

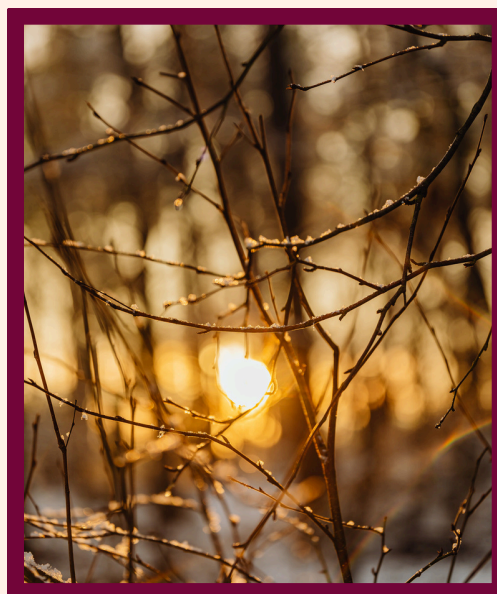
HEALTH & ENVIRONMENT MONTHLY NEWSLETTER

Jan 2025

Natural England West Midlands

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WELCOME TO THE JANUARY NEWSLETTER HAPPY NEW YEAR!

Though it might be tempting to stay wrapped up warm indoors during the winter time, **getting outside in winter is actually proven to be really good for our physical and mental health!** The Ordnance Survey have released a blog to tell us why and how. From reducing stress and easing depression to boosting our immune systems, stepping outside is a powerful mood and health enhancer. It gives tips about how to join group activities for motivation, and what types of activities are best for winter fitness and wellbeing.

Sticking on the theme of connecting to nature throughout the year, the Birmingham and Black Country Wildlife Trust have created a downloadable Wild Guide: A Year of Wild Wonders, to tell you the best wildlife to spot and wild places to visit for every month all across the region.

Please take a look at my Funding Opportunities PDF, attached to the email you received this newsletter through. I have compiled external funding opportunities that could support health & nature projects.

YOUR NATURAL ENGLAND CONTACT

ABOUT ME

Hi, I'm Amber Marquand, the Health and Environment Lead in the West Midlands, focussing on Walsall and Birmingham.

Amber.Marquand@naturalengland.org.uk



WHAT I DO AND WHY

Nature plays a critical role in our physical and mental wellbeing, so Natural England want to ensure more people can access the healing properties of spending time in natural spaces. For example, via conservation volunteering, community gardening, tree planting, nature walks, green crafting etc.

Our Health and Environment Lead roles across the country support and create connections between any Voluntary, Community, Faith and Social Enterprises, health practitioners, Community Wellbeing Roles, or local authorities interested in increasing the offer of Green / Blue Social Prescribing. We want to increase the offer of nature-based activities within communities to improve health and wellbeing and pro-environment behaviours, especially in areas with poorer health outcomes and lower access to nature.

I have created this newsletter as a way of providing support and information around nature for health and wellbeing in the West Midlands. For projects taking place in Walsall or Birmingham, I am able to provide tailored support so please get in touch.

SPOTLIGHTS

A snapshot of the amazing work being done in the West Midlands connecting people and nature.

Please let me know if you would like to feature in a spotlight in a future newsletter!

REFLECTIONS ON AN RSPB SANDWELL VALLEY INTERNSHIP



I'm Annice, a second-year undergraduate Social Anthropology student at the University of Birmingham. I applied for work experience through my university's B-Experienced Internship scheme. I was absolutely thrilled to hear back from the team at RSPB Sandwell Valley and have been thoroughly enjoying my internship position since September 2024.

My role is a community engagement intern, I have chosen to **focus on the impacts of nature and people's health and wellbeing** as I have an interest in pursuing a career in public health. So far, I have been primarily involved in a **Nature Prescriptions (NP) project** based in the West Midlands. I have been working alongside and co-designing a resource with RSPB colleagues, nature and well-being organisations and local health care professionals. The resource's **aim is to provide healthcare professionals with a way to support clients mental and physical health, utilising connection to nature.**

I have also been engaging with a variety of organisations in the local community, such as Brushstrokes in Smethwick and Sandwell and West Birmingham NHS trust, to **create links with Sandwell Valley Nature Reserve.** As well as **collecting data** in Sandwell Valley's visitor centre through a survey about the reserve's natural environment and the impact on their wellbeing.



