



Nature for Health Newsletter

November 2023

Our programme hosts visitors from Kyoto, Japan



Through the [Nature for Health](#) Network, as well as the EU-funded Green Health Horizon project, partners from Kyoto, Japan visited Greater Manchester to discover how we are using nature-based interventions to address health inequalities.

The neurology research team from Japan has been developing a Green Farm Rehabilitation programme at a hospital in Kyoto, Japan. This programme uses horticultural and agricultural activities as a means of therapy for people with mental and physical ill health.

The Japanese team is interested in learning from Greater Manchester's Nature for Health programme, which considered how we support people with mental ill health, by offering connection to the natural environment through referral to nature-based activities, groups, and organisations. Nature for Health

worked with a network of partners to develop the infrastructure needed to support more nature-based groups, encourage more diverse activities and support professionals to refer, and people to use, our natural spaces.

Representatives from the Nature for Health Network hosted the Japanese research team at RHS Bridgewater on 30 August to show how we use community food growing to address mental and physical health issues and reduce health inequalities. We shared learning, research, and operational advice, as well as heard more about the work taking place in Kyoto. We hope this will be one of many opportunities to share our work and further develop international partnerships.

Regarding the visit, Masanaga Yamawaki MD, PhD, Tokyo Medical & Dental Univ. stated: "I learned a lot from visiting RHS Bridgewater. Currently, we are applying Green Therapy to rehabilitation and trying to establish evidence for wellbeing. Moreover, we are planning to extend it to elderly people and local community. The experience of visiting RHS Bridgewater increased our motivation. We look forward to collaborating with you in the future."

Since the Nature for Health programme started in June 2021, we have supported 1082 people through the programme, through 80 different organisations. We see clear benefits to the mental and physical health of participants, as well as improved ongoing connection to nature.

We have also delivered over 50 workforce training sessions and helped create new programmes within our mental health trusts. A Nature for Health Steering Group has been established to secure long term growth in the green sector and increase access to funding for ongoing delivery of activities and groups.

Nature for Health at the Greater Manchester Green Summit



Nature for Health hosted a stall at the sixth Greater Manchester's Green Summit 2023 at The Lowry Theatre, Salford Quays on Monday 2nd October, hosted by the Mayor of Greater Manchester, Andy Burnham.

The Green Summit offered a great opportunity to meet and network with people who are determined to drive change and help the city-region meet its ambitious goals for the environment, with panels, workshops networking and exhibition stands showcasing challenges, solutions and opportunities.

The Allotment Project at Manchester Mind



Manchester Mind hosts an allotment space in Chorlton. It is a welcoming and inclusive space, where activities at the plot provide multiple mental and physical health benefits while yields help sustain the increasing demand for food related mental health projects. They believe in building community and their allotment project uses growing activities to reconnect people with food production, nature and one another. Read more about it [here](#).

Below is current allotment volunteer, Ruth's story:

I first heard about the allotment project from a friend. I am a mum of two young children, and it was a fellow mum who shared her own positive experiences accessing support and activities with Manchester Mind, which encouraged me to apply. I met with the volunteer coordinator Dionne and we gently talked about my experiences. I had been through a few years of stress and had been struggling through some difficult life experiences. I felt I needed a safe and nurturing space to rebuild my confidence and regain my own identity.

Recent years had been hard and I had been struggling to cope with an accumulation of stress. Lockdown, a relocation and long house renovation were impacting my ability to manage the difficulties I was experiencing. My Dad had an extremely long stay in hospital, due to complications after an operation and although he did come home, the result was a terminal diagnosis. So I had been dealing with this and trying to support my Mum whilst navigating the fast and ever-changing nature of motherhood and looking after my two young children. Sadly, I lost my Dad which added grief to the struggle. Contacting Manchester Mind, I was hoping to meet like-minded people and find peer support from others who may understand what I had been going through. I really wanted to find my footing in the world again. I felt like a community space, where I could learn new skills in a green environment would work for me.

We decided that before becoming a volunteer I would attend the 6 session "Introduction to the Allotment" course to get a feel for the space and have some time to myself to engage in some gentle gardening without pressure. This was a more relaxed entry point and I was told I could access support if I needed it by the staff and peer volunteers there. I had felt lost since my youngest child had started nursery and the course helped me to build a sense of routine and gave me a job to do. I felt nurtured, like I could just be. I felt looked after and the food was amazing!

