to be prescribed to GP patients in Derbyshire. Nature is to be prescribed by health professionals for the first time in England, [following a successful pilot in Scotland](#). The trial, in Derbyshire, will see prescribing services offer patients ideas such as listening to birdsong.

Read more here: <https://www.bbc.com/news/uk-england-derbyshire-64116268.amp>

New research quantifies the 'wow' factor of sunrise and sunsetA new study has identified the impact that fleeting natural events, such as sunrises and sunsets, can have on people, and sought to quantify their effects for the first time.

Read more here: <https://www.sciencedaily.com/releases/2023/01/230119112753.htm>

Dates for the Diary

We are planning a big event to celebrate the NHS England programme on the 15th March to be held at RHS Bridgewater. More details to come out soon!

♥ 14th February 2023 Valentines Day

For us at Nature for Health, Valentines Day is all about self-love! If you're a service deliver, think about how you could tailor your activities to have a loving theme next month, if you're a service user, try and take a moment and a safe space, to practice self-love.

Find some tips and guidance on how this can be done, here: <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

♣ 9th March 2023 Social Prescribing Day 2023

Social Prescribing Day (9th March 2023) will be a celebration of social prescribing, demonstrating the amazing impact it can have on people's health and wellbeing.

Find out more here: <https://socialprescribingacademy.org.uk/social-prescribing-day/>

Green Recovery Volunteering Opportunities at City of Trees

The last few Green Recovery events have been listed as part of the Resilient River Valleys Project. Come and learn how to manage woodlands and ponds in a friendly and relaxed setting, with opportunities across Wythenshawe and Bury! All details and how to book here: <https://www.cityoftrees.org.uk/events>

Visit our website today!



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