Working with Sandwell Valley, the wider RSPB West Midlands teams and beyond is an absolute pleasure. I look forward to visiting the site every week not just to engage with the office and volunteer team but also to enjoy the urban oasis which is the site itself. I have learnt so many skills from meeting etiquette to identifying wader birds. I cannot wait to find out more! Please drop me an email if you have any questions.

A Woodland Write Through the Year

Monday January 27th, marks the 4th gathering of the 12 participants in "A Woodland Write Through the Year." This creative writing and nature connection collaboration is a partnership between two Worcester-based CICs: **The Bramblewood Project** and **The Word Association.**

Funded by Worcestershire County Council and Hubbub's Nature Hubs Fund, the year-long project originated from conversations between Helen Fairest and Holly Winter-Hughes, representing the two organisations. This connection was fostered by Amber Marquand from Natural England. The project grew from a discussion about a tree planting day to **offset paper usage in The Word Association's published anthologies of therapeutic creative writing.** As we sat in the woodland, speaking about the needs and wellbeing of the trees and the process of tending saplings to independence, we were struck by **the shared metaphors between nature connection work and therapeutic writing.** Driven by our common values and this compelling connection, we talked and researched further, and Public Health offered their support.

It is our hope and intention that establishing a relationship with a piece of woodland across the seasons, alongside a warm and attuned community, will offer the Woodland Write group a long-lasting sense of belonging and kinship. The **sessions focus on tending to the needs of the trees and reflecting on our own needs through writing and feeling into how the land holds us.** We believe that our participants will continue to discover metaphors about themselves and the natural world, long after the course has finished, leaving them with a nurturing legacy and a deeper understanding of themselves and nature.

the bramblewood project
community interest company

THE WORD ASSOCIATION



Read more about it on The Word Association's Substack blog [here...](#)

MORE SPOTLIGHTS

A snapshot of the amazing work being done in the West Midlands connecting people and nature.

Thrive is a **gardening for wellbeing charity**, and Kings Heath Park in Birmingham is home to one of their beautiful gardens. Their **Carer's Programme** is entering into its second year and through social and therapeutic horticulture, it gives carers the opportunity to take time out in nature and have space and support for their own health and wellbeing. Every Thursday for 12 weeks, carers can enjoy seasonal gardening activities in a small and friendly group.

One of their recent participants, C, cares for two young children. She opened up about how she has a degree in Art and silversmithing but that her interest has lapsed with the demands of home and children. After a flower pressing session, C said, *"the programme has inspired me to take up my love of silversmithing again using pressed flowers in resin to make silver trinkets."*

Like for C, Thrive's programmes can help people to feel more energised, confident and creative.

If you know of any carers or carers' groups who may benefit from this free 12-week programme, please contact Thrive at birmingham@thrive.org.uk.



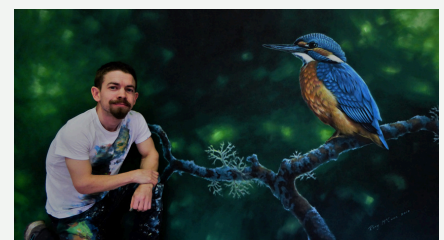
Bringing the Outdoors In: The Power of Nature Art Murals

I'm **Rory McCann**, a mural artist with a deep passion for nature. Growing up in a family of zoologists, I developed a love for the natural world early on. At age 8, I was diagnosed with juvenile arthritis, which limited my ability to physically explore nature. As a result, drawing became my way of connecting with and appreciating the outdoors. Although I pursued zoology and conservation science, my love for art never faded. At 28, I decided to take the leap into becoming an artist. Over the past 12 years, I've painted hundreds of murals all over the world. For conservation initiatives in Russia, Uzbekistan, Mongolia and Kazakhstan. Using nature themed murals to brighten up children's and adults hospices across the UK. And working closely with a diverse array of children in schools to develop their love of nature through art. I hope that I can continue to use my murals to inspire a love of nature in others for many years to come.

