



News from the Nature for Health Network

Introducing START

'START' is a Salford-based charity that has been delivering mental health recovery and prevention services for over 30 years.



This year they have come on board as a Nature for Health partner and will be delivering a series of green social prescribing activities from their beautiful community garden at Brunswick House. Sessions are tailored to the season and cover all basic gardening skills from planting seeds, taking cuttings, container gardening and general garden maintenance.

Read more about the work START does here: [START Salford](#) | [Green Social Prescribing](#) | [Nature](#)

Introducing Northern Roots Natural Health Service



Northern Roots is a transformative project creating the UK's largest urban farm and eco park on 160-acres of previously neglected land in Oldham, Greater Manchester. The Northern Roots team provide a diverse menu of nature activities, including nature connection walks, foraging, nature crafts, mindfulness, breathwork, growing, and green woodworking.

Read more about the work that Northern Roots do here: [Northern Roots | Natural Health Service](#)

Using photography to connect with nature

Pennine Care's Early Intervention Teams and Groundwork Greater Manchester are supporting residents in Brinnington and the surrounding area who have severe mental health issues, onto a Green Social Prescribing programme. As part of a 12-week programme of therapeutic horticultural activities, participants are encouraged to Take Notice in nature, through photography.

Read the full story here: [Photography and Nature | Green Social Prescribing](#)



Manchester Mind have been engaging with Safety4Sisters, a charity which seeks to address the exclusion of migrant women from the most basic rights of safety and protection. The sessions provided a calm, nature-based setting that helped reduce stress and improve the women's mental health.

They also taught practical gardening and self-care techniques, such as planting, making herbal teas, and crafting sleeping packs. Additionally, the sessions created a supportive, community environment where participants could build relationships and work together.

Read the full story here: [Manchester Mind and Safety4Sisters - GMnatureforhealth](#)

Training and work opportunities

Green Social Prescribing Toolkit

The National Academy for Social Prescribing are looking to review their [Green Social Prescribing Toolkit](#), following the completion of the pilot and the announcement of Phase 2.

Whether you have used the toolkit directly, adopted aspects in your organisation and your teams, or shared it amongst your networks, please do fill out the short survey here: [NASP: Green Social Prescribing Toolkit review](#)

Greater Manchester's Green Summit

Greater Manchester's Green Summit 2024 at The Lowry Theatre, on Monday 9th December, offers a great opportunity to meet and network with people who are determined to drive change and help the city-region, and see the launch of the next Greater Manchester Five-Year

For tickets please visit: [Greater Manchester Green Summit 2024 Tickets, Mon 9 Dec 2024 at 08:30 | Eventbrite](#)

Communicate Conference returns to Manchester this November!

Communicate, the UK's leading conference for environmental communicators, is returning to Manchester on Tuesday 26th November at Friends' Meeting House.

Join industry leaders and diverse voices across the sector in collaborating on the latest topics in science communication, nature conservation and engaging people with the natural world. Get equipped with the latest tools, insights, and inspiration to drive meaningful, sustainable change. More information, full programme, and tickets: www.bnhc.org.uk/communicateconference

New Statistic will measure access to Green Space in England

DEFRA is seeking input to develop a new official statistic to measure household access to green space in England. The statistic builds on previous work by Natural England (Accessible Greenspace Standards) and will calculate the distance to green space for every household in England by walkable streets and paths, rather than straight line distances used in previous analyses. Feedback is sought to help refine the output. Find out more [here](#).

Free Training with the GSP Learning Network

Please see below the upcoming free training and workshops provided by the GSP Learning Network facilitated by City of Trees. This training is suitable for anyone currently delivering or looking to deliver nature-based activities for wellbeing, please share this opportunity across your networks.

19th November 10am-12pm - Workshop: Adapting outdoor activities for winter delivery, Sale Water Park

Join The Conservation Volunteers for a workshop covering how to facilitate nature wellbeing activities with all audiences throughout the winter months. This workshop will include practical demonstrations and discussions.

Sign up for this workshop via the link: [GSP Learning Network: Adapting outdoor activities for winter delivery](#).

26th November 10am-12pm – Workshop: Five Ways to Wellbeing, Online

Join City of Trees for an online workshop which will explore the topic, health and wellbeing. It's a discussion on what is the Five Ways to Wellbeing and ways you could integrate these into your working and non-working life.

Sign up for this workshop via the link: [GSP Learning Network: Five Ways to Wellbeing](#)

Dates for the Diary.

9th December- Manchester's Green Summit 2024, The Lowry Theatre

For tickets please visit: [Greater Manchester Green Summit 2024 Tickets, Mon 9 Dec 2024 at](#)

Visit our website



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