When I finished the six sessions I felt it had made a difference and I felt a lot more positive. The wellbeing time on the allotment inspired me to make sure I went out in my own garden more regularly to take breaks and get some fresh air. It also gave me time to think about things for myself and make time for myself. I felt ready

afterwards to commit to the volunteering pathway and I now attend weekly volunteering sessions with a group of other people, many who have experienced similar feelings of loss, grief and isolation. Since joining the allotment, I feel a stronger sense of connection to the charity and more useful and I am more confident speaking to and meeting new people. I feel supported by others who are going through similar situations. I am now looking for part time or freelance work to fit around my family and volunteering life and I hope to return to the creative costume making career that I had invested in and enjoyed so much previously.

Groundwork Partners with The Bupa Foundation to support green space projects across the UK 🌱

Groundwork have partnered with the Bupa Foundation to award over £500,000 to green projects at over 240 schools, not-for-profits and charities.

Bupa Global & UK's Healthy Cities raised these funds as part of an initiative which saw Bupa people, partners and customers collectively walk close to 1 billion steps in June.

To access the funding, local groups were encouraged to apply via the Bupa Foundation Green Community Grants programme, administered by Groundwork.

The successful applicants include:

- 165 schools who will receive funding for outdoor classrooms, forest schools, sensory gardens and similar projects
- 76 community groups, charities and food banks for community allotments, parks, playgrounds and green space improvements

[Click here](#), to read more about the funding!

Spotlight: Derek Jarman Pocket Park at Manchester Art Gallery



The Derek Jarman Pocket Park is a new green space in the heart of the city. Manchester Art Gallery, volunteers from the Pride In Ageing programme at LGBT Foundation and artist Juliet Davis Drufayard worked together with landscape architects to create this public garden. The space is inspired by artist, gay rights activist and gardener Derek Jarman's celebrated garden in Dungeness, Kent, as well as the life experiences of our over 50s LGBTQ+ communities in Greater Manchester.

The volunteer group who designed and planted the garden are from the same or similar generation to

Jarman and continue to be inspired by the messages and movements for LGBTQ+ equality which he and others started in the 1970s and '80s.

Read a video about the site and read more about the garden [here](#).

MyPlace in Bury are finalists at the Pennine Care People Awards 2023



MyPlace in Bury were honoured to be announced as finalists at the #PenineCarePeople Awards 2023 in the 'Brilliant Partnerships' category with their amazing partners, Pennine Care NHS Bury Early Intervention Team!

The MyPlace team have been working closely with the Early Intervention Team from Pennine Care NHS Foundation Trust to provide a greenspace programme for their service users.

Click [here](#) to watch a video from Luisa, telling us about the benefits she's found from coming to sessions at Phillips Park in Prestwich.

Environmental Youth Rangers

Due to popular demand, The Conservation Volunteers (TCV) are back with their Youth Environmental Rangers activities for a new season!

Bookings now open on [Eventbrite](#).

The Conservation Volunteers (TCV) are putting on a number of free sessions for interested Environmental Youth Ranger's at Sale Water Park to take part in nature conservation and practical climate action activities, learn new skills and have fun.

See the poster below for more details.

Environmental Youth Rangers

Take part in FREE nature conservation and climate action activities, make a positive impact, learn new skills and have fun!

Have a go at activities like tree planting, species conservation, green woodwork and much more!

Learn new skills including woodwork, tool use, species ID & nature mindfulness

Meet with other young people and improve **wellbeing and confidence**

Great work experience, CV boost or DofE volunteering hours.



Four themed sessions at Sale Water Park

Halloween Youth Rangers on 23rd October 1-3.30pm
and 24th October 10-12.30

Tree Youth Rangers on 18th November 10-12

Festive Youth Rangers on 2nd December 10-12

Open to ages 11-16



Booking Essential

Grab a ticket through Eventbrite using the QR code.

Alternatively the link is available on our social media pages @tcvmanchester



Nature North Report: Unlocking the Power of Green Spaces in Northern Towns and Cities

Improving, creating and connecting urban green spaces is an investment in our health and quality of life – and in the economic and social future of our towns and cities. Indeed, the value of our accessible green spaces in the towns and cities of the North of England is worth at least £2.7bn to the economy every year.