Research shows that nature-themed art can have significant benefits for wellbeing. Studies indicate that exposure to nature –whether physically or through art–can reduce stress, improve mood, and enhance focus. This is why **I focus on creating murals that inspire a connection to nature**, whether it's in a healthcare setting or workplace.

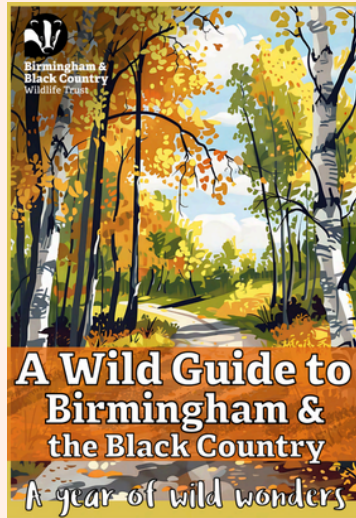
If you're looking for a way to bring nature indoors and improve the environment of your space, my murals can help. I've worked on projects in children's hospices, schools, and conservation spaces, all with the goal of sparking a love for nature in those who experience them.

If you're interested in commissioning a mural or learning more about my work, feel free to get in touch.



YOU MIGHT LIKE TO KNOW...

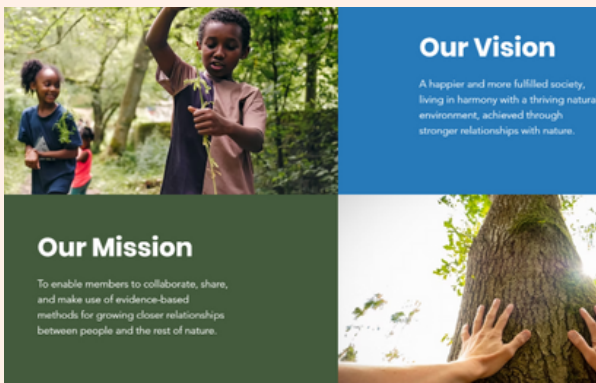
Make 2025 your wildest year yet with the [Birmingham and Black Country Wildlife Trust's FREE wild guide to the region!](#) Month by month, it'll tell you the best wildlife to spot and wild places to visit all across Birmingham and the Black Country. Simply sign up to their free monthly newsletter (filled with wild stuff) and they'll send you your downloadable guide!



Are you working with healthcare sites in your region? The NHS Forest supplies free trees (funded by DEFRA) to healthcare sites. EOIs close on **28 February**. They have a fantastic selection of trees (starting at bundles of 10 trees), from robust broad-leafed bundles to delicious fruit trees. Trees come with stakes, guards, and mulch mats, offering incredible value.

This is a chance to do something positive and lasting for healthcare sites by planting a legacy for future generations and contributing to the NHS's Net Zero strategy. [Order trees now on the NHS Forest website.](#)

Nature Connectedness Network



The University of Derby and Natural England run a **Nature Connectedness Network** and it now has a public face with the launch of its website! The Nature Connectedness Network is open to everyone, including government staff. It provides the opportunity to explore when spending time in, and connecting with nature, can play a role in different areas of work. Natural England has [released a blog](#) to explain more!

Some useful links for Social Prescribing from NASP:

- [Social Prescribing Day Toolkit](#) for 19th March 2025
- [Join the Social Prescribing Innovation Network](#)
- [Social prescribing and long term conditions blog](#).

Nature Towns & Cities Initiative - get involved

Millions of people living in urban areas lack vital access to nature and greenspace. Nature Towns and Cities, a new programme set up by The National Lottery Heritage Fund, National Trust and Natural England, will tackle this by helping local authorities work together with local communities and partners to bring nature into every neighbourhood for all to enjoy. The aim is to grow networks of green space throughout towns and cities, from tree-lined streets and community greens, to heritage parks and canal paths.

Please see the [website](#) to find out more about **The Nature Towns and Cities network - which is open to all, and free to be a member**. Membership includes events, training and resources for community organisations and charities, as well as local government. See the 'How it will work' section on [Nature Towns and Cities](#) and [What's on - Nature Towns and Cities](#)



USEFUL TOOLS FOR NATURE & GREENSPACE



How to make your garden Dementia Friendly



The University of Worcester's Association for Dementia Studies has published a free booklet, "Making Your Garden Dementia-Friendly," offering practical advice to help individuals with dementia and their caregivers adapt gardens for enhanced safety and enjoyment. The resource covers topics such as facilitating outdoor access, engaging the senses, selecting appropriate plants, and ensuring safety, aiming to improve well-being through nature interaction.

