

GreenSpace

For better headspace

December
2024

The Mini Green Book

A directory of nature-based activity providers in Nottingham and Nottinghamshire to support the Preventing and Tackling Mental Ill-health through Green Social Prescribing national programme 2024 to 2025.

**Integrated
Care System**
Nottingham & Nottinghamshire



**Nottingham
Community
and Voluntary
Service**

A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

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**Growing healthy people,
connected to nature**



WELCOME

to the Mini version of the Big Green Book!

The Big Green Book aims to help people take part in nature-based activities in their local community. This special 'mini' edition has been put together to help you, as a health professional, make referrals or for you to refer yourself into some very specific green social prescribing activities.

These activities are part of the next phase of the national Preventing and Tackling Mental Ill Health Through Green Social Prescribing project. Running from 2024 to 2025, this project, led by GreenSpace, aims to gather some really strong evidence of the value of green social prescribing in improving mental wellbeing for some specific groups of people. We will work with everyone taking part in these activities to help them track their progress if they want to, so they can see and feel the benefits of taking part.

In this edition, you will find information about various activities and their suitability for individuals with different mental health needs. We have included our GreenSpace mental health levels model, designed to help you match needs with appropriate activities and providers.

Some activities have limited capacity or are part of specific mental health pathways. If your desired activity or provider is unavailable due to these limitations, please contact GreenSpace. We will help by signposting you to alternative options where possible. Contact details are included at the end of this book. Alternatively, you can explore the **GreenSpace Nottingham City Big Green Book** and the **GreenSpace Rushcliffe Big Green Book**, both of which include a broader range of providers and activities.

ICONS



We have used these icons in the description of each activity provider to help you identify if they can meet your needs. The level of support that they can provide is identified using the Mental Health Levels which are described on the next two pages. If you or a client is interested in joining any of these activities, we suggest you contact the organisation directly to find out more about the activity and that you are making an appropriate connection.

Please note: All information is correct at the time of publishing. If you find that there is anything incorrect, or if you have any feedback or update requests, please contact GreenSpace by emailing greenspace@nottinghamcvs.co.uk.

Finding an activity for yourself: What do you need to know about the Mental Health Levels?

When you are choosing an activity, use these levels to help you work out whether this group has the support in place that will help you. You may want someone to attend an activity with you for the first time or ongoing. Please talk to the organisation before attending the first session to discuss your support needs.

Level 0: This activity is for you if...

You are feeling well
You want to look after your mental and physical health
You want to try a green or nature-based activity

Level 1: This activity is for you if...

You are seeing your GP about your mental health or are having some support from a health worker or social prescriber
You feel lonely, you have a low mood and/or lack of motivation/structure/routine
You are experiencing symptoms of anxiety and/or mild depression
Your mood/feelings are having a negative effect on your wellbeing

Level 2: This activity is for you if...

You are currently getting support from your GP and receiving psychological therapies, such as cognitive behavioural therapy (CBT) or counselling
You are taking short term medication and/or under ongoing monitoring, and this support is helping you to manage your mental health
You feel a 'Green Buddy' would help you to go along to the first couple of sessions and to help you settle in
You need specific sessions are designed to include more support or have a specific focus on wellbeing
You would benefit from a volunteer to help you or work alongside you during the sessions to help you feel more comfortable and at ease in the group
You have identified recovery goals with your health care professional that you can work towards during the activity

Level 3: This activity is for you if...

You have complex needs and need more than one area of support, including specialists and local mental health team
You need support to take part in sessions (if you have a support worker then they can attend with you)
You need a short-term programme of activity, or a package tailored to meet your individual needs
You need support from a team that specialises in working with people who have long-term and/or complex mental ill health

Level 4: This activity is for you if...

You are experiencing an acute mental health crisis which requires you to receive inpatient or intensive crisis team support
OR
You have a long-term serious mental illness, and you need regular care and support
You need an activity in a hospital-based location, such as a hospital community garden or therapy garden
You need an activity provided by a specialist team that will make sure you get the help and support you need to get the most out of the sessions (this might include doctors and nurses and other people who have expertise in working with people with a range of complex mental health needs, both long-term and acute)

Mental Health Levels explained for Referrers

Please refer to these mental health levels when assessing whether an organisation or activity is suitable to meet a persons needs.

Level 0: This activity is for you if...

This is a person who has taken their own decision to improve their mental health through a green or nature-based activity. They will independently access advice and self-help resources as they need them and manage their own mental wellbeing without the need of additional support.

Level 1: This activity is for you if...

