



The Green Health Walk is a marked walking route around the site with seven differently themed areas to visit, so you can explore the grounds, and enjoy the physical and mental benefits of greenspace and exercise.

The walk was designed and built in 2020 by the Manchester based environmental organisation 'Sow the City', assisted by service users and staff from GMMH.

Prestwich Site Green Health Walk



Places to visit

- A Birds and Bats
- B Orchard
- C Herb Garden
- D Allotment
- E Bug Hotel
- F Sculpture
- G Native Woodland



Improving Lives

Research has shown that getting outdoors can improve your mood and reduce stress levels. Not only does being outside make you feel better, but it helps you sleep better too. Simply half an hour walking outdoors each day can greatly improve your overall wellbeing, especially if you share that time with others.

A - Birds and Bats

The boxes in the trees give birds and bats a safe place for nesting and roosting. A variety of bat species have been recorded in and around the hospital including the Common Pipistrelle, Soprano Pipistrelle and the Brown Long-eared Bat. Birds forage for food in the hedgerows, trees and shrubbery in the hospital grounds.

B - Orchard

The trees in this orchard are old varieties of apples, cherries and plums. The fruit is used in the hospital cafe and made into jam and juice.

C - Herb Garden

Herbs are plants with leaves and seeds that are eaten or used to flavour foods, or even as medicine. Examples of common herbs are rosemary, mint, parsley, oregano, and thyme. Feel free to pick a few leaves for cooking with or making herbal teas.

D - Allotment

These vegetables have been planted by service users and are used in the café. Growing your own can provide you with an abundance of free and nutritious food.

E - Bug Hotel

This bug hotel is designed to provide insects with nesting sites and an environment for offspring to be reared. It is expected to be colonized by mason bees and leaf cutter bees, ladybirds, beetles and lacewings.

F - Sculpture

This sculpture is made out of sequoia redwood timber by a local Lancashire chainsaw artist.

G - Native Woodland

The trees in this woodland are known as native broadleaf trees. These are species that colonised the land after the last ice age and before the UK was disconnected from mainland Europe. The trees were planted in March 2020.