West Midlands Environment and Net Zero Dashboard



For WMCA's 7 Supporting Authorities, this tool breaks down Air Quality, Circular Economy, Climate Adaptation, Community Funded Projects, Energy, Greenhouse Gas Emissions and the Natural Environment

In June 2019, the West Midlands Combined Authority (WMCA) declared a climate emergency.

The WMCA Board agreed a target for the region to reach net zero carbon emissions by 2041.

A subsequent 'green paper' was written to indicate how the region could take action in order to reach net zero carbon emissions by 2041 and was consulted upon in early 2020. The purpose of this tool is to pull together relevant published, publicly accessible data regarding net zero carbon and environmental priorities into a single resource.



The Greenground Map Birmingham

Designed by Helen Illus in collaboration with Birmingham City Council and the Naturally Birmingham Project, creatively showcases over 600 of the city's green spaces—including parks, nature reserves, and woodlands—interconnected by canals, rivers, and walking/cycling routes. This map promotes active travel and highlights nearby outdoor activities such as bouldering, bird watching, and kayaking. You can search lots of ideas for greenspaces to explore across the city.

You could also check out the Active Birmingham's **Activity Finder**, with a huge range of sports and outdoor activities to try.



Find your local woodlands in the West Midlands

Use this map to locate your nearest woodlands and find out about their history, their features and species, facilities and how to access them.



CALLS FOR HELP!



Are you experiencing disordered eating & would like to try a new nature programme?

We're recruiting for a new study which aims to explore experiences of a self-led nature connection programme designed (in collaboration with people with lived experience) to support people experiencing disordered eating!

What does the study involve?

- Carrying out the four-week (approx. 1 hour per week), online self-led 'Appreciating Nature' programme
- Answering some questions about yourself and the programme at various time points (during, before and after the programme and 8-weeks later)

Can I participate?

- Aged 16+
- Living in the UK
- You don't need an eating disorder diagnosis & you can be receiving other forms of support e.g. therapy
- You don't need to be a nature person or spend lots of time in nature
- You don't need access to natural spaces (you can do it from your garden/balcony and/or indoors if you wish)

Sign-up or find out more now!
(or unsure whether you can participate)

Email.....
m.morgan16@unimail.derby.ac.uk



A new study investigating the feasibility of a brand-new nature connectedness programme for people with disordered eating.

Mia, a PhD candidate, and Associate Lecturer at the University of Derby has spent the last two years developing a self-led nature connectedness programme designed specifically for people with disordered eating, in collaboration with people with lived experience. She is now recruiting for her final study, which invites people to try out a simplified version of this programme.

This study is recruiting people aged 16+, who are experiencing disordered eating and living in the UK. An eating disorder diagnosis is not needed to participate. People can also be receiving other support of any kind (e.g., therapy, medications). Mia is aiming to recruit a diverse sample (e.g., a range of ethnicities and genders), so the programme can be as inclusive as possible.

Mia has asked if people could help advertise her study as well as share the study information with their networks.

Please email Mia (m.morgan16@unimail.derby.ac.uk) if you are happy to advertise/have any questions and she will send you the included study advertisement and some supporting text for websites/emails etc. Thank you!



The Public Engagement Laboratory for Nature and Society: Can you help our research by sharing your knowledge in this short survey?

A research team at Natural England and the University of East Anglia, are asking for help with their research on diverse forms of public engagement with nature. The research is part of the new Public Engagement Laboratory for Nature and Society. More info on the project here.

They are asking experts to help compile a database of cases of public engagement with nature, whether these are everyday actions, volunteering, activism, recreational activities, online, citizen science, public deliberation, and more. They are especially interested in mapping diverse cases of nature engagement, including those which go beyond what is typically represented in science and policy.

They have put together a short online survey, which asks you to share examples of cases of public engagement with nature. Depending on how much information you wish to share, the survey should take between 5 and 15 minutes to complete. It would be fantastic if you could spare some time to contribute your examples of cases of nature engagement. You can view the survey here.

