



**Bristol, North Somerset  
and South Gloucestershire**  
Clinical Commissioning Group

# Green Social Prescribing Directory



**Healthier with Nature**

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## Introduction

Welcome to the first edition of the Green Social Prescribing Directory for Bristol, North Somerset and South Gloucestershire (BNSSG).

Connecting with nature is good for both our mental and physical health. In its recent 'Thriving with Nature' report, the Mental Health Foundation (2021) highlights research which links access to green space to:

- a reduced risk of mental health problems
- improved mood
- increased life satisfaction
- reduced stress
- increased physical activity
- better physical health

These benefits are being increasingly recognised by a range of health professionals, including GPs, and green social prescribing – linking people to nature-based interventions and activities, such as local walking for health schemes, mindfulness groups, gardening or community allotments, conservation tasks such as tree planting or litter picking, and creative activities – is becoming more widely incorporated into healthcare.

We are lucky to have a wealth of green and blue spaces in Bristol, North Somerset and South Gloucestershire, with numerous organisations delivering high quality, accessible and affordable nature-based programmes.

## About this Directory

The Green Social Prescribing Directory aims to showcase some of the many and diverse local organisations offering outdoor and nature-based activities and services.

Whilst no means an exhaustive list, we hope that this guide will support, encourage and inspire people to take part in and benefit from them: there is something for all ages, ability levels and interests and many of them are free!

This directory has been produced by Healthier with Nature, the local Green Social Prescribing Network for Bristol, North Somerset and South Gloucestershire with funding from NHS Bristol, North Somerset & South Gloucestershire Clinical Commissioning Group.

Design by Limepark Studios. Images supplied by Nick Sutton, Alex Rotas, Guy Manchester, Lizzie Churchill for Orca, Soul Trail Wellbeing and the Centre for Ageing Better ([www.creativecommons.org/licenses/by-nd/4.0/](http://www.creativecommons.org/licenses/by-nd/4.0/)).

Details are correct at the time of going to print.



## Henrietta's Story

“ I really consider it my biggest achievement (amongst the many during my lifetime) in my life ”

A 64 year old with a previous history of breast cancer, Henrietta was a non-exerciser, occasionally walking the 20 minutes to work and once or twice a month 'dragging' herself out for an hour's walk.

In winter 2021, Henrietta joined a Nordic walking taster run by Let's Walk Bristol CIC. Following the taster, Henrietta noticed that her sciatic pain had gone and she could bend down more easily. The benefits only lasted a few days, but Henrietta wanted to do more and with funding from Age UK Bristol and encouragement from the Nordic Walking Wellness project co-ordinators, she undertook to train as a Nordic walking instructor.

Henrietta started Nordic walking several times a week to improve her technique and prepare for the instructor course. She walked in all weather conditions and said that she often got carried away, staying out longer than she'd intended. Her mental health is generally good, but she felt happier after Nordic walking and the sense of wellbeing stayed with her afterwards.

Nordic walking has had a profound effect on Henrietta's body. People keep telling her that she's straighter and taller, her sciatic pain has gone, and she is much more flexible.

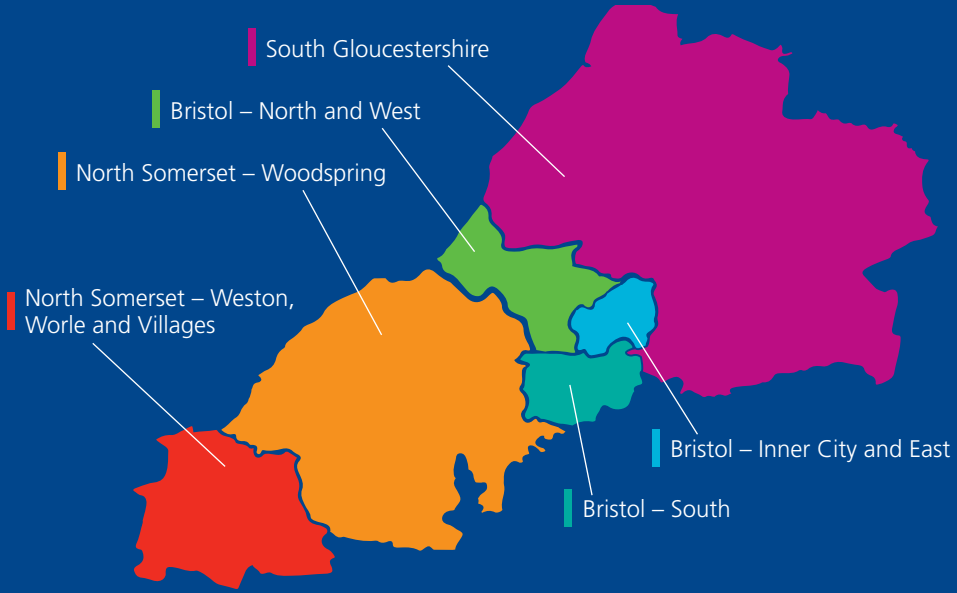
Thanks to Nordic walking, Henrietta has gone from a non-exerciser who never did well in school PE lessons to a fully-qualified exercise instructor!



