



Happy Holidays from Nature for Health!

Autumnal Wellbeing Activities with Lancashire Wildlife Trust

The Wildlife Trust's Nature & Wellbeing programmes empower people and their communities to connect with local environments to learn new skills, build resilience, meet new people and improve their physical health and mental wellbeing.

Hear more the autumnal activities Lancashire Wildlife Trust carried out here:

[Autumnal Wellbeing Activities with Lancashire Wildlife Trust - GMnatureforhealth.](#)

Northern Roots Natural Health Service Welcomes New Participants

The Natural Health Service at Northern Roots offers a range of activities including nature crafts, foraging, breath work, growing and green woodworking. Participants with overlapping mental and physical health conditions have reported substantial improvements in their day to day lives.

Hear more about the work of Northern Roots here: [Northern Roots Natural Health Service | Nature for Health](#)

START and Salford Loaves and Fishes

Earlier this year, START began partnering with Salford Loaves and Fishes running gardening sessions at their centre. Participants of the ESOL (English for speakers of other languages) course provided by Salford Loaves and Fishes were encouraged to take part in the gardening sessions, which ran directly after the ESOL course, as way to practice their English speaking whilst benefitting from the nature for health activities.

Hear more about the work of START and Salford Loaves and Fishes here: [START and Salford Loaves and Fishes - GMnatureforhealth](#)

Hear more about Hannah's story working with Manchester Mind and Jo's story working for Petrus here:

[From Volunteer to Allotment Support Worker - Hannah's Story](#)

[Meet Petrus' Social Therapeutic Horticultural Practitioner - Jo!](#)

Training and work opportunities

Sow the City: Social and Therapeutic Horticulture course

Want to learn more about how to use horticulture to help people with their wellbeing?

Sow the City has a 1-day course coming up at Styal Mill on 25th January for people to learn how to be a Social and Therapeutic Horticulture practitioner.

Book online here: [Social and Therapeutic Horticulture Course | National Trust](#).

Contribute to University of Salford's research on 'A Study of Professionals' Perspectives on Aspects of Green Design'

You are invited to participate in a survey about green design. Your responses will help understanding of perspectives on sustainable and green design practices.

Fill out this quick survey here to contribute to this research: [University of Salford research survey](#)



Free Training with the GSP Learning Network

Please join us for free training delivered through the GSP Learning Network. Please sign up as soon as possible as spaces are limited. Further training opportunities will be advertised here: [Nature for Health: GSP Learning Network | Eventbrite](#)

21st January 11am-1pm – Workshop: Data collection methods for nature-based services

Join Dr Nicola Relph and Professor Michelle Howarth from Edge Hill University for an online workshop to discuss the types and strengths of different data collection tools that can support insight into the impact of nature-based services.

Sign up for this workshop via the link: [Workshop: Data collection methods for nature-based services Tickets, Tue 21 Jan 2025 at 11:00 | Eventbrite](#)

28th January 12.30-1.30pm– Skills-share: Managing risk delivering nature activities

This session will explore the topic of managing risk whilst carrying out nature activities for wellbeing in outdoor spaces. Learn how City of Trees review a site prior to public participation and reduce risk in an outdoor settings.

Sign up for this skills-share via the link: [Skills-share: Managing risk delivering nature activities Tickets, Tue 28 Jan 2025 at 12:30 | Eventbrite](#)

26th February 12.30-1.30pm– Skills-share: Utilising digital resource for engagement

This session will explore the topic of utilising digital resources for engagement in Green Social Prescribing and Nature for Wellbeing activities. The session will review strategies for digital engagement, effective story-telling and pathways to engagement.

Sign up for this skills-share via the link: [Skills-share: Utilising digital resource for](#)

Sneak peak at upcoming training

Please keep an eye out for further training opportunities, these will be advertised here through Eventbrite: [Nature for Health: GSP Learning Network | Eventbrite](#)

- **21st February (In-person):** 'How to design and deliver a nature walk'
- **4th March (Online):** 'Jargon-busting! Interactive discussion on GSP and other pathways to nature-based activities for health & wellbeing'
- **Dementia awareness training**
- **Networking opportunities**
- **And so much more...**

We hope that you all have a restful festive period. We know that this time of year can be difficult for many so please look after yourself during this time, you can find tips on how to do this here: [Look after your mental health this Christmas - Living Well Partnership](#)

Happy New Year from Nature for Health team!

[Visit our website](#)



You are receiving this email as you previously consented to receiving communications regarding Nature for Health. To stop receiving these

emails please contact natureforhealth@cityoftrees.org.uk

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

City of Trees · Discovery Works, Unit 3 · Third Avenue · Trafford Park, Manchester M17 1BW · United Kingdom