Please complete the survey by 31st January if possible.

More information about the research project, and how the data you provide will be used, can be seen on the first page of the survey. If you have any questions or want to know more, please don't hesitate to one of project team members (chloe.lawson@naturalengland.org.uk)



Help Shape Nature Recovery in Staffordshire & Stoke-on-Trent!

A Local Nature Recovery Strategy is being developed for Staffordshire and Stoke-on-Trent. It aims to identify key areas for nature recovery and promote strategies that benefit wildlife and communities alike. You can input into this work by marking your favourite outdoor spots in the region on their interactive map. Click here to access the map and share your thoughts. It only takes a few minutes! **The map closes on 31st January.**

TRAINING OPPORTUNITIES



“Feel Good in the Forest champion training”

Forestry England has a wide range of opportunities for people to ‘feel good in the forest’. We know that connection with nature benefits our mental, physical and social wellbeing and that health, social care and community teams play a vital role in supporting people to access those benefits.

The **Feel Good in the Forest champion training** e-learning module will help people to:

- understand health & wellbeing benefits of time in & connection with nature and forests
- learn about Forestry England's health and wellbeing offer and how you can support others to 'feel good in the forest'
- have confidence signposting people to nature-based activities and/or having conversations about nature and wellbeing
- provide inspiration for how you can experience the wellbeing benefits of forests for yourself

The training is suitable for anyone with an interest in nature and wellbeing.

- Click on this link **Feel Good - Open Access: Feel Good in the Forest Champion Training**.
- Log in as a guest user (link below the light green sign in button)
- Select 'enter' to access the course
- Work through the modules in your own time
- Follow the instructions at the end of the module to claim your certificate
- Share with colleagues
- Send us your feedback: email feelgood@forestryengland.uk

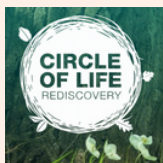


CENTRE for
SUSTAINABLE
HEALTHCARE
inspire • empower • transform

Centre for Sustainable Healthcare Courses

The Centre for Sustainable Healthcare offers training courses health professionals, educators, sustainability and estates managers, focusing on sustainability in healthcare. With a mix of core concepts, case studies, and live workshops, these courses help implement sustainability projects and contribute to Green Plans, Decarbonisation Plans, or Sustainability Strategies. Foundation-level courses introduce sustainable healthcare, while technical courses enhance skills for project planning and measurement.

[Explore the full offerings here.](#)



Certificate in Nature-based Practice Gain the skills & confidence you need to take your practice outdoors

The Certificate in Nature-Based Practice from Circle of Life Rediscovery is designed to equip individuals with skills to integrate nature into their personal and professional practices. The course is ideal for educators, therapists, or those in roles focused on well-being and personal development. Participants will explore various approaches to using nature for fostering emotional, mental, and physical health.

The training covers topics like nature connection, environmental stewardship, and personal growth through experiential learning in natural settings. Over the course, students engage in hands-on activities, supported by reflective practice, and they learn to facilitate nature-based sessions that promote holistic development. This course is rooted in evidence-based practices for healing and growth through nature interaction.

For full details, visit [this page](#)



Nature Connectedness: For a new relationship with nature

This **free online** course from the University of Derby explores the importance of Nature Connectedness and its benefits for both human and environmental wellbeing. Through eight short units, you'll learn how our relationship with nature can be improved and its impact on behaviours and wellbeing. The course is informed by leading research and aims to help individuals, especially those passionate about nature, foster stronger connections with the natural world.

[Find out more here.](#)

Social Prescribing Day

19th March 2025

What is #SocialPrescribingDay?



Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen. Since 2019, thousands of local and national organisations, link workers, medical professionals, academics and students have taken part across the country.

Every year, we have joined together to hold events, share ideas and highlight the impact of social prescribing on people and communities. Together, we want to raise awareness of what social prescribing is, how it works, and how it changes lives.

How to get involved?

You can get involved by hosting events, showcasing your work on social media or highlighting what you're doing in the media.

Don't forget to use the hashtag #SocialPrescribingDay when sharing!

Download the [Social Prescribing Day 2025 Toolkit](#) to find out more about the day, how you can get involved and access graphics.

