



GREEN
SPRING
NETWORK

A GUIDE TO WHO WE ARE

June 2023

CONTENTS

32

Get involved

5

Our Ambitions

6

Our Principles

7

Our Providers

4

What is Green Social Prescribing?

3

Who We Are and What We Do



WHO WE ARE WHAT WE DO

GreenSpring is one of seven national projects and covers Derbyshire and Derby City. It was selected as a 'test and learn' site for a cross-governmental pilot project looking at preventing and tackling mental ill health through green social prescribing.

The project is running from April 2021 through to April 2023 and is being delivered nationally by the Department of Health and Social Care, Department for Environment, Food and Rural Affairs, Natural England, NHS England, Office for Health Improvement and Disparities, Sport England, Department for Levelling Up, Housing and Communities and the National Academy for Social Prescribing.

A Green Providers Network is emerging from the Derbyshire and Derby pilot, building a county-wide collaborative framework to bring organisations together to create a sustainable model that better connects activity providers and system partners.

Our aim is to improve connections and expand the impact of green social prescribing, so that more people can benefit from accessing local green spaces and nature-related activities.

WHAT IS GREEN SOCIAL PRESCRIBING?

Green social prescribing is the practice of supporting people to engage in nature-based activities to improve their mental health and wellbeing. This can be done through a social prescribing link worker, or other trusted professional (or many other members of communities), who connect people to community groups, organisations and agencies for practical and emotional support, based on a ‘what matters to you’ conversation.

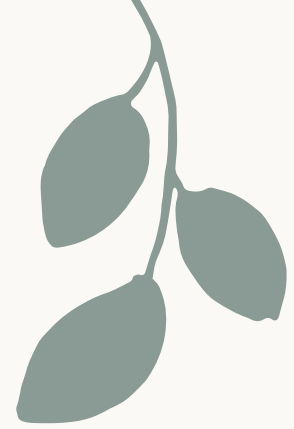
Examples of activities and interventions include walking in nature, community gardening and food-growing projects, as well as practical conservation tasks such as tree planting. Indoor nature-based activity can also be included.

Connecting to nature delivers proven benefits for mental health and wellbeing, such as reduced stress and improved mood. The importance of getting outdoors and connecting with nature was highlighted during the Covid-19 pandemic, with millions of people accessing local green spaces to cope during lockdowns, but green social prescribing is not new, and has been carried out in communities for many years.

Through delivering intentionally structured nature-related activity, delivered as a form of, and alternative to, ‘treatment’ or ‘therapy’, green social prescribing ensures that more and more people experience nature as an effective way of improving mental resilience and supporting mental health.



OUR AMBITIONS



The GreenSpring Network is focussed on collective effort to strengthen existing provision and build new, sustainable opportunities. By working collaboratively, building resilience and scaling-up opportunities for people to experience the benefits of nature for wellbeing, our focus is to increase impact on health and wellbeing, increase reach and address inequalities, demonstrate and amplify impact, support innovation and support an environment for co-creation.

OUR AMBITIONS ARE



Create change by developing a shared understanding of the potential contribution nature-based enterprises can offer as part of a joined-up health and care system



Provide a collective voice for nature-based social innovators and spark collaborative action



Lobby for resources and investment to be channelled closer to participants and provision



Identify and advocate the social and economic value of nature-based activity



Encourage and enable mutual support between providers



Provide a safe space for honest and open discussion



Promote high quality operating standards



Share knowledge and good practice

OUR GUIDING PRINCIPLES

1

To be purposeful and lean in all we do

2

Promote an agreed set of quality operating standard for members

3

To recognise localism and the different needs of communities across Derbyshire and Derby

4

To recognise the value of all nature-based activity from informal voluntary effort to organised, structured programmes and initiatives

5

To provide an interface between a) nature-based providers and b) nature-based providers and the health and care system

OUR PROVIDERS

The following index is a working document to promote the activities of providers in the GreenSpring Network. If you would like to feature your work here, please contact

hello@greenspring.org.uk



OUR PROVIDERS

CRAFT WOOD CIC

Craft Wood is a woodland project that offers hands on outdoor opportunities to people with support needs. They work to provide meaningful and purposeful activities through the management of the woods and through crafts and art – that can help people live healthier and more inter-connected lives. They work with adults, young people and children.

The evidence in the impact the project has is clear. On a visit to the site a young Ukrainian boy who had just in the last few days come to stay with a volunteer, David, had started off the morning in a bad mood, explained David. But an hour in the woods with the freedom to use tools and create all sorts of wonderful things out of wood had lifted his spirits.

It's the reason green social prescribing has become so important. But for Thomas Erskine, Craft Wood's founder, challenges with funding, process and raising awareness make it a rollercoaster ride.

The challenge & support needed

People are currently referred by their social worker or community connector and Thomas is hoping to start a green social prescribing group. However, it hasn't come without it's challenges.

“Green social prescribing is a great idea and I think it can really make an impact. There's a lot of talk about it at the moment and a lot of people in place to support it but it's early days.”

Thomas explains what he believes is needed to be able to make projects like this a success. He said:

“For good support to be given and consistency, projects need to be funded. It can't rely completely on good will. It's constantly like chasing funding and never quite securing enough.”

With the right support, the positive impact nature and this space can have on people's lives is enormous. Not only does it provide a safe space for people with high anxiety and autism, it allows people to take ownership of things, build confidence and break down barriers.

“Some of the people who come who've got high anxiety have just felt very calm in this environment. There's no public right of way through here which for someone with anxiety that's really nice. It's their space.”

“Wood is a very forgiving material, if it goes wrong, so what, just pick up a new piece. So that sense of it not being overly precious in terms of what the activities are I think that really works well in terms of building that confidence. Then people do get better and better.”



THE HEALTH AND WELLBEING BENEFITS OF BEING IN AN ENVIRONMENT LIKE THIS IS OBVIOUSLY WELL DOCUMENTED AND WE'VE SEEN IT REALLY DOES HAVE AN IMPACT ON PEOPLE'S LIVES. IT'S A CHANCE TO LEARN A BIT OF WOODWORK, A BIT OF LIGHT WOODLAND MANAGEMENT, CONSERVATION, COOKING.

OUR PROVIDERS

DERBYSHIRE WILDLIFE TRUST

At Derbyshire Wildlife Trust, the wellbeing benefits of nature and wildlife are well known and a variety of community projects have taken place over the past few years which have improved both mental and physical health for their participants.

Two of these projects include Wild Wellbeing Derby, which involved work with a number of partners and more recently working with mental health patients at the Kingsway Unit of Derby Royal Hospital.