This is a person who is seeing their GP about their mental health or may have some support from a health worker because they are struggling with isolation, low mood and anxiety, including social anxiety, mild depression or a lack of motivation, structure or routine which is having a negative impact on their mental wellbeing. They need a low level of support which can be managed by their GP with support from Social Prescribing pathways in the voluntary and community sector.

Level 2: This activity is for you if...

This is a person who needs GP support along with access to psychological therapies, such as cognitive behavioral therapy (CBT) or counselling, short term medication and/or ongoing monitoring, and they can manage their mental health with this support. They may need a Green Befriender to help them attend the first couple of sessions to settle in. They may need to attend specific sessions, rather than general open sessions and support is available from their Link Worker or mental health practitioner if needed. While engaging in the activity, this person may need support from a volunteer and so training is available for volunteers working in organisations that provide sessions for Level Two patients. Through this supported provision, this person will work towards the recovery goals they have identified with their health care professional, and they will begin to feel the benefit to both their short term and long-term recovery, with the goal of eventually being able to access Level One provision.

Level 3: This activity is for you if...

This is a person who has more complex needs and requires more than one area of support, including specialists and local mental health team support. They may need a lot of help to engage in sessions, possibly from a support worker, and health professionals will track and review their progress as appropriate. Provision may be for a set time period or a specific package and would be delivered by services with dedicated resources and expertise in working with people who have enduring and complex mental ill health, which most community groups would not be able to provide without specialist support. Information and guidance will be provided by the referrer to assist the GreenSpace provider, with ongoing communication between the provider and referrer as needed, and there will be an agreed contact to access in the case of a crisis. This person will have a planned pathway out of Level Three provision, to be agreed between the client and their support team, moving into Level Two provision, with the possibility of reentering Level Three provision if necessary.

Level 4: This activity is for you if...

This could be a person who is experiencing an acute mental health crisis which requires them to receive inpatient or intensive crisis team support, or it could be a person who has a long-term serious mental illness which affects how they function, and they need regular care and support. This person might access GreenSpace activities within a hospital environment, such as within a hospital-based community garden or therapy garden. Activities would be provided by specialist teams, including medical professionals, who have expertise in working with people with a range of complex mental health needs, both long-term and acute. This person would need an initial visit and assessment of their individual needs prior to starting an activity and there would be continuous support to attend from a carer or health professional and ongoing communication between the referrer and the provider. There will be a planned pathway out of this provision into Level Three provision when this person is ready, which will be agreed between the person themselves and their support team.

Nottingham City

Promoting wellbeing and recovery through engagement with outdoor and nature-based activities

Key Contact:

Email: Erica Winters

Phone: 07794 065144

Email: erica.winters@frameworkha.org

Address:

St Ann's Allotments, 121 Ransom Road,
Nottingham NG3 3LH

An eight week rolling programme, designed for:

🌱 People with Severe Mental Illness (SMI) and is on Tuesdays, 10.30am to 2pm

🌱 People who are neurodivergent and is on Thursdays, 10.30am to 2pm.

Activities available:

Allotment sessions provide varied opportunities and activities related to nature in small, supportive groups. People are encouraged to chat and socialise during the session.

How to refer:

Please use our **referral form**, the form will open as an online Word document. Click the 'Download' button to save and edit the document. Once completed, return the form to info@wellnessinmind.org. You can use this same email to make enquiries.

Things to note:

The site at St Ann's Allotments is accessed by a steep path, followed by an unpaved path and there is some sloping ground at the allotment site. Though there is some shelter, activities take place primarily outdoors, so please dress appropriately for the weather.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Nottingham City

Offering a connection with nature through gardening for people living with young onset dementia.

Key Contact: The GreenSpace Team

Email: greenspace@nottinghamcvs.co.uk

Address:

Highbury Community Garden,
Highbury Road, Bulwell, NG6 9DR

This activity is designed for:

👤 People with young onset dementia (early stage) and is on Mondays, 1.30pm to 3pm.

Activities available:

Weekly gardening group with the opportunity to get involved with a range of gardening activities together with the chance to socialise over a cuppa in a relaxing and welcoming environment.

How to refer:

Please email greenspace@nottinghamcvs.co.uk. Please do not share any participant information in your email. The GreenSpace team will be in touch with you directly.

