



**Sow
the
City**

Nature for Health



Information Guide

What is the new Sow the City Nature for Health service?

The Sow the City Nature for Health service aims to tackle and prevent mental ill health by providing Social and Therapeutic Horticulture on prescription for Manchester residents. Our service is funded by NHS England as part of a national pilot and is delivered in partnership with 7 community gardens across the city. Social and Therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills.

Who are we?

Sow the City is a Manchester based social enterprise with expertise in providing nature-based activities and horticultural therapy for disadvantaged communities in Manchester. We've delivered a variety of NHS commissioned projects and programmes tackling food poverty, mental ill health, and drug and alcohol addiction.

Our service

The Sow the City Nature for Health service provides Social and Therapeutic Horticulture sessions at 7 community gardens across the Manchester locality using gardening to support wellbeing. We believe that growing food, particularly in a community context is a powerful type of green social prescription for health outcomes and the wider determinants of health.

Greater Manchester is one of seven national 'test and learn' sites delivering NHS England and NHS Improvement's national pilot for Green Social Prescribing. The NHS funding, being overseen and coordinated through the Greater Manchester Health and Social Care Partnership, is allowing Greater Manchester's green providers, social prescribers, voluntary organisations, and community initiatives to come together with health, social care and public health to 'test and learn' together.














Why is the Nature for Health service needed?

There is abundant evidence that exposure to green and blue space is associated with mental health benefits at both population level and in individuals. Nature-based social prescribing links people with structured and facilitated nature-based activities that have been specifically designed for people with defined health needs.

What kinds of issues can be addressed by the Nature for Health service?

Social and Therapeutic Horticulture can help with a variety of issues including but not limited to:

-  Social isolation / loneliness
-  Depression / low mood / feelings of low self-worth
-  Stress and anxiety
-  Post-Traumatic Stress Disorder
-  Immune deficiency disorders
-  Addiction
-  Diet related ill health
-  Insomnia
-  Stress related illnesses such as CVD, gastrointestinal diseases, chronic fatigue and exhaustion disorder



"It's been great to get outside and have something worthwhile and meaningful to do"

Who is eligible for the service?

The service is available for residents of Manchester, targeting those people most disproportionately impacted by Covid-19 with a focus on mental health and whom who are registered with a GP. The eligibility criteria are:

People with emotional and mental health needs for example loneliness, worry and low mood, as well as those with diagnosed mental health conditions such as depression, anxiety and severe and enduring mental health conditions.

We accept self-referrals or referrals from health professionals (GPs, community mental health teams), social care teams, supported accommodation providers and other mental health support workers.

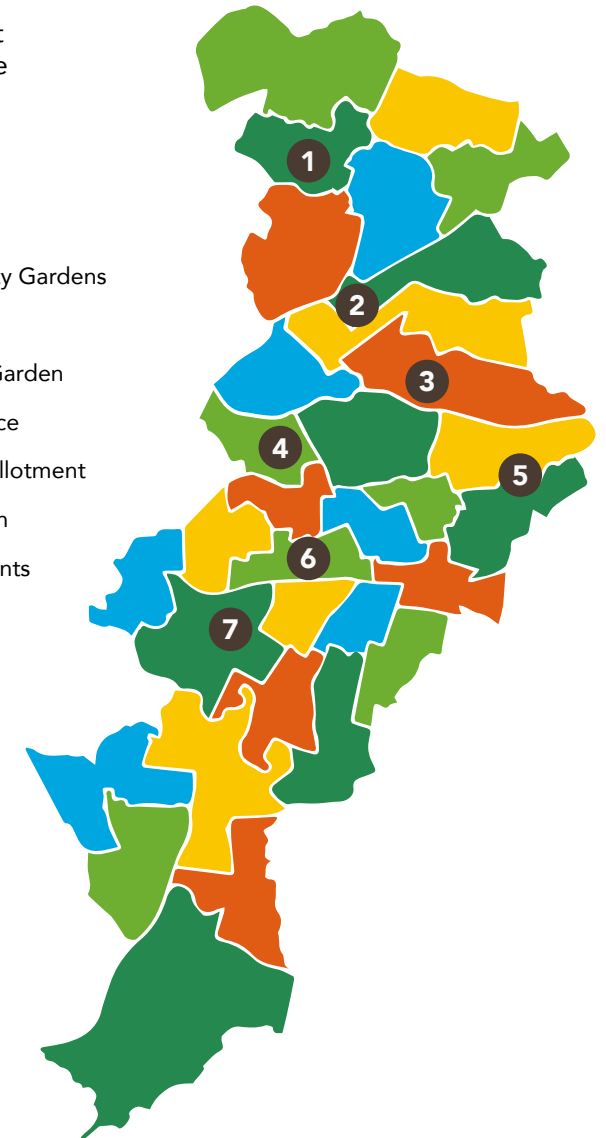
How can I refer someone to the service?

Please use Sow the City's online referral form [here](#) or email us for the referral form as a word document to refer someone to the service and email to Laura Weaver: laura@sowthecity.org. She will review the referral for eligibility and contact the participant directly to provide support and arrange suitable sessions to attend.

Where are sessions taking place?

Sessions are taking place at 7 community gardens in the Manchester locality.

- 1 Crumpsall Park Community Gardens
- 2 The Lalley Centre
- 3 The Grange Community Garden
- 4 Cornbrook Medical Practice
- 5 Ryder Brow Community Allotment
- 6 Platt Fields Market Garden
- 7 Manchester Mind Allotments



Contacts

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For question about the wider Greater Manchester test and learn programme:

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