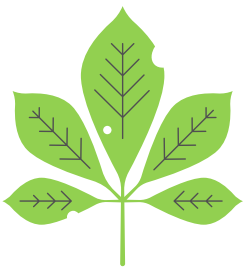


Natural England West Midlands



Amber Marquand - Health and Environment Lead Advisor
for Worcestershire, Warwickshire, Birmingham and the Black Country
Contact: Amber.Marquand@naturalengland.org.uk

Nature connection describes our sense of relationship with the natural world.
Not only can nature connectedness relate to how much we care about the natural world, but the more connected we are, the better our physical and mental wellbeing.



Benefits of Nature Connectedness include:

- Reduced depression, anxiety and stress
- Better attention, memory & verbal expression
- Feeling of belonging
- Better sleep & appetite
- Improved wellbeing

I can help you...

- access key resources about nature connection
- learn from case studies and examples of best practice within Green Social Prescribing
- find funding opportunities for nature-based activities
- connect up health professionals and nature-based organisations
- overcome barriers to participation or delivery

Please reach out if you'd like to learn more about how nature can benefit health and wellbeing...