Wild Wellbeing Derby started during lockdown, beginning as a virtual project through a Facebook page, Youtube videos, webinars and virtual sessions and gradually extending out into the Derby Arboretum Park as restrictions eased.

Lisa Witham is Head of Wilder Communities at Derbyshire Wildlife Trust. She explains:

“The sessions were aimed at specific cohorts of participants from local voluntary and community

organisations including Women’s Work, Mind, Inspirative Arts and Derby Refugee Forum, amongst others.

“We were doing a mixture of them coming to the park, using the wildlife garden and doing nature crafts and nature activities. But also to try and give it some sustainability, working with their staff as well and their volunteers to green up some of their existing spaces.”

The benefits people have taken from the sessions are endless, with some people gaining the confidence to become volunteers with Derbyshire Wildlife Trust.

Lisa said: “We all know the benefits of nature. Some of the people we’ve worked with, they’ve told us how it’s improved their wellbeing, how it’s made them less anxious, how it’s reduced social isolation which leads onto other benefits that they’re feeling more connected to people.

“I think the thing about nature is it’s all around us, hopefully most people can access it within about 10 minutes walk from their doorstep.



“

WE ALL KNOW THE BENEFITS OF NATURE. SOME OF THE PEOPLE WE’VE WORKED WITH, THEY’VE TOLD US HOW IT’S IMPROVED THEIR WELLBEING, HOW IT’S MADE THEM LESS ANXIOUS, HOW IT’S REDUCED SOCIAL ISOLATION WHICH LEADS ONTO OTHER BENEFITS THAT THEY’RE FEELING MORE CONNECTED TO PEOPLE.

OUR PROVIDERS DERBYSHIRE WILDLIFE TRUST

“That’s why we’ve been trying to get people to do things as locally as possible too, they need to find things they can see every single day.”

Derbyshire Wildlife Trust has also been running a programme as part of the GreenSpring pilot project at Cherry Tree at the Kingsway Unit at Derby Royal Hospital. They offer a variety of activities to people with long term mental health conditions who are transitioning between the unit and independent living.

Lisa explained: “The idea of that project is we will see what is needed for an organisation to co-design and co-produce a programme with mental health professionals. We’re looking at that really high level four with a lot of intervention and resource so that it works for the occupational therapists, it works for all of the health professionals who need to fund it and it works for our staff, because they’re not mental health professionals.

“The occupational therapists have been amazing. There was someone who came along the first week and it was the first time he’d left his house in the two weeks he’d been there.

“They can see the benefits of doing things really locally, literally on the doorstep. We’re working in the grounds of the houses just to encourage people to get out more.”

The project has proved popular, with nine out of 20 patients attending the first session. But Derbyshire Wildlife Trust is keen ensure sustainability so people continue to reap the benefits beyond the end of the 12 week programme.

Lisa said: “The challenge is we’ve set ourselves a 12 week programme and on week 13 it would be nice if people came out on their own. We’re always trying to think about the sustainability. How do we keep things going when the funding runs out? How can we make this self sustaining?”

“We want to become more like supporters and facilitators rather than deliverers. So that’s our model because we know, with the best will in the world you start something up and you’re lucky if you get a year’s funding.”

Relationships with partners is crucial to the success of Derbyshire Wildlife Trust’s wellbeing programmes.

Lisa said: “We couldn’t do it without them. There are some amazing green providers out there and we’ve learnt we don’t need to set it all up and deliver it all.

“We can deliver some of the elements but we can work in partnership with others to give people the best experience. That’s been brilliant for us, particularly in Derby city because we didn’t have much of a presence and now we’re much more well known.”

In the future Lisa is keen to continue working more closely with the health professionals.

She said: “I’d like us to feel like we’ve got the confidence to be doing something more at a high level. Mental health isn’t the core business of Derbyshire Wildlife Trust, it’s just that we know through all the programmes we do, it has an impact and we’re having an impact on people.

“We’ve got 580 volunteers and a lot of them tell us they do it because it’s good for their mental health and physical health as well. So we know we’re doing it, we’re just not formalising what we’re doing.

“It’s really exciting. It’s so slow the whole process, working with the system and the NHS but when you have a little breakthrough it’s like, this is really exciting. It could be something amazing. It just needs a few key people to be brave enough to say right, this is the way we’re going to do it.”



OUR PROVIDERS

DERVENTIO HOUSING TRUST CIC

Derventio Housing Trust provides housing, support and specialist projects in health, employability and personal development to people in tough situations.

Growing Lives is one of their projects, which aims to build skills and confidence in people referred to its services to help their recovery from drug and alcohol addiction.

Relationships and trust are built through a variety of activities including nature and gardening alongside others like craft activities and woodwork. Participants also take part in weekly walks to enjoy exercise in the fresh air and chatting with one another in a relaxed setting.

The organisation's focus on outdoor exercise for its participants has recently seen it crowned runner-up in the project category at the Active Lives in Erewash Awards.

Jackie Carpenter is assistant director of strategy at Derventio Housing Trust. She explains:

“People can use it as a distraction or a diversion from behaviours or people they're trying to put behind them to build positive behaviours and positive lifestyles. So for some people it's about routine and getting up, coming along and doing something. For other people it's about filling their time so they're not sitting staring at four walls, being tempted to go back to things they want to get away from. It's all about a successful life going forwards.”

At Growing Lives, treating people as individuals and relationship building is at the heart of the project, playing a big part in its success.

Jackie said: “There is a programme of activities but it's a very asset based place. It's not about labels, it's not the mental health project or the alcohol project. So when you come, you're just 'Jackie'; people can share what they feel comfortable with.

“It's also about the amount of choice. You could choose to come in the craft room, the workshop or the garden. And in the garden you can choose what you want to do. You can do things with other people or you can do things on your own.”

Another strength of the project is the fact it isn't too structured, offering flexibility and informality for people to open up in a more natural setting.

Jackie said: “People can come and dip in and dip out, because we know life's going on. We like to say we are here for you when you can come, but we understand when you can't.



THERE IS A PROGRAMME OF ACTIVITIES BUT IT'S A VERY ASSET BASED PLACE. IT'S NOT ABOUT LABELS, IT'S NOT THE MENTAL HEALTH PROJECT OR THE ALCOHOL PROJECT. SO WHEN YOU COME, YOU'RE JUST 'JACKIE'; PEOPLE CAN SHARE WHAT THEY FEEL COMFORTABLE WITH.

OUR PROVIDERS DERVENTIO HOUSING TRUST CIC

“The activities are important, it’s easier to have a conversation with someone whilst they’re planting new veg or planning wood, doing it in a natural not clinical way.”

The freedom of the project is underpinned by risk assessments and individual learner plans which look at the skills and support they need.