# How to use this Directory

## Listings by Locality

The organisations included in this guide are listed and colour-coded by locality:



## Key to Symbols

The symbols provide an overview of each provider's accessibility and facilities. Please contact individual providers directly for full details of the activities and services currently on offer.

Accessible Toilets		Parking	
Wheelchair Accessible		Bus Nearby	
Dementia Friendly		Refreshments	
Induction Loop		Visually Impaired Friendly	
BSL		Free Activities and/or Services	<b>FREE</b>



## Bristol - Inner City and East

### ActiveBeing

We offer a range of programmes to improve women's mental health through engagement in activities in the natural environment: ActiveTalk, a 1:1 mental health walk & talk support package; CreativeBeing, an 8 week course using a range of art-based and creative practices outdoors; and WildWomen; an 8 week course covering whittling, lighting camp fires and cooking outdoors.

**T** 07764 744609

**E** charliehh@activebeing.co.uk

**W** www.activebeing.co.uk

**FREE**

### Alive Wellspring Settlement Community Gardening Group

Community gardening group in Barton Hill connecting people with their community through growing fruit, veg and flowers together. We share skills, stories, and tea and cake at the end!

**T** 07379 498764

**E** communitygardens@aliveactivities.org

**W** www.aliveactivities.org/what-we-do/services/community-gardening

**WC** **FREE**

### All-Aboard Watersports

Our aim is to break down barriers and make it possible for everyone in our community to participate in a range of watersports. We offer sailing, kayaking, canoeing, rowing, paddleboarding and powerboating, all in the beautiful and historic Bristol City harbour. Our centre and activities are fully accessible and delivered by a highly-trained team of instructors, staff and volunteers.

**T** 07458 091427

**E** wellbeingteam@avonwildlifetrust.org.uk

**W** www.avonwildlifetrust.org.uk/wellbeing-with-nature

**WC**

### Avon Wildlife Trust

Discover local wildlife and take part in activities such as natural crafts, wildlife walks and making bird feeders. Learn self-care techniques including nature-based mindfulness, sit-spots and gratitude that support your wellbeing.

**T** 07458 091427

**E** wellbeingteam@avonwildlifetrust.org.uk

**W** www.aliveactivities.org/what-we-do/services/community-gardening

**FREE**

## Bristol - Inner City and East

### Bristol Horn Youth Concern

Bristol Horn Youth Concern is a community interest company formed to support young people aged 11-19, mainly from an East African, though not exclusively Somali background. We provide a range of activities and support including sports, leadership skills, advice, and training on employment.

**T** 07557 510546

**E** hornyouthconcern@hotmail.co.uk

**W** www.bristoloyouthconcern.com

**WC** **FREE**

### Changes Bristol

Changes Bristol offers free support services for mental wellbeing for anyone over the age of 18. These include a weekly outdoor wellbeing group Keep Going Keep Growing and Walk and Talk Groups in parks and green spaces across Bristol.

**T** 0117 941 1123

**E** info@changesbristol.org.uk

**W** www.changesbristol.org.uk

**FREE**



### Forest Bathe

Carina Greenwood is an experienced Forest Therapy Guide (ANFT certified). She guides people within the ancient woodlands of the Forest of Dean in a slow walking practice from Japan called Shinrin Yoku, or Forest Bathing. The structured 2-4 hour introduction to Forest Bathing is a gentle, slow, preventative health and wellness intervention, which does not involve walking further than 2km.

