



## News from the Nature for Health Network

### National funding to grow Nature for Health across Greater Manchester

Building on the success of [a national two-year programme that found connecting with nature led to improvements in mental health](#), Greater Manchester's funding is being extended for another year.

Greater Manchester's Nature for Health showed that people's feelings of happiness, satisfaction and of life being worthwhile jumped to near national averages, while levels of anxiety fell significantly.

The project also found green social prescribing, which connects people into nature-based, community-led initiatives such as community garden projects and local walking groups is cost-effective compared with other solutions.

The funding will enable the region's NHS, councils, voluntary, community, faith and social enterprise sector and natural environment organisations to expand the reach, sustainability and effectiveness of green social prescribing services, connecting people to the support they need.

Find out more on our website, [click here](#).

**Petrus showcases the power of Green Social Prescribing at RHS Tatton Park Flower Show**



Petrus returned to The RHS Tatton Park Flower Show for their show for their 5<sup>th</sup> time this year, producing a feature garden on behalf of the RHS. The Ginnel Garden was their biggest garden yet, through the show gardens they challenge misconceptions about people who have experienced homelessness, isolation, mental health issues and other complex social needs.

To read the full story please visit the [Nature for Health website here](#)

## **NASP Survey**

The National Academy for Social Prescribing (NASP) are in the process of gathering thoughts on a Green Social Prescribing Community of Practice/ Network to help us shape an offer.

This is being initiated by the national 'Preventing and Tackling Mental Ill Health through Green Social Prescribing Project Evaluation Extension' programme.

The programme has been focussed on the seven test-and-learn sites across England but the ambition is to open this offer wider to support the spread and scale of GSP and all are welcome to participate.

Please complete the linked survey **before midday on the 7<sup>th</sup> October** to help shape this offer: <https://forms.office.com/e/YWPWuiEimk>

## **Nature and Wellbeing Activities**

[TCV, Clayton Vale: Green Community Hub](#)

TCV are providing nature-based activities in community settings to engage people from ethnic minorities in a familiar setting while promoting their participation in the wider outdoor projects.

If you are interested in organizing a free, bespoke community group workshop or coming along to an outdoor activity, please email [rebecca.collingwood@tcv.org.uk](mailto:rebecca.collingwood@tcv.org.uk)

For further information please see the TCV website [here](#).

#### [TCV, Clayton Vale: Conservation and Green Skills Sessions](#)

- Clayton Vale
- Thursday 10am

Anyone over 17 years is welcome to join - this is a great way to spend time in nature, meet new people and help the environment. We are especially encouraging people to attend who are looking to develop skills while looking for employment.

For further information please see the TCV website [here](#).

#### [TCV, Sale Water Park: Outdoor nature-based wellbeing activities](#)

- Sale Water Park
- Mondays 1pm – 2.30pm

This project involves free sessions that aims to connect people with nature and water to improve their wellbeing through nature-based activities. Anybody over 17 years is welcome and can be referred. We would especially like to invite those who are experiencing poor mental health; have difficulty accessing green spaces and nature; are restricted to where they can go due to lack of transport.

For further information please see the TCV website [here](#).

## Training and work opportunities

### [City of Trees: 'Roots to Work' programme](#)

Roots to Work will be assisting people into work, utilising a holistic approach that combines practical experience with personalised support. These sessions will develop both green and transferable skills to increase employability and prove competency in a work environment.

For further information please view the 'Roots to Work' events on the City of Trees events page [here](#).

### [GSP Economic Evaluation Stakeholder Workshop](#)

As part of the GSP extension programme, we're holding an evaluation stakeholder event aimed at delivery partners and practitioners of GSP. The purpose of the workshop is to help us understand the real-world impact of GSP programmes and continue to develop the evaluation framework to ensure it accurately captures the outcomes and benefits of GSP.

**Date:** Thursday 28<sup>th</sup> November, 12:00 – 14:00

**Location:** Room 7, St James' Building, Oxford Street, Manchester, M1 6EG

Please book a space using the Eventbrite link. Capacity is limited to 30 people, so

## **Resources**

The South Teas Health & Wellbeing Board have created a Joint Strategic Needs Assessment report with a focus on the relationship between health and greenspace. This resource is a good tool when engaging with wider public health networks, in terms of the importance of a healthy environment for starting, living and ageing well. You can find the report [here](#) for your reference.

## **Dates for the Diary**

World Mental Health Day 2024: **10<sup>th</sup> October 2024**

The [World Health Organisation](#) recognises World Mental Health Day on 10th October each year.

The theme of 2024's World Mental Health Day, set by the [World Federation for Mental Health](#), is **"it's time to prioritise mental health in the workplace"**

See [here](#) for ideas on how to get involved and organise an event.

The Greater Manchester Green Summit 2024: **9<sup>th</sup> December 2024**

The Manchester Green Summit returns to the Lowry Theatre, Salford on Monday 9<sup>th</sup> December 2024. Keep your eyes peeled for sign up links soon! You can find all information about the event [here](#).

**Visit our website**

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