Jackie said: “It’s like the first step here so people might be struggling to engage with their workers and they just want a bit of stability and the staff will help them to build up their confidence so they can connect with those services.

“All the staff are trained in mental health awareness but it’s more about transferable skills of our staff. Staff really love seeing people grow.”

Participants are actively invited to be involved in decisions for funding applications, with one of the most recent being what they’d like see in a new outdoor kitchen.

Jackie said: “There’s an element of co-production. We said about having an outdoor kitchen and people suggested a BBQ or pizza oven. We talk with participants when we put applications in for funding so they have a say in what they want to do.”

Working in partnership with other organisations is also important for Growing Lives.

Jackie said: “Everyone is unique and different, it’s all about giving people choice. People can come here or they can go to another provider. We’re all about working with other providers because we want to give people opportunities and who better to do it with than someone who’s got similar values.”

For people who come to Growing Lives, the project has been lifechanging. Ex RAF diagnostic radiographer Ryan Williams has been sober since September 2020, after seeking help when years of alcohol addiction tore through his whole life, wrecking his marriage, losing him his job and his home, as well as damaging the nerves in his leg so badly he now walks with a stick. He came through Stand To, who Growing Lives invited to join for their recovery celebrations.

Ryan said: “This is the third time I’ve been at Growing Lives. It’s great that it gives us opportunities to do different things, and the people are really friendly too. I made a garden trug here in the workshop once and gave it to my mum for Christmas. She was blown away to receive something I had made.”



FOR PEOPLE WHO COME TO GROWING LIVES, THE PROJECT HAS BEEN LIFECHANGING. EX RAF DIAGNOSTIC RADIOGRAPHER RYAN WILLIAMS HAS BEEN SOBER SINCE SEPTEMBER 2020, AFTER SEEKING HELP WHEN YEARS OF ALCOHOL ADDICTION TORE THROUGH HIS WHOLE LIFE.

OUR PROVIDERS

ELEPHANT ROOMS CIC

In a beautiful, tranquil setting in the middle of Draycott village, Community Interest Company Elephant Rooms provides a location where people can go to feel calm, rejuvenated and improve their mental and physical wellbeing.

The space is run by partners Gene and Helen and when talking to them it's clear how much emotional investment they have in their venture and their passion in what it can offer for people.

Set up in 2017, their vision was to transform the historical building – which once upon a time was a place to house circus elephants – hence the name. It now includes studio space for activities like yoga, Pilates and Tai Chi as well as stunningly decorated rooms for massages and talking therapies.

They also offer a range of support groups, from knitting, writing and craft groups to men's groups and their most popular eco-therapy group. The beautiful garden forms a large part of that, and is a space you could easily while away the hours in, alongside a community garden and allotment bed just down the road.

Supporting people at Elephant Rooms

The business model at Elephant Rooms means they have a combination of paying customers alongside subsidised activities for people who might not ordinarily be able to afford them.

A key element of this social enterprise is that the profits that they make are all made available for concessions for people who otherwise wouldn't be able to afford our groups. Around 20% of our clients can't afford what they offer.

“

WE'RE REALLY BLESSED WITH HAVING THIS LOVELY SPACE AND SO MANY PEOPLE COMMENT AND SAY JUST COMING HERE AND SITTING DOWN FOR A WHILE IS A THERAPY FOR ME. AND WE HAVE AN OPEN LIBRARY, BASICALLY JUST HELP YOURSELVES TO TEA AND COFFEE.



OUR PROVIDERS ELEPHANT ROOMS CIC

Connecting with the community

Collaboration working with other organisations/ groups is a big part of what Elephant Rooms do. For example, they run a monthly pop up community café about tackling isolation and loneliness and promoting good nutrition.

This is run by Sprout Co-operative in Derby. “We do food, it’s really accessible. It’s a real buzz atmosphere. We work closely with our local Co-op store; they were one of our funders for the eco-therapy group. We have also engaged with the village for the RHS In Bloom competition and the Ecotherapy group manages a number of areas in the village.”

Connecting to the system

Being part of a wider network has also been really important for Elephant Rooms. Helen explains how they’ve generated a confidence in what they do.

“When we first opened the doors we made a connection with Erewash CVS and got invited along to the network meeting that happens there. From there we’ve done a lot of collaboration with different organisations and other CICs and charities. CVS has given us tremendous support and help and funded one of the courses we ran here which is ongoing.”

All the therapists are professional and qualified in what they’re providing. Helen has worked in charities and organisations for 20 years and Gene is an environmental professional with extensive board experience in industry. Together with the non-executives we have a really broad range of specialism and lived experience.

Many of the therapists undergo additional training in mental health first aid and other courses provided to develop understanding of mental health and for personal development. This ensures that they have a broad range of therapists with the knowledge and ability to support people struggling with their mental health.

“

ON SO MANY DIFFERENT LEVELS IT’S ALL ABOUT A CONNECTION WITH THE COMMUNITY. IT COMES BACK TO THAT CONVERSATION IN THE PUB. AS A CIC, FORMING RELATIONSHIPS AND FRIENDSHIPS IS PART OF THEIR FUNCTION. SO MANY FRIENDSHIP GROUPS FORM ON THE BACK OF THE SUPPORT GROUPS.

“

I THINK SOCIAL PRESCRIBERS RECOGNISE THAT THE PEOPLE THEY REFER TO US ARE GOING TO BE SUPPORTED, WE HAVE THE CAPACITY AND THE EXPERIENCE TO DO THAT.



OUR PROVIDERS

GROW OUTSIDE CIC

Grow Outside is a social enterprise that hosts community growing and outdoor wellbeing activities using therapeutic horticulture principles, with environmental education at its core. It was founded by Claire Teeling in 2016 to get people outdoors, building a relationship with nature and feeling it's their place to care for it.

“We started by travelling around the county in a van, creating community growing projects, in situ; we’ve developed a wide range of projects, from working on a private estate in a walled garden in South Derbyshire, to a disused plot behind a housing estate in Stoke on Trent.

Grow Outside found a base of its own in early 2021 on the end of the platform at the Midland Railway at Butterley; this is when Kirsty came on board and helped to develop the garden we have now. As well as paid-for workshops and grant funded wellbeing programmes, the social enterprise grows plants and cut flowers for sale. The flowers highlight the organisation’s environmental ethos, being local, organically grown and low-impact, as well as its social mission, by supporting participants and volunteers to produce the seasonally focussed blooms. Through the use of social and therapeutic horticulture, crafts and nature-connection activities, Grow Outside provides services and resources which enhance well being, promote respect for self and nature, and develop confidence and skills. Some projects are aimed at particular client groups, including young people, those suffering from dementia and those with a range of mental health problems, but their core work is ‘open to all’, and particularly focusses on people who have slipped through the gaps and might struggle to find support elsewhere. “We got involved in GreenSPring because we felt there was a disconnect between what organisations like Grow Outside have to offer and the existing investment in social prescribing.”