**T** 07774 695589

**E** carina@forestbathe.co.uk

**W** www.forestbathe.co.uk

**WC**

### Forest of Avon Trust

Woodland Wellbeing is a space for people with dementia and their carers to enjoy time together in the relaxing environment of a local woodland. We meet fortnightly, going for short walks, foraging and cooking on the fire, trying art or crafts or simply listening to the birds. Sessions are free and run in partnership with Bristol Dementia Wellbeing Service.

**T** 07855 560865

**E** rachel.tomlinson@forestofavontrust.org

**W** www.forestofavontrust.org

**WC** **FREE**



## Bristol - Inner City and East

### Friends of Brislington Brook

We are a group of local people making St Anne's Woods and Nightingale Valley a nicer place to be and enjoying it as much as we can. We are working on ways to make sure it stays here for future generations too.

**T** 01234 567890

**E** info.fobb@gmail.com

**W** www.facebook.com/FriendsBrislingtonBrook



FREE

### Friends of Eastwood Farm

We maintain paths and steps, pick litter, carry out repairs, deal with minor issues, and improve the play areas. We have monthly work parties to do this, which involve an hour or two working and quite a while drinking tea!

**T** Please email

**E** friends@eastwoodfarm.org.uk

**W** www.eastwoodfarm.org.uk



### Greener Practice Bristol & Bath

A group of healthcare professionals interested in providing high quality environmentally friendly healthcare. We are especially interested in reducing the carbon footprint of primary care and in advertising local green and community projects to our GP patients. Get in touch if you have a green or community group which you think would benefit patients in the Bristol or Bath area.

**T** Please email

**E** greenerpracticebristol@gmail.com

**W** www.greenerpractice.co.uk

### Henbury Walking Group

Walks of about 2.5 miles around the Bristol area, through parks, woods, open spaces and harbourside. The walks are mainly on flat ground or downhill but may include some hills and steps. All walks are accessible by bus.

**T** 0117 377 6247

**E** rm007f6305@blueyonder.co.uk

**W** Please email or call



FREE

## Bristol - Inner City and East

### Life Cycle UK

Life Cycle UK's mission is to help more people get cycling, transforming lives and the environment. We have a range of supportive services to help get people on their bikes and exploring Bristol: 6-week Get Cycling! Courses for beginners, One-to-One Cycle Lessons, a Cycle Buddies volunteer scheme and Group Rides.

**T** 0117 353 4580

**E** office@lifecycleuk.org.uk

**W** www.lifecycleuk.org.uk

FREE

### Look Again

We help people use mindful photography and nature connection to see their life and the world from a different perspective and to improve mental health and wellbeing. We offer workshops, courses and practitioner training using the Look Again evidence-based methodology.

**T** 07789 958895

**E** ruth@look-again.org

**W** www.look-again.org

### Mud Pie Explorers CIC

We are a well-established, not for profit Community Interest Company based in South Gloucestershire and Bristol. We have a wonderful team of 22 people who run Forest School sessions, after school clubs and take community groups out into local green spaces. Over 70% of our Forest Schoolers have additional needs and we are very well regarded within the SEND community.

**T** 07553 8547151

**E** office@mud-pies.co.uk

**W** www.mud-pies.co.uk



FREE

### Nordic Walking Wellness Courses

Short learn to Nordic walk courses combined with nature-based activities in local green spaces to support mental and physical wellbeing. Suitable for most fitness levels. Specialist poles provided (with ongoing borrowing facility). Qualified instructors. Certificate on completion.

**T** 07958 581398

**E** info@letswalkbristol.org

**W** www.letswalkbristol.org



FREE



## Bristol - Inner City and East

### Open Minds Active

Open Minds Active is a social impact organisation whose aim is to promote positive mental health and wellbeing for all through access to the natural environment. Our social prescribing programmes consist of activities such as walking, outdoor yoga and wild swimming, focussing on those who face barriers in accessing the outdoors and activity in general.

**T** 07498 232153

**E** hello@openmindsactive.org

**W** www.openmindsactive.org



### Soul Trail Wellbeing CIC

Soul Trail Wellbeing C.I.C offer wellbeing walks and nature-based wellbeing workshops to the community. Our walks and sessions aim to lower stress & anxiety, aid relaxation, connect with nature & other people, improve confidence, provide learning opportunities, improve health and fitness and offer a safe space to talk – all whilst enjoying the outdoors.