In a recently published study, commissioned by National Trust and Nature North & made possible thanks to National Lottery Heritage Funding, shows we need new approaches and collaborations to make it happen.

The report suggests a range of ways to move from isolated examples of great green spaces to joined-up, larger-scale support that breathes fresh life into our towns and cities. Achieving this will take investment, ambition and collaboration, and working closely with communities to meet local needs.

We'll need new partnerships, innovative approaches to funding and land management, and to harness cross-sector expertise and passion.

Read the full report here: <https://www.naturenorth.org.uk/unlocking-the-power-of-green-spaces-in-northern-towns-and-cities/>

✓ Funding Opportunities

 [Save Our Wild Isles Community Fund | Save Our Wild Isles](#)

The Wild Isles Community fund is now live!

The BBC TV series Wild Isles has brought the story of UK nature to our screens with more drama, beauty and spectacle than we've ever seen before. It's our responsibility to make sure this isn't our last chance to marvel at UK nature in its current state. Save Our Wild Isles is an urgent call to action for everyone.

We know that communities across the UK play a crucial part in helping to restore nature. This new £1 million Community Fund, inspired by the BBC's Wild Isles series, will provide additional funds for community groups to drive forward action for nature in their local area.

Please see the link above for more details regarding closing dates.

 [GM Walking and Wheeling Fund](#)

The GM Walking and Wheeling Fund (GMWWF) Grants Programme is offering grants of up to £5,000 to VCSE organisations to deliver projects to get more people walking and wheeling this autumn/winter.

The fund aims to improve the health and wellbeing of communities in Greater Manchester by encouraging people who are less active or inactive to walk or wheel (e.g. using a wheelchair/mobility aid or pushing a pram) regularly.

It also hopes to increase awareness of and engagement with, GM Walking: a hub of information and resources that recognises the important role walking and wheeling can play in increasing physical activity levels.

The GM Walking and Wheeling Fund is being managed by [Salford CVS](#), on behalf of 10GM.

Small Grants: The deadlines to apply for a small grant are 12pm on Friday 20th October, Friday 10th November, and Friday 1st December 2023.

[New Community Grants Programme in Greater Manchester](#)

The new £5m GMCA Community Grants Programme will fund a number of projects across Greater Manchester. Local Voluntary and community sector (VCSE) organisations and Housing Associations can bid for funding up to £100k.

This community funding will launch local projects to help disadvantaged, excluded, unemployed and economically inactive people to take the next steps towards further education.

This programme is intended to be as accessible as possible. To help with this, we will also offer various capacity-building support to our smaller voluntary and community organisations that want to apply.

There are two main strands of activity to support residents, with a wide range of progression opportunities available: Essential life skills grants and progression towards inclusive employment grants.

They particularly want to hear from Greater Manchester community groups, voluntary organisations and housing associations who are interested in bidding for funding or looking for grants in Greater Manchester.

The grant will open for applications soon. If you are interested in WEA community grants in Greater Manchester, contact: GMCommunityGrants@wea.ac.uk

Take a look at the Greater Manchester Environment Fund website [here](#) for more funding options and how to apply!

Dates for the Diary

Save the Date: Investing in Greater Manchester's Natural Environment | 30th November 2023

The Greater Manchester Environment Fund invites you to find out more about our work, progress to date and opportunities to invest and work together at their upcoming partnership event to be held at a central Manchester location on the 30th of November. Booking will be essential. More details to be released soon.

The Greater Manchester Environment Fund is hard at work to build a greener and fairer Greater Manchester for generations to come. But the challenge is huge, with air pollution, habitat loss and climate change threatening the future health and prosperity of the city region. We can make a bigger impact by collaborating with businesses and other organisations.

How can the Greater Manchester Nature for Health Network support your work?

Have you got a project on the go that you would just love to tell us and our 580+ members within the network about?

Do you have any upcoming trainings or events that you would like us to help advertise, either on our website <https://gmnatureforhealth.org.uk/> or via these newsletters?

Would you like to attend an event with other Greater Manchester Nature for Health network members?

Let us know by filling out our quick survey via the link or QR code below! Or get in touch with the Greater Manchester Nature for Health team at natureforhealth@cityoftrees.org.uk.

[Click here to take part in the Greater Manchester Nature for Health network survey.](#)



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