Those not currently accessing the physical and mental health benefits of greenspaces are a particular focus for Grow Outside, as is widening participation from communities least connected to nature. We believe that people are only able to connect to and feel responsible for protecting nature and the environment when they are empowered and equipped to take care of their own needs. We share traditional and ancestral skills and promote simple and sustainable living for the benefit of the environment as well as our participants.”

Being a social enterprise is very important to us. Although it can be a lonely experience - social enterprise is not widely understood - the team at Grow Outside feel that it is a great way to build community and helps people to develop agency and be active participants in life. That’s why the aims of GreenSPring are so important to us and we want to support the network, and the broader VCSE, to have a strong voice in Derbyshire.



OUR PROVIDERS

GROW OUTSIDE MEMBER QUOTES

“

IT IS INCREDIBLY REWARDING TO SUPPORT PEOPLE TO FIND WAYS THAT THEY CAN ENGAGE WITH NATURE WHEN THEY THOUGHT IT WAS SOMETHING THAT WAS OUT OF REACH FOR THEM. WE BELIEVE THAT NATURE IS FOR EVERYONE AND WE AIM TO MAKE OUR SESSIONS AS ACCESSIBLE AS WE CAN.

Kirsty, Grow Together Session Leader

“

IT'S HELPED ME GET MORE INTERESTED IN LIFE AGAIN, I'VE GONE OFF AND DONE THINGS I DIDN'T FEEL WELL ENOUGH TO DO BEFORE, IT'S HELPED ME TO SEE THE KNOWLEDGE AND SKILLS THAT I HAVE, IT'S REMINDED ME WHO I AM.

Group Member

“

THE GARDEN IS A PLACE OF HEALING, A WAYPOINT IN THE WEEK WHERE I KNOW I'M GOING TO BE OK AND FEEL BETTER.

Group Member

OUR PROVIDERS

HIGH ASHES RURAL PROJECT CIC

Raising aspirations at High Ashes

Tucked away on a farm on the outskirts of Ashover, just three miles from Claycross, High Ashes Rural Project (H.A.R.P. for short), offers a safe haven for people who might be struggling with anything from learning disabilities to autism or depression.

The Community Interest Company – set up in 2014 – offers people the opportunity to come and get involved in various rural activities to give them confidence and new skills and improve their mental health.

Projects range from a community garden on a Monday to a more personalised suite of activities based on personal interests which include anything from dry stone walling and laying paving stones to art, drawing and making preserves with produce from the farm.

Having grown up on a farm with his uncle – who had learning disabilities – and having witnessed the mental health struggles of others in the farming community, Phil and his wife, Nessa are passionate about the difference the environment at High Ashes can make.

Boosting confidence and employment prospects

Over the past few years, HARP has received funding from the European Social Fund, where they saw success in raising confidence and supporting people into work.

Phil explains: “It was all about communication and 1-to-1. That’s our main thing, building someone up from zero confidence.

“We applied for funding five times and are very lucky to have been successful in our application each time. The good news is, we had positive outcomes on each course. Helping to get eighteen of our students in total into work and many more who have started volunteering for different groups and charities”.

“So, I physically take them over to places and get them to give them a trial. Then we’ve had four set up their own businesses.”



“

IT WAS ALL ABOUT COMMUNICATION AND 1-TO-1. THAT’S OUR MAIN THING, BUILDING SOMEONE UP FROM ZERO CONFIDENCE.



OUR PROVIDERS HIGH ASHES RURAL PROJECT CIC

Securing a future

With the European Social Funding coming to an end, finding security for the project – like for many others in a similar situation – has been difficult. Especially with a small pool of people working on the project – just Phil and his wife as members of staff and a handful of volunteers.

“It’s more of a labour of love, it’s a vocation,” Phil admits. “I’ve spent months of my life applying for grants and you get some but not others. The biggest waste of time is the Aviva Community fund, It is basically a free advert for the insurance company. I’m trying to do everything, that’s the problem”.

“The challenge is all the voluntary groups are competing against each other, for funding and clients. We need to create the exact opposite. A cooperative approach, with government or NHS funding at the heart.

“At the moment, I think the main reason social prescribing is being spoken about, is because it is seen as a way of saving money. The service providers are not truly valued for the impact that can be made.

“The change in people is dramatic. I’ve seen it bring people out of their shell and enable them to trust people and make friends again. Sometimes it’s instantly, within as little as four sessions.

“Other people, again have lost confidence, lost businesses or things happening in life and self-confidence is gone. They just need some time to unwind, feeling relaxed again, just no pressure.

“There’s millions of these anecdotal things. It can’t need that much more evidence to prove that it works.”



“

THE CHANGE IN PEOPLE IS
DRAMATIC. I’VE SEEN IT BRING
PEOPLE OUT OF THEIR SHELL
AND ENABLE THEM TO TRUST
PEOPLE AND MAKE FRIENDS
AGAIN. SOMETIMES IT’S
INSTANTLY, WITHIN AS LITTLE
AS FOUR SESSIONS.

OUR PROVIDERS HIGH ASHES CIC

Building fundraising opportunities

To help support the project, HARP hosts and organises a variety of races throughout the year, from a 10km mud run which raised around £2,000 this year to endurance races that are 36 miles. The farm also hosts a glamping site.

Phil said: "It's good. All our community is involved, getting the route sorted, clearing the route and testing the route out.

"It's all to expose us really. We've been very low profile. I don't know why but people still don't know we're here even after nearly nine years.

"We set up the glamping six years ago, tents and a shepherd's hut that we rent out. The guys in the week help us out and have a lot of input into how that looks and making things for that. It's good because it helps to integrate people again, obviously in a controlled way."

Separating life and work

Living and working on the farm has meant Phil has had to find a way to keep the two parts of his life separate as well as considerations for the level of support he can provide.

Phil said: "Most people want to tell you their own story. That is one of the key things, getting stuff off their chest. Compared to visiting the doctors' surgery, where you only have a ten-minute slot. We have got all day, in a relaxed environment.

"The service user opens up and your job is to listen. This is the best treatment, for mild mental conditions. The hardest part as a provider is not to take it on too much.

"I made that mistake, initially. If you take too much of people's issues on, when they're gone, you're in bed at night thinking about the day's conversations. Acknowledge people and help people but don't take work home with you.

"Another thing I've noticed - different people's trigger points are a lot lower than others. Each person's individual. So, it's not judging, it's learning that's their thing and respect it."