Things to note:

Participants – please be aware that the Highbury Community Garden is located at an acute mental health hospital, so will need to feel comfortable with accessing this site. We recommend that participants wear comfortable and weather proof footwear and clothing. Toilets are situated approximately 150 metres from the Garden in the main hospital. Regular group participants can offer guidance to where the facilities are located but participants will need to be independently mobile and self-caring.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Nottingham City

Empowering lives through climbing. By confronting and overcoming the physical, emotional and psychological barriers of climbing, participants develop powerful mindsets that can be applied to their daily lives, fostering personal growth and resilience.

Key Contact:

Email: info@climbingmatters.co.uk

Web: www.climbingmatters.co.uk

Address:

Nottingham Climbing Centre, 212 Noel Street, Nottingham NG7 6AT

This activity is designed for:

- Adults living with mild to medium mental health challenges.

Activities available:

Climbing Matters is a five-week course of lived experienced coaching and indoor climbing for people living with a mental health challenge.

How to refer:

To register interest in attending a course please visit www.climbingmatters.co.uk, click 'Register Your Interest' at the top right of the webpage.

Things to note:

All equipment is provided and qualified staff supervise the climbing.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Nottinghamshire County

Social and therapeutic community gardening in North Nottinghamshire.

Key Contact: Sonya

Email: gspace@feelgoodgardens.org

Phone: 01623 824665

Web: www.feelgoodgardens.org

Address:

Forestry Holdings, Kings Clipstone,
Mansfield, NG21 9JL

This activity is designed for:

👉 People with mild and medium mental health challenges and is on Wednesdays, 10.30am to 12.30pm

Activities available:

Gardening sessions offering opportunities to get involved on a large site with raised beds, an orchard, a large polytunnel and a flower area. There may also be other seasonal activities such as beekeeping, cookery and craft sessions, and of course observing the wildlife that visits the site and socialising with other garden participants.

How to refer:

Please complete [this form](#) to make a referral into FGG. The form will open as an online Word document. Click the 'Download' button to save and edit the document. Once completed, return the form to Sonya at gspace@feelgoodgardens.org.

How to find us:

Visit our [website](#) for information on how to find us. Please note, although this road is marked as private, it is not restricted, and visitors to Feel Good Gardens can still access the gardens by car via this route.

Things to note:

This is predominantly an outdoor project, so please observe the weather forecast and wear appropriate clothing including outdoor footwear and waterproofs when the weather is wet. You may also need to bring sun protection.

We provide hot drinks. There will also be garden-grown, nutritious seasonal food provided. Offering everyone the chance to enjoy a hot meal together.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Dementia Hub @The Secret Garden, Ashfield Health & Wellbeing Centre

Nottinghamshire County

Offering a connection with nature through gardening for people living with onset dementia

Key Contact: Esther Hepple
Email: esther.hepple@nottshc.nhs.uk
Phone: 07552 830059

Address:
Ashfield Health & Wellbeing Centre,
Portland Street, NG17 7AE

This activity is designed for:

🌱 People living with onset dementia (early stage) and is on Tuesdays, 11am to 12.30pm

Activities available:

Be part of transforming our new garden into a beautiful space that encourages nature. A weekly gardening group with the opportunity to get involved with a range of gardening activities together with the chance to socialise over a cuppa in a relaxing and welcoming environment.

How to refer:

Please contact Esther Hepple, Dementia Hub Involvement Worker using the details in the Key Contact section.

Things to note:

There is currently no shelter available in the garden, however it is possible for the group to take shelter inside Ashfield Health and Wellbeing centre during poor weather conditions. Toilets are situated approximately 150 metres away and participants will need to be independently mobile and self-caring. We recommend participants wear weather proof footwear and clothing.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Runspire Nottingham: Move Your Body More!

Nottinghamshire County

Runspire Nottingham is more than fitness—it's a vibrant community making exercise enjoyable. Designed by young people, for young people, our outdoor activities boost mental health while having fun!

Key Contact: Runspire Nottingham
Email: hello@runspire-notts.com
Phone: 07482 717972
Web: www.runspire-notts.com

Address:
Hucknall: TBC please contact Runspire for further details.
Netherfield, Jubilee Park: Walk-Run Challenge

This activity is designed for:

👉 15 to 19 year olds wanting to get more active in nature.

When:

Taster session: Saturday 11 January 2025, 1pm to 2pm
Four-week programme: Every Saturday between 18 January and 8 February 2025, 1pm to 2pm.

Activities available:

An outdoor challenge designed by young people, for young people. A treasure hunt-themed walk or run for all fitness levels. A Spotify playlist, created by participants, will be played during the activity. Hot chocolate, biscuits, and cakes for a post-session treat. Each week brings a new theme - treasure hunts, run bingo and music-filled fun!