**T** 07719 400431

**E** soultrailwellbeing@gmail.com

**W** Instagram: @soultrailwellbeing



### Speedwell Allotment Project

A weekly allotment wellbeing group for those wanting to enjoy the outdoors in a supportive and friendly environment, with the aim of growing fruit and vegetables, developing gardening skills and increasing social contact.

**T** 0117 955 6098

**E** wellbeingallotmentspeedwell@nhs.net

**W** www.awp.nhs.uk



### St George Strollers

The St George Strollers organise regular healthy walks of 2 to 3 miles in or around the vicinity of St George, East Bristol. Once a month we run a 30 minute stroll around St George Park.

**T** 0117 952 2513

**E** strollers@troopers-hill.org.uk

**W** www.troopers-hill.org.uk



## Bristol - Inner City and East

### St Werburghs City Farm

St Werburghs City Farm connects people through land, nature and food. Our activities include: supported placements for adults with learning difficulties; alternative curriculum placements for young people struggling in mainstream education; nature connection sessions for adults experiencing poor mental health; woodland play for young people experiencing anxiety, and targeted outreach for people currently underrepresented in our services, agriculture and/or outdoor engagement.

**T** 0117 942 8241

**E** office@swcityfarm.co.uk

**W** www.swcityfarm.co.uk



### SUP Bristol

Award winning stand up paddleboarding introductory sessions, lessons, tours and memberships.

**T** 0117 422 5858

**E** info@supbristol.com

**W** www.supbristol.com



### The Birch Collective

We provide land and nature-based activities for 16-25 year olds in Bristol, including a weekly land skills and nature-based wellbeing session called Fresh Air Thursdays in St George and a residential camp each year. All our activities are free!

**T** 07936 784637

**E** team@thebirchcollective.co.uk

**W** www.thebirchcollective.co.uk



### The Ernest Cook Trust

We are an education charity offering outdoor learning programmes for children, young people and their communities. We work with other organisations to support groups who would benefit from connecting with nature through a range of hands-on activities. Our programmes are bespoke, co-designed with our beneficiaries, and free of charge.

**T** 01285 712492 option 1

**E** learning@ernestcooktrust.org.uk

**W** www.ernestcooktrust.org.uk



## Bristol - Inner City and East

### The Matthew of Bristol

Berthed in Bristol's historic Floating Harbour, the Matthew of Bristol offers regular trips around the harbour or down the Avon Gorge to Pill. When not out on a trip, it is open to the general public to come aboard, explore the ship and have a chat with our dedicated crew of volunteers.

**T** 0117 927 6868

**E** [info@matthew.co.uk](mailto:info@matthew.co.uk)

**W** [www.matthew.co.uk](http://www.matthew.co.uk)



### WHYoutdoors - We Hear You

We Hear You is a counselling service for anyone affected by or living with cancer and life threatening conditions. WHYoutdoors is a therapeutic, six week course in nature connection, aimed at improving wellbeing for those living with and beyond cancer and those bereaved by cancer. Courses are free and open to self-referrals.

**T** 01373 455255

**E** [info@wehearyou.org.uk](mailto:info@wehearyou.org.uk)

**W** [www.wehearyou.org.uk/whyoutdoors](http://www.wehearyou.org.uk/whyoutdoors)



### Wild Wood Healing

We provide 1:1 counselling and group therapeutic work in and with Nature. We work with children and young people up to 26 years old. We also provide groups for therapists and other professionals wishing to heal with Nature and learn more about Nature connection practice.

**T** 07906 345674

**E** [olivia@wildwoodhealingarts.com](mailto:olivia@wildwoodhealingarts.com)

**W** [www.wildwoodhealingarts.com](http://www.wildwoodhealingarts.com)



### Wild Ways to Writing

Wild Ways to Writing is an online programme of 1:1 mentoring to support a creative writing practice inspired by deeper connection with the natural world and your wild self. Working at your own pace, the programme enhances your creative expression, supports your wellbeing and helps to develop a deeper and more resilient relationship with the Earth.