Future opportunities

The farm provides endless opportunities for future growth and Phil has plenty of ideas for developing the site further which would bring in much needed funds as well as providing work experience for the people he's supporting.

He said: "We are very lucky because it's an 80-acre farm and we've got 25 acres dedicated to the project. Eight years ago, we planted 6500 native British trees. Including lots of hazel and willow trees, that covers ten acres in total. They're just maturing now so we are just starting to use the woodland for green woodworking. Making furniture and Yurts."

“

MOST PEOPLE WANT TO TELL YOU THEIR OWN STORY. THAT IS ONE OF THE KEY THINGS, GETTING STUFF OFF THEIR CHEST. COMPARED TO VISITING THE DOCTORS' SURGERY, WHERE YOU ONLY HAVE A TEN-MINUTE SLOT. WE HAVE GOT ALL DAY, IN A RELAXED ENVIRONMENT.



OUR PROVIDERS

INSPIRE COMMUNITY GARDEN

Inspire Community Garden is the result of the 'big project' that Transition Chesterfield, a well-established community group, wanted to develop. Its aim was to bring together like-minded people to provide a worthwhile and useful activity to illustrate and demonstrate to the whole population the benefits of the ideal of the Transition movement.

The project began in April 2016 on a piece of ex-allotment land (just under an acre) near to the centre of Chesterfield with the following aims:

- To reclaim a piece of land back from wasteland.
- To create a Community garden grown on organic lines as a demonstration garden to encourage and support organic gardening in Chesterfield.
- To work with other organisations to give volunteers new skills and confidence.
- To improve the health of local people both through building fitness through gardening and to grow produce to share to encourage healthy eating
- To share any surplus produce by gifting to local groups and schools.

One of the garden co-ordinators, Chris Brooks, shared his thoughts on some of the benefits; "Gardening is a wonderfully flexible medium that can transform lives and the Inspire Community Garden sees first-hand how gardening can help everyone, regardless of age or ability"

Using gardening tasks and the garden itself, Inspire's volunteers build a set of activities tailored to each gardener to improve their particular health needs and to work on certain goals they want to achieve. Chris explained "Therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills.

It also uses the garden as a safe and secure place to develop someone's ability to mix socially, make friends and learn practical skills that will help them to be more independent."

Every Sunday and Wednesday afternoon the garden is open for a variety of activities. Some volunteers attend because they are interested in the horticulture, the growing of fruit, vegetables and flowers. Some people are more interested in the construction of facilities and landscaping, while other people use the facilities as a social hub where they meet up with like-minded people.



GARDENING IS A WONDERFULLY FLEXIBLE MEDIUM THAT CAN TRANSFORM LIVES AND THE INSPIRE COMMUNITY GARDEN SEES FIRST-HAND HOW GARDENING CAN HELP EVERYONE, REGARDLESS OF AGE OR ABILITY.



DEVELOP SOMEONE'S ABILITY TO MIX SOCIALLY, MAKE FRIENDS AND LEARN PRACTICAL SKILLS THAT WILL HELP THEM TO BE MORE INDEPENDENT.

OUR PROVIDERS INSPIRE COMMUNITY GARDEN

The community garden has two large polytunnels and three greenhouses as well as four plots where rotational crop growing is undertaken. Volunteers can learn the skills of sowing, planting and general plant production. The garden has also run workshops to develop growing skills as well as demonstrating their solar powered watering system and also tree pruning and general garden maintenance.

The garden has installed a caravan on-site which has been converted into a large meeting room where refreshments can be provided throughout the day and people can meet up for a chat. Outside there is a decked area where, people can sit, relax and enjoy the views and an amiable chat.

During the 2020-21 Covid pandemic period, the garden was kept open, however the caravan was closed and volunteers undertook a promise to maintain a suitable distance in the open air. Happily, the garden had no instances of infection resulting from continued activities.

The garden is well used by lots of different people from the local community. Chris said “We are always looking for new volunteers and we welcome many community groups, including Cubs and Scouts and we have also hosted events organised by Mansfield Building Society and also young people from Chesterfield Football Club. Community Mental Health Occupational Therapists have brought some people to visit the garden with a view to them potentially joining in our activities as well as taking the opportunity to enable them to relax in a green space”



**COMMUNITY MENTAL HEALTH
OCCUPATIONAL THERAPISTS HAVE
BROUGHT SOME PEOPLE TO VISIT
THE GARDEN WITH A VIEW TO THEM
POTENTIALLY JOINING IN OUR
ACTIVITIES AS WELL AS TAKING THE
OPPORTUNITY TO ENABLE THEM TO
RELAX IN A GREEN SPACE**



**VOLUNTEERS CAN LEARN THE SKILLS
OF SOWING, PLANTING AND GENERAL
PLANT PRODUCTION.**



**WE ARE ALWAYS LOOKING FOR
NEW VOLUNTEERS AND WE
WELCOME MANY COMMUNITY
GROUPS, , INCLUDING CUBS AND
SCOUTS AND WE HAVE ALSO
HOSTED EVENTS ORGANISED BY
MANSFIELD BUILDING SOCIETY
AND ALSO YOUNG PEOPLE FROM
CHESTERFIELD FOOTBALL CLUB**



OUR PROVIDERS

PEAK DISTRICT NATIONAL PARK AUTHORITY

The Peak District National Park Authority (PDNPA) is the public body that looks after the Peak District National Park; the UK's first national park, designated in 1951, welcoming over 13 million visitors a year to 555 square miles of landscapes in the heart of the country. With around 20 million people living within one hour's travelling time, it is one of the most accessible national parks in the UK and is often called the lungs of the country because of its central location between several cities.

It was a founding principle of the National Parks movement that access to open space not only enhanced quality of life, but physical and mental wellbeing as well which remains embedded in their new National Park Management Plan 2023-28.

The PDNPA wants more people to be able access the health and wellbeing benefits of the National Park, through supported or self-led activity. Jo Hanney, who is the Communities and Wellbeing Ranger, explains that "The PDNPA has decades of experience of delivering health initiatives, such as health walks, but there are so many more opportunities to ensure that the National Park is more widely recognised as a place that can make a very real and positive difference to people's lives."

"We are aiming to have an inclusive offer that enables everyone who wants to experience the benefit of connecting to nature and this beautiful landscape to be able to do this, and we are working creatively to try and overcome barriers".

The PDNPA provides facilities such as car parking, toilets, and visitor centres that encourage and enable safe access for people. There are many self-guided walking routes throughout the National Park, including accessible "Miles without Stiles" routes. As Jo explains "these are well-surfaced, easy access routes without stiles, steps, or steep gradients. They provide access to amazing views, distinctive habitats, and history and are suitable for people of all fitness levels and those with limited mobility, including wheelchair users, families with pushchairs, and the visually impaired."



