

HEALTHIER WITH NATURE

SPENDING TIME IN NATURE IS KEY TO OUR PHYSICAL & MENTAL HEALTH

There is increasing evidence that it can decrease anxiety and depression as well as lowering rates of many diseases, including type 2 diabetes and obesity.

Green Social Prescribing aims to connect people with local nature-based interventions to improve their health. These might include local walks, conservation volunteering and community gardening and food growing projects.

SPENDING TIME IN NATURE ENABLES US TO ACHIEVE THE 5 WAYS TO WELLBEING

CONNECT

...WITH PEOPLE AND WILDLIFE

GIVE

...YOUR TIME TO LOOK AFTER NATURE

take
NOTICE

...OF NATURE AND SEASONS

keep
LEARNING

...DEVELOP SKILLS & IDENTIFY WILDLIFE

be
ACTIVE

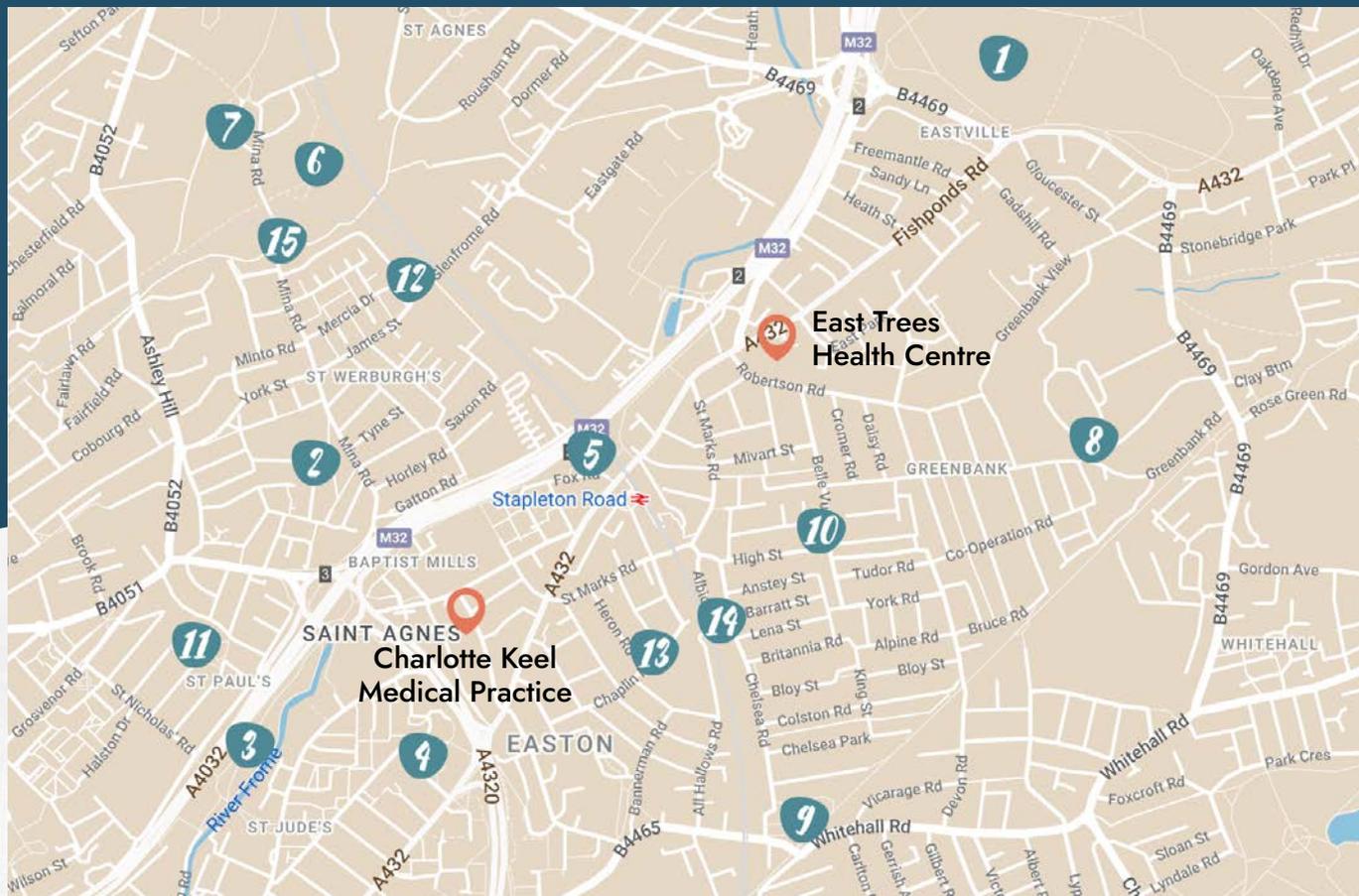
...EXPLORE LOCAL NATURE ON FOOT



To discover the evidence linking nature and health, scan the QR code nhsforest.org/evidence



HEALTHIER WITH NATURE



LOCAL GREEN SPACES

- | | | |
|-------------------------|----------------------------------|--|
| 1 Eastville Park | 6 Narroways | 11 St Agnes Park |
| 2 Mina Rd Park | 7 St Werburgh's City Farm | 12 Glenfrome Rd Playground |
| 3 Riverside Park | 8 Greenbank Cemetery | 13 Chaplin Community Garden |
| 4 Rawnsley Park | 9 Owen Square Park | 14 Albion Green |
| 5 Fox Park | 10 Belleview Rd Park | 15 St Werburgh's community garden |

LOCAL PROGRAMMES

There are many local Green Social Prescribing programmes which you can access to help you get healthy with nature.

These include Nordic Walking, Chatty couch to 5k and Walking Tennis for Mental Health.

Contact the Wellspring Social Prescribing Team to see what GSP programmes are on at the moment:

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