[Social Prescribing Day 2025 – The National Academy for Social Prescribing | NASP](#)

TheKingsFund >

NATIONAL

Honest perspectives on the pressures and opportunities facing our complex health care sector

Join The King's Fund on the **4th and 5th February** for our two-day virtual event [Health and care explained](#), where policy and leadership experts will break down the complexities of England's health care system. Over two insightful days, we'll explore:

- the structure of the NHS and social care in England
- the government's plans and their implications for patients, professionals and providers
- key challenges such as funding, performance and workforce pressures.

£100-£250 +VAT (students £55)

[Book your place here.](#)

REPORTS & PUBLICATIONS



The Children's People and Nature Survey for England: 2024 update

Natural England published its **2024 children's People and Nature Surveys report** on the 11th December. Some headlines include:

- Children and young people reported visiting a variety of green and natural places in the last week.
- Children and young people with a disability were more likely to spend most of their time in nature while they were at school.
- Most children and young people can easily walk from their home to green and natural spaces.



See also the Adults' People and Nature Survey [View the new report](#) and [infographic](#).

Social and Cultural Barriers to Nature in Birmingham

A new [research project](#) led by Natural England as part of their "Doorstep to Landscape" project explored barriers to accessing green spaces in inner-city Birmingham. Interviews conducted with residents from diverse communities identified challenges like feeling unsafe, a lack of purpose for visiting, and limited awareness of amenities. Recommendations included creating tailored zones in parks (e.g., quiet areas or child-friendly spaces) and introducing practical supports like clothing rentals for weather preparedness. The findings aim to guide improvements in urban green space accessibility and enhance community inclusion, promoting both environmental and health benefits. See spotlight section for more information.



Is social prescribing reaching people in the most deprived areas?

NASP shares recent evidence on social prescribing reaching people from deprived areas.

Envisaging a Social Prescribing Fund

New report makes the case for a new fund that would support community activities, groups and services that benefit people's health and wellbeing.

The impact of social prescribing on health service use and costs

This webinar, which you can watch now, was hosted by Joelle with panellists Jag Mundra and Chris Dayson looked at the benefits of social prescribing to health service use and cost, following NASP's [recently published report](#).

Preventing and Tackling Mental Ill Health through Green Social Prescribing Project Evaluation

The Report Summary details the findings of the project, which aimed to tackle mental ill health through nature-based activities. Running from 2021 to 2023, the project supported over 8,000 people, particularly from deprived areas. Results showed improved mental well-being, reduced anxiety, and a positive social return on investment. The evaluation highlights GSP's effectiveness, but also emphasises challenges like funding, scalability, and the need for better data collection. Recommendations focus on sustainable funding, partnerships, and refining referral processes for broader access.

**Report
Summary**

**Full
Report**

NATURE IN THE NEWS



'Better than medication': prescribing nature works, project shows

A government-backed initiative in England has demonstrated that prescribing nature-based activities—such as walks, gardening, and wild swimming—significantly improves mental health. The scheme, involving over 8,000 participants, led to increased happiness and reduced anxiety, with Green Prescriptions costing around £500 per person, making it a cost-effective alternative to traditional therapies.



Nature and outdoors increasingly prescribed by GPs

There has been a rise in doctors prescribing nature, outdoors and community activities to tackle mental illness in Lincolnshire, NHS figures show. *"just try it, try persevering with it and carrying on. It's definitely worth it. It has helped me such a lot."*



Nature Prescriptions: connecting to nature to boost health and wellbeing

Thousands of people are experiencing the health-giving power of nature with RSPB Nature Prescriptions. This initiative enables healthcare professionals to recommend personalised nature-based activities—e.g. listening to birdsong or observing trees—to enhance patients' wellbeing. Trials in Scotland showed 74% of patients benefited, and 91% of professionals intended to continue offering them. The program has since expanded across the UK.



West Midlands
Combined Authority

Hundreds of new trees to be planted

The WMCA is providing nearly 2,000 native trees across the region to combat climate change and enhance community green spaces. Collaborating with the Woodland Trust, the initiative will distribute saplings to gardens, schools, and community areas. Mayor Richard Parker emphasised the project's role in improving air quality and residents' quality of life.