WE ARE AIMING TO HAVE AN INCLUSIVE OFFER THAT ENABLES EVERYONE WHO WANTS TO EXPERIENCE THE BENEFIT OF CONNECTING TO NATURE AND THIS BEAUTIFUL LANDSCAPE TO BE ABLE TO DO THIS, AND WE ARE WORKING CREATIVELY TO TRY AND OVERCOME BARRIERS



OUR PROVIDERS

PEAK DISTRICT NATIONAL PARK AUTHORITY

The PDNPA delivers a variety of supported health walks, with a high level of support to those who might otherwise be unable to enjoy the National Park through real or perceived barriers. They are delivered by full-time and volunteer rangers who are trained walk leaders with a wealth of knowledge about the National Park. They include a “Walks for All” offer; very easy short accessible walks, to enable those living with mobility issues and with dementia to get out walking, as well as giving carers a chance to get out and stay active.

Some walks are delivered in partnership with community organisations, such as dementia support groups or mental health and wellbeing support groups. Jo says “There are a complex number of issues, including lack of transport, confidence, disability, income, and social isolation that are barriers to older generations and people with health inequalities accessing activity and gaining the health benefits of walking in the beautiful countryside on their doorstep. By providing a high level of support, we can enable people to overcome these barriers. By visiting some of our iconic protected landscapes and providing them with opportunities for awe and wonder, we can take people out of their everyday worries and concerns – a bit of headspace can be helpful for everybody”.

PDNPA also provides bespoke ranger guided mindfulness walks for organisations and community groups, which introduces effective techniques such as short mindfulness practises and nature connection activities to help people reconnect with themselves and the world around them.



MENTALLY AND PHYSICALLY IT LIFTS YOU OUT OF YOURSELF – IT’S SOMETHING TO LOOK FORWARD TO.



BY VISITING SOME OF OUR ICONIC PROTECTED LANDSCAPES AND PROVIDING THEM WITH OPPORTUNITIES FOR AWE AND WONDER, WE CAN TAKE PEOPLE OUT OF THEIR EVERYDAY WORRIES AND CONCERNS – A BIT OF HEADSPACE CAN BE HELPFUL FOR EVERYBODY



OUR PROVIDERS PEAK DISTRICT NATIONAL PARK AUTHORITY

They also facilitate ‘Care for nature’ sessions allowing people to try their hand at some natural crafts and conservation tasks in a relaxed environment at their Learning centres with large wildlife areas. Jo comments that the sessions enable people to “Switch off from the outside world and have time to explore, learn about and connect to the natural world. They cover the five ways to wellbeing with the added bonus of a dose of nature”. She continues “The sessions make a real difference to the people that access them through social connection, providing a sense of purpose and some headspace in nature”.

In order to reach a wider audience, the PDNPA works in partnership locally, regionally and nationally, with both public sector and community and voluntary sector organisations. They are currently working in partnership with the RSPB to trial the ‘nature prescriptions’ scheme, which has already been trialled successfully in Scotland. A pilot to deliver a High Peak Nature Prescription through social prescribing teams was launched in January 2023.

Jo explains that “A Nature Prescription moves beyond simply being active outdoors and encourages emotional and meaningful engagements with nature that not only support health and wellbeing, but also have the potential to engender a personal investment in the protection of wildlife and environments”.

The prescription includes co-designed, tailored resources including a calendar of monthly nature connection ideas specific to the area. The ideas suit a range of interests and mobility, the majority can be done in a garden or a local park and a number of the ideas are suitable for those that are house-bound. Jo explains that “We will be able to reach a far wider and more diverse audience by connecting people to the National Park through the prescription.”

“

A NATURE PRESCRIPTION MOVES BEYOND SIMPLY BEING ACTIVE OUTDOORS AND ENCOURAGES EMOTIONAL AND MEANINGFUL ENGAGEMENTS WITH NATURE THAT NOT ONLY SUPPORT HEALTH AND WELLBEING, BUT ALSO HAVE THE POTENTIAL TO ENGENDER A PERSONAL INVESTMENT IN THE PROTECTION OF WILDLIFE AND ENVIRONMENTS



OUR PROVIDERS

PEAK DISTRICT NATIONAL PARK AUTHORITY MEMBER QUOTES

“

HE USED TO DO A LOT OF WALKING YEARS AGO... NOW HE'S GETTING OLDER HE CAN'T KEEP UP OR GET THERE...HIS SIGHT IS ALSO POOR NOW... THESE WALKS HAVE MOTIVATED HIM TO GET UP AND GET OUT ONCE A WEEK... THEY ARE HELPING TO KEEP HIM ACTIVE.

Group Member

“

IT NEVER OCCURRED TO ME THAT OUR LEADER WOULD BE SO EXPERIENCED IN THE ART OF MINDFULNESS. HE HAD A REAL DEPTH OF KNOWLEDGE. THE RESOURCES AT THE END WERE FANTASTIC AND MEAN I CAN IMPLEMENT WHAT I HAVE LEARNED IN FUTURE WALKS

Group Member

“

THE CONCEPT OF THE WOODLAND WELLBEING IS A BLESSING TO ME, WITH NICE PEOPLE. SOMETHING FOR ME TO LOOK FORWARDS TO. LONG MAY IT CONTINUE FOR ONE AND ALL.

Group Member

OUR PROVIDERS

TOWNEND COMMUNITY GARDEN

CHAPEL-EN-LE-FRITH

Townend Methodist Church agreed to establish a Community Garden in July 2019. The garden is open to everyone in the local community. A safe, healthy outdoor environment is provided where all local residents can have the opportunity to meet, to grow flowers and crops, or just sit and enjoy the wildlife, tranquillity and companionship.

This is a place where local people from all walks of life, particularly those who feel isolated or marginalised can come together in a peaceful, healthy environment to talk, work, play, reflect, pray or simply enjoy the tranquillity and to work as far as possible in a sustainable, environmentally friendly way.

Mary Craner, the current garden Co-ordinator explains; “There are really two strands to our work in the garden. All our gardening is working towards being completely organic and nurturing the natural environment. And even more important, our garden is all about nurturing people, a safe space to enable people to meet and work, or simply to enjoy relaxing in a lovely environment. Our volunteers are very supportive, to each other, to me, and to the groups and individuals who come to the garden.”

“

I'M PROUD TO BE PART OF TOWNEND COMMUNITY GARDEN, IT'S A WONDERFUL, SAFE AND INVITING PLACE WITH LOVELY PEOPLE ALL HELPING EACH OTHER.

