



Nature for Health Newsletter

March 2024

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](#) 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 get in touch with the Greater Manchester Nature for Health team at natureforhealth@cityoftrees.org.uk.

 [Click here to take part in the network survey.](#) 

GM Walking Festival from 1st to 31st May 2024

The GM Walking Festival hosted by GM Moving is running for the whole month of May, aligning with National Walking Month. The event celebrates the joy of moving and encourages individuals to include walking-based activities in their everyday lives for their health and wellbeing.

The month-long programme is shaped by local people, with a variety of walks for a range of abilities and interests. If you would like to host a walk then please submit your details by the **22nd March** for submission onto the GM Walking Festival calendar of events.

Full details of how to get involved can be found here: [GM Walking Festival](#).

Gardening for Wellbeing sessions at RHS Garden Bridgewater: Lee's Story



Lee started on the Gardening for Wellbeing sessions at RHS Bridgewater following a referral through social prescribing from his local Community Connector back in July 2023. What started as a bit of pottering about turned into not only a new career prospect but a lifeline for his health and wellbeing. Lee shares his story in the hope that it will help inspire others who might be struggling with their mental health.

Read more about Lee's story here on our [website](#).

What has been going on at Petrus Incredible Edible Rochdale (PIER)?



Find out about all the amazing work that has been going on at PIER including tree management training, workshops led by Lancashire Wildlife Trust and how the group have been learning to support the biodiversity at the allotment.

Explore all of their update [here on our website](#).

GMCA Local Nature Recovery Strategy- Public Consultation

The Greater Manchester Combined Authority (GMCA) are currently leading on the Local Nature Recovery Strategy for the GM region. As part of this process, the GMCA are engaging with a vast array of stakeholders, to strengthen the collective voice on GM's plan for nature. Please complete the survey by clicking [here](#).

You can read more about how **Greater Manchester's plan for nature** is being developed [here](#).

Your response will be used by GMCA to help inform the list of actions for nature recovery in the plan and help make decisions about what interventions are most achievable across Greater Manchester.

Upcoming Training Dates

📌 RHS Training- Green Social Prescribing Taster Days for Professionals

RHS are hosting taster sessions for link workers & professionals wanting to learn more about Green Social Prescribing. Please view our training page on [our website](#) for further information.

📅 Dates for the Diary

March

United Nations World Wildlife Day- 3rd March 2024

- The theme is Connecting People and Planet: Exploring Digital Innovation in Wildlife Conservation

- Find out more: [Official website of UN World Wildlife Day](#)

WWF Earth Hour- 23rd March 2024

- Every year in late March, millions of people across the globe unite to show that they care about the future of our planet, by switching off for one hour.
- Explore all of the details: [Earth Hour: small actions can make a big difference | WWF](#)

April

Stress Awareness Month – 1st-30th April 2024

- Increase public awareness about both the causes and cures for our modern stress epidemic.
- Read more: [Stress Awareness Month 2024 - The Stress Management Society](#)

Community Garden Week- 1st-7th April 2024

- This is a week where community gardens and school gardens come together, to support and inspire each other.

Earth Day- 22nd April 2024

- For Earth Day 2024 on April 22nd, EARTHDAY.ORG is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.
- Find out more: [Earth Day 2024 - Earth Day](#)

May

Plantlife's No Mow May- 1st May- 31st May 2024

- Plantlife's annual campaign asks you to not. Just don't cut your grass for the month of May. The aim is to provide a space for nature to do their thing.
- Explore the details: [Plantlife's No Mow May Movement](#)

Mental Health Awareness Week- 13th-19th May 2024

- This Mental Health Awareness Week is focused on helping people to find moments for movement in their daily routines. Being active is so important for people mental health.
- Find out more: [Mental Health Awareness Week | Mental Health Foundation](#)

World Bee Day- 20th May

- The public can help bees by planting bee friendly plants in their gardens and encouraging their councils to plant wildflower meadows and leave grass verges to allow wildflowers to bloom.
- Explore all of the events here: [World Bee Day Events | British Beekeepers Association](#)

National Children's Gardening Week- 25th May- 2ND June 2024

- National Children's Gardening Week celebrates the fun that gardens hold for children.
- Find all of the details here: [Together, we help children grow.](#)

Visit our website today!



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