AND:

Iconic canal routes transformed into urban nature havens

The WMCA has allocated £100,000 to transform over seven miles of neglected canals in Birmingham and the Black Country into urban nature havens. This initiative, part of the Canal & River Trust's Wild Waterways project, aims to boost wildlife and create attractive spaces for walking, running, and cycling.



Purple Horizons Nature Recovery Project: Helping a post-industrial landscape bloom and buzz

The "Purple Horizons" nature recovery project focuses on revitalising a post-industrial landscape in the West Midlands for nature and people. The initiative aims to restore habitats, improve biodiversity, and support wildlife, particularly pollinators. The project involves local communities, landowners, and partners working together to create a sustainable environment and thriving natural spaces in the landscape between Cannock Chase and Sutton Park.

the
PHARMACEUTICAL
JOURNAL

Prescribing nature to boost mental health

The Pharmaceutical Journal explores the growing practice of "green social prescribing," where healthcare professionals recommend nature-based activities to enhance mental health. This podcast examines supporting evidence and discusses pharmacists' roles in connecting patients with nature.

USEFUL RESOURCES

NATURE CONNECTION HANDBOOK

A digestible resource developed with the University of Derby and Natural England. It sums up the importance of connecting with nature: and includes some case studies on nature on prescription and social prescribing.



NATURE BUDDIES TOOLKIT

The Toolkit includes information on:

- How to design a Nature Buddies programme to build on interests of volunteers and the people you work with
- How to enhance your offer and recruit new volunteers, and support existing volunteers.
- How to empower people to feel better, improving their mental health, other health outcomes and build social connections
- How to build people's connection to outdoor spaces / nature near them
- How to measure success and impact
- Evidence from pilot of impacts of Nature Buddies on wellbeing & nature connection
- Case studies and testimonials

NATURE CONNECTION PRACTICES

Based on the latest research on human-nature relationships, the University of Derby have put together a set of 5 nature connection practices to help activate the pathways to nature connectedness. Each one takes just a few minutes a day and can be done alongside ordinary daily activities. For instance, several studies show that even watching videos of nature for 10 minutes every day can increase nature connection and reduce feelings of stress.



CREATING GARDENS FOR WELLBEING - A RESOURCE MAP

Health Leads, Amber Marquand and Mandy Preece, have created a Resource Map - a compilation of useful websites and resources - for anyone interested in creating garden spaces to improve peoples' health and wellbeing, but also to benefit nature and wildlife. This is an 8-page resource for partners who are looking for some guidance on funding, what to plant, how to be people and nature friendly and where there might be further support. Plus more.

We hope it's helpful - please share around!



THINKING ABOUT CREATING A COMMUNITY GREEN SPACE, A GP GARDEN, ETC.?

Here are some great resources:

- [Greener Communities Toolkit](#)
- [In Our Nature Resource Hub](#)
- [Nature on Prescription Handbook](#)
- [Nature Connections Organisations Handbook](#)
- [Biodiversity Plans for Healthcare Sites - NHS Forest](#)
- [FINCH \(Families into Nature Connecting and Helping Resource\)](#)

PLANTING TREES, HEDGES, COMMUNITY ORCHARDS?

- [NHS Forest Digital Tree Pack](#)
- Also, reach out to your County Council or local Wildlife Trust for advice, funding or trees



Express your interest in receiving free trees →

WHY NATURE WORKS: THE EVIDENCE

- [Links between natural environments and mental health - EIN065 \(naturalengland.org.uk\)](#)
- [Links between natural environments and physical health - EIN066 \(naturalengland.org.uk\)](#)
- [How the Natural Environment can support Children and Young People - EIN067 \(naturalengland.org.uk\)](#)
- [Connection to Nature - EIN068 \(naturalengland.org.uk\)](#)



INSPIRATION

A video of an Occupational Therapy garden: <https://vimeo.com/411401512>

Follow Natural England on Social Media:

- [Natural England on Twitter](#)
- [Natural England on Instagram](#)
- [Natural England on YouTube](#)
- [Natural England on LinkedIn](#)

Although I hope that this newsletter will contain something useful for everyone, I completely understand if you feel it is not relevant for you. Please email me (Amber) if you would like to opt out of receiving my newsletter at any time. Thank you.