The garden runs and hosts several groups over the week, including sessions for older, isolated people, sessions for those who are struggling with poor mental health, and general community gardening sessions, as well as a weekly Tai Chi session. The local after school club and childminder also use the space so it acts as a thriving community hub in use by different people from the community.

One of the garden volunteers fed back about their experience of volunteering there; “It’s part of our life as a family. We have pride in being part of it. I’ve made new friends and have been able to show my boys why it’s important to give back to the community”. Another says “I’m proud to be part of Townend Community Garden, it’s a wonderful, safe and inviting place with lovely people all helping each other”.

The garden facilitates specific sessions aimed at more vulnerable groups, Mary comments “We now support up to 14 older, isolated people in our Tuesday Group, although it’s usually between eight and ten attending each week. It takes place in the church during the winter. The occupational therapist we had contracted in couldn’t continue as her work commitments changed but the group has continued successfully, with really great support from several of our volunteers.” Mary explains that some participants need transport, which was being provided by Connex, unfortunately there are problems with this provision currently so volunteers have been stepping in to help with this, registering on Connex policies.



OUR PROVIDERS

TOWNEND COMMUNITY GARDEN, CHAPEL-EN-LE-FRITH

Participants from these sessions find them enormously positive, one participant who is a Wheelchair user says “Thank you for including me in your Tuesday group. The group makes me go out somewhere different. You have created a wonderful community garden, I love it! I would like more garden activities”. Another participant who has Cerebral palsy feeds back “I was very depressed and lonely. I feel much happier now.” Attending the garden session has enabled supportive networks to grow, this person now goes to several other groups, has made friends with two other group members who have met for picnic lunches in the garden. They look out for other members of the group, and invited two for lunch over the Christmas period. Another participant with poor eyesight and who uses mobility aides says “The group has helped me and gives me the confidence to go to other places. My family has noticed a difference. I’ve enjoyed everything up to now! I’m trying my hand at different things. I’d never planted anything in my life and now I’ve learnt how to plant seeds in my garden!”

The Townend Community Garden is managed by a Steering Group and is a sub-group of the Property Committee of the Church. It is the responsibility of the Steering Group to oversee the activities for the garden each year including fundraising,

agree the budget, hold an open meeting on an annual basis, and to encourage further involvement between church and community. The Steering Group are responsible for the implementation of Health and Safety and Safeguarding requirements in line with Methodist Church policies.

As the steering group are all volunteers, it can be difficult to find enough people to take on all the tasks and ensure continuity, it often can fall to a handful of dedicated people. Mary explained that role of co-ordinator can be quite time consuming and there’s more to the role than can at first appear. She explains “I’m starting now to try and share some of the management jobs, we still need more volunteers to take on jobs. If people can’t do gardening but would like to get involved there are lots of other things they can do - I’ve made a list! from IT support, transport or fundraising to making chutney with excess tomatoes or baking a cake for the Tuesday group.”

The Community garden is really well received by the community and feedback is really positive. One participant says “I joined the garden last year as I had found an interest in growing vegetables and was looking to make new friends and integrate myself into the community. This has been extremely beneficial to my mental health to the point where I feel like I will be able to start working again in the next few months. This has really built my confidence...”

Mary says “we received the HighPeak CVS Crompton Woodcock Award, in recognition of our outstanding contribution to the community. A lovely accolade to our volunteers who work so hard to make it happen”.

“

I JOINED THE GARDEN LAST YEAR AS I HAD FOUND AN INTEREST IN GROWING VEGETABLES AND WAS LOOKING TO MAKE NEW FRIENDS AND INTEGRATE MYSELF INTO THE COMMUNITY. THIS HAS BEEN EXTREMELY BENEFICIAL TO MY MENTAL HEALTH TO THE POINT WHERE I FEEL LIKE I WILL BE ABLE TO START WORKING AGAIN IN THE NEXT FEW MONTHS. THIS HAS REALLY BUILT MY CONFIDENCE...



OUR PROVIDERS

WELLNESS WITHOUT WALLS

Led by former health professional Anne, their story began as 'Wellbeing at Whistlewood', an ethical, wellbeing enterprise supported by Whistlewood Common, a ten acre community woodland near Melbourne in South Derbyshire. They've now evolved and expanded to work together with local partners and organisations within community owned woodlands, community gardens and local parks across Derby.

Wellness without Walls offers a range of ecotherapy services, experiences and learning opportunities to support mental health, whole family and community wellbeing. Their Vision is to support calm and nature connection from the beginning of life and their Mission is to remove barriers to wellbeing through connection to nature.

Their offering includes Green Connections, a green mental health service delivered in partnership with Derbyshire Mind providing free ecotherapy retreat days to Derbyshire residents and their carers who live with mental health distress and/or conditions. They also support parents to be and families to connect with like-minded families, communities, nature based activities and forest schools as well as professional networking and learning opportunities for the practitioners supporting them.

Through a constant stream of networking, learning, strong partnerships and a thirst for innovating and finding their niche, Wellness without Walls has gone from strength to strength.

Breaking down barriers

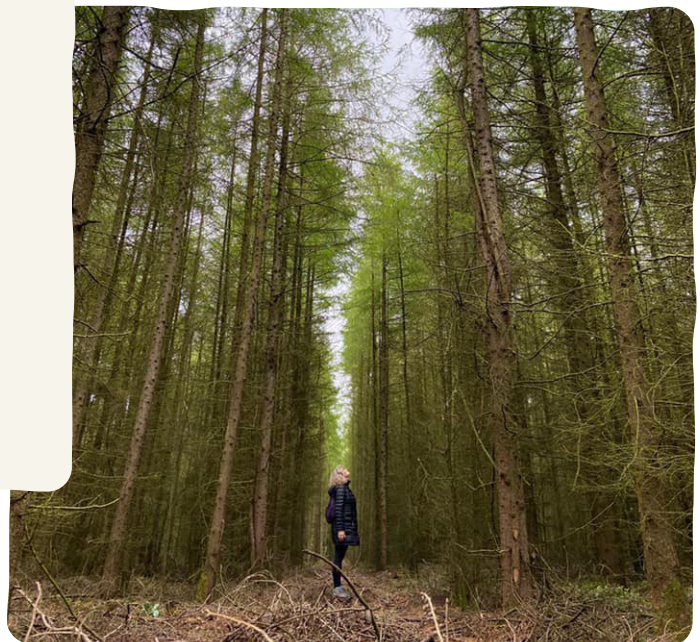
With a passion for supporting people to connect to nature for their wellbeing as early as possible it was important for Anne to remove the barriers she'd previously experienced working in the health system.

Anne explains...



WHEN I WAS A HEALTH PROFESSIONAL MY CLINICS WERE HELD IN TINY LITTLE ROOMS WHICH REALLY DIDN'T INSPIRE PEOPLE. WHEREAS IF I'M OUTDOORS, PEOPLE DON'T NEED TO HEAR ME TALKING, IT'S VERY GENTLE.

HAVING THE CREATIVE FREEDOM TO RESPOND TO PEOPLE'S NEEDS RATHER THAN WORKING IN A LARGE ORGANISATION IS GREAT.



OUR PROVIDERS WELLNESS WITHOUT WALLS

The power of nature

Anne explains why nature has such an impact for the people they work with...

“At our Green Connections events we aim to provide a calm space particularly in the woodland or garden setting. It’s the sense of removing these walls and barriers that often in themselves create mental health difficulties.

“Living in the same place, listening to the same noises, some people are living in quite challenging places. It’s not always quiet because we have birds and natural sounds but it’s somewhere that people can use their senses and be able to feel emotions in a safe way, just very gently.

“Each time we have a slightly different theme which follows the seasons. They see the woodlands and gardens changing each month, that is really helpful in itself, just to see that life doesn’t stay the same. “We’re off grid at Whistlewood and Hannah Fields. It’s that simplicity, away from day to day business that really really helps. Whistlewood is also really accessible, with accessible toilets and wheelchair friendly paths so it can be enjoyed by everyone.

“We have worked with Disability Direct and have achieved a listing as part of the Access Card scheme which supports access for people who live with disabilities and access support needs.”

Working with families

With a background in midwifery, it wasn’t long before Anne spotted the opportunity to offer emotional and mental health support to expecting and new parents. Their Bump Into Nature and Born into Nature sessions support families to grow, learn, connect and have fun together in nearby green spaces alongside online activities. Families can co-design their own learning experience to meet their needs.

She explained: “One of my participants said to me her distress went back to when she was pregnant and she’d never stopped feeling anxious and I realised we don’t have that support.



WHAT WE’VE BEEN LEARNING IS WE COULD DO SO MUCH EARLIER ON IN PEOPLE’S LIVES. WE UNDERSTAND PARENTS TO BE AND FAMILIES WITH BABIES NEED TO BE NURTURED AND SUPPORTED BY THEIR COMMUNITIES TO THRIVE IN NATURE. CELEBRATING DIVERSITY AND INDIVIDUAL NEEDS HAS INFORMED THE DESIGN OF OUR RELAXING LEARNING JOURNEYS.

OUR PROVIDERS WELLNESS WITHOUT WALLS

Bringing the outdoors in

Following the pandemic, Anne also noticed a need to bring the outdoors to people who were finding getting outside difficult, developing shorter bite-sized sessions as well as online learning.

She said: “We found that many people were struggling with the idea of going anywhere. We did online sessions through lockdown with Derbyshire Mind. They proved to be very popular, a real lifeline. We use photos and we’ll invite people to go outside in their own place or imagine something. You think it shouldn’t work but it does. I’m interested to learn from anybody and everybody about ways to actually share with people who really can’t get outside.”

The importance of strong partnerships and networking

Strong partnerships and a personalised way of networking has been essential for the business to thrive. Social prescribers and link workers are invited to join in on a personal level.

Anne said: “I think working in partnership is vital to providing a service that’s relevant to people. We find that people are very wary of services, they’ve had varying experiences and want to find something that helps them.

“Networking seems to be key to everything we do and we’ve networked with likeminded people. We could just go and hire a beautiful place, but it’s about the people and the philosophy and knowing that when someone walks in there they’ll get a warm welcome.

“Our style of networking is very gentle, it’s on a very human level. Having been a health professional I understand the pressures and I think by connecting on a human level over a cuppa round the fire is important. People referring need to feel what the experience will be.”

Creating a sustainable future

With funding a regular consideration for many enterprises such as theirs, Anne is keen to find ways to make the business sustainable.

Anne said: “We know this isn’t quick work, in some cases it can take decades. I’m looking at options so that part of my work would fund other parts. I’m really looking at sustainable solutions. All the time we’re trying to innovate.”



OUR PROVIDERS

WHISPERING TREES CIC

Set in the middle of peaceful countryside, in Aston-on-Trent, Whispering Trees is a mental health and wellbeing hub, offering therapeutic educational opportunities for young people, as well as social and emotional support for adults.

Having set up the business at the beginning of 2019, delays in planning permission and of course the arrival of Covid means they've only been operating since June 2021.

The site encompasses a range of therapeutic learning opportunities from animal care and horticulture to social interaction and more formal education.

Founded by former headteacher, Georgina Pearson, with personal funding from her retirement, it's now entering a new phase where they need a strong system to support their future.

At Whispering Trees a team of qualified professionals support young people with complex educational, social and emotional needs, some of whom are not attending school. They also have plans to set up a new micro-school from the Autumn Term 2022.

Learning for Life Manager, Tim Strutz, spoke about the opportunities for wellbeing extending to adults in the community and the realms of business.

Tim reiterated the importance of making connections with the natural environment and providing a listening ear to stressed or in-crisis adults who have individually referred themselves one day in the week. They now function as a group. Shared enjoyment and the contribution they have been supported to make has made the experience all the more empowering. "The healing process is organic," said Tim.

For Georgina, building a team of qualified professionals is paramount to making things work and their expertise covers everything from education and social and therapeutic horticulture to zoo keeping and holistic therapies.

Networking for a new venture is obviously challenging but the team have had experience of making educational contacts.

Being part of the GreenSpring pilot has given Whispering Trees an opportunity to extend these networks for adults. Whilst Whispering Trees recognises that there is a call for their adult service, Tim pointed out that a lack of access to funding is making the social prescribing route difficult for the not-for-profit organisation.



WHISPERING TREES EVOLVED FROM MY DESIRE TO CREATE A SAFE BUT STIMULATING SPACE TO SUPPORT PEOPLE'S WELLBEING AND MENTAL HEALTH, WHERE PEOPLE COULD LEARN TO BE HAPPY AND BE HAPPY TO LEARN.

Georgina Pearson, Founder



I THINK THE MOST IMPORTANT RESOURCE IS WHO AND WHERE YOU ARE AS A PERSON AND THE THERAPEUTIC RELATIONSHIP WITH THE PEOPLE YOU'RE WORKING WITH.



GET INVOLVED

JOIN & ENGAGE WITH THE NETWORK

The GreenSpring Network is a friendly, welcoming group of people who are keen to connect with others to grow nature-based activity.

If you are curious to learn more about using nature-based activity to improve population health and wellbeing and tackle inequalities, or if you would like to discover how to enable more people to maintain good mental health and keep well in nature and green spaces, please get in touch...

EMAIL US

hello@greenspring.org.uk



**GREEN
SPRING
NETWORK**