How to refer or register interest:

Register for the latest challenge [here](#).

Things to note:

If the participant is under 16 years of age parental consent to take part will be required.



Mental Health Level



Mixed Gender/Cultures

Facilities:



Nottinghamshire County

This is a list of green and nature-based providers and activities that health care professionals working in Sherwood Primary Care Network can refer people to.

Contact details:

Please see below.

Address:

Please see below.

This activity is designed for:

🍀 These activities are suitable for any individual but ideally for people with mild mental health challenges, people experiencing loneliness and people with long term conditions with mental health challenges.

Things to note:

Facilities on-site may vary, so we recommend contacting the activity provider to ensure they can meet the needs of the person you are referring.



**Mental Health
Level**

Activities, locations and contact details:

#Well Community - Nottinghamshire Mind Ollerton

Ollerton Community Garden, St Paulinus Church, NG22 9SX

Wednesdays 10am to 12noon

[Click here to refer](#)

Feel Good Gardens

Social and therapeutic community gardening in North Nottinghamshire.

See separate entry on page 8 for full details.

Edwinstowe in Bloom

Volunteering opportunities to develop further planting schemes and help with garden maintenance.

How to refer: contact eib@btinternet.com or message through their [Facebook page](#).

Rainworth Social Action Hub

Walks and Talks, Get into Gardening courses.

How to refer: email

info@socialactionhub.com,

Website: www.socialactionhub.com

Wellbeing Walks

Newark and Sherwood Wellbeing Walks.

Free and friendly shorts walks suitable for all abilities. Friendship, fresh air and fitness.

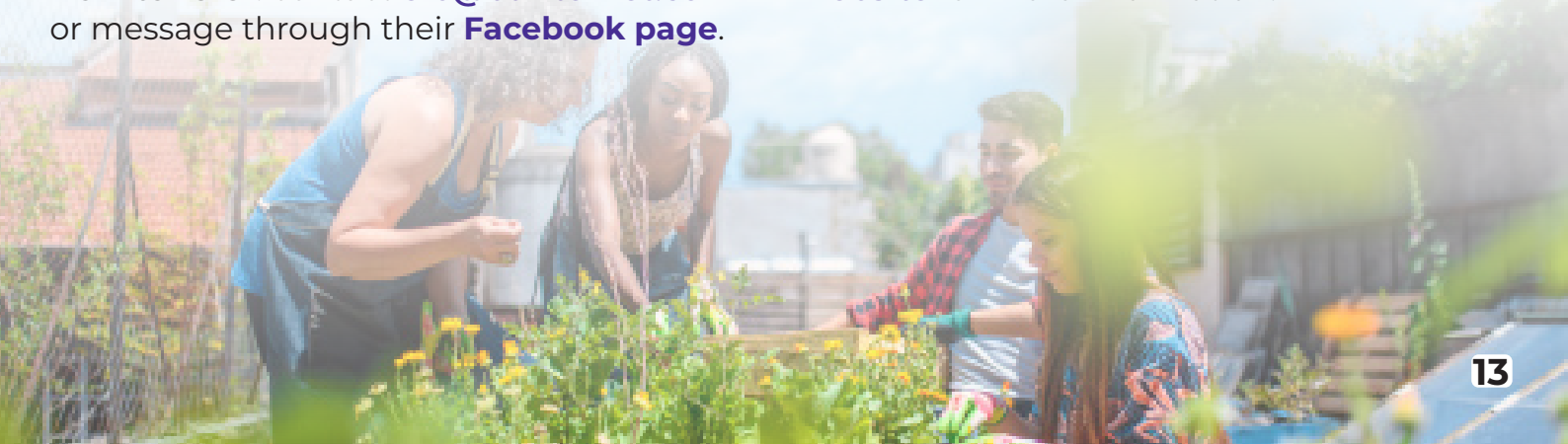
How to refer: For more information call 01522 544632, email wellbeingwalks@lincolnshire.coop

or visit their [website](#) for details of local wellbeing walks.

Ramblers Wellbeing Walks

Edwinstowe and Sherwood Forest, visit their

[website](#) for more information.



How to contact GreenSpace



If you are a referrer and wish to contact us, please email greenspace@nottinghamcvs.co.uk. We cannot organise a referral into a green activity for you but can sign-post you to other green and nature-based providers.



If you are self-referring you can find alternative activities in the **GreenSpace Nottingham City Big Green Book** and the **GreenSpace Rushcliffe Big Green Book**, both of which include a broader range of providers and activities.

If you do get in touch, please do not share any personal details or sensitive information.