**T** 07384 356426

**E** [helen.l.moore@gmail.com](mailto:helen.l.moore@gmail.com)

**W** [www.helenmoorepoet.com/wild-ways-to-writing](http://www.helenmoorepoet.com/wild-ways-to-writing)



## Bristol - Inner City and East

### Woodcroft Community Orchard

We are a community run and led project, based at Woodcroft Road Allotments. We aim to bring people together to share the journey of creating and maintaining the orchard. We have planted over 50 trees, including apple, pear and plum, and a range of soft fruits. We get together on the 1st Sunday of the month, learning new skills in a friendly environment.

**T** 07940 888764

**E** [woodcroftcommunityorchard@gmail.com](mailto:woodcroftcommunityorchard@gmail.com)

**W** [www.woodcroftcommunityorchard.wordpress.com](http://www.woodcroftcommunityorchard.wordpress.com)



### Your Park Bristol and Bath

We offer six-week seasonal programmes of meadow and tree conservation and outdoor wellbeing activities outdoors in Hartcliffe Millennium Green and Eastville Park for people struggling with their mental health. Safe and welcoming space for all, to learn new skills, enjoy the outdoors, connect with others, experience nature and lift mood. You can refer yourself or a client – booking essential.

**T** 07584 342739

**E** [sara@yourpark.org.uk](mailto:sara@yourpark.org.uk)

**W** [www.yourpark.org.uk](http://www.yourpark.org.uk)





## Bristol - North and West

### ActiveBeing

We offer a range of programmes to improve women's mental health through engagement in activities in the natural environment: ActiveTalk, a 1:1 mental health walk & talk support package; CreativeBeing, an 8 week course using a range of art-based and creative practices outdoors; and WildWomen; an 8 week course covering whittling, lighting camp fires and cooking outdoors.

**T** 07764 744609

**E** charliehh@activebeing.co.uk

**W** www.activebeing.co.uk

**FREE**

### Alive Activities Dementia-friendly Community Allotment

Bristol's first dementia-friendly community allotment project run on purpose built, fully accessible site. Our facilitator and trained volunteers support people living with dementia and their care-partners to connect with others and nature over growing their own. Sessions run in all seasons thanks to our beautiful social shed and gazebo.

**T** 07423 719088

**E** communitygardening@aliveactivities.org

**W** www.aliveactivities.org/what-we-do/services/community-gardening

**FREE**

### Alive Lawrence Weston Community Gardening Group

Come along and join in an accessible community gardening group in the grounds of the extra care setting. We meet come rain or shine, outdoors or in, and grow fruit, veg and flowers, do green crafts together, get to know each other and have a laugh!

**T** 07379 498764

**E** communitygardening@aliveactivities.org

**W** www.aliveactivities.org/what-we-do/services/community-gardening

**FREE**

### All-Aboard Watersports

Our aim is to break down barriers and make it possible for everyone in our community to participate in a range of watersports. We offer sailing, kayaking, canoeing, rowing, paddleboarding and powerboating, all in the beautiful and historic Bristol City harbour. Our centre and activities are fully accessible and delivered by a highly-trained team of instructors, staff and volunteers..

**T** 0117 929 0801

**E** admin@allaboardwatersports.co.uk

**W** www.allaboardwatersports.co.uk

**FREE**

## Bristol - North and West

### Bristol Nordic Walking

Come and join us to see why Nordic is walking one of the fastest growing fitness activities in the world! It turns a walk into a total body workout and is fun and sociable. Visit our website to book onto a one-off Beginners Workshop where you will learn the correct technique; once completed you can join any of our daily hour-long fitness walks.

**T** 07886 885213

**E** info@bristolnordicwalking.co.uk

**W** www.bristolnordicwalking.co.uk

**FREE**

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**T** 07774 695589

**E** carina@forestbathe.co.uk

**W** www.forestbathe.co.uk

**FREE**

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**T** 07855 560865

**E** rachel.tomlinson@forestofavontrust.org

**W** www.forestbathe.co.uk

**FREE**

### Friends of Blaise

Friends of Blaise promotes and supports the conservation and improvement of the Blaise Castle Estate. We represent the concerns of the local community, work to improve their enjoyment of the facilities, and encourage proper management by Bristol City Council of the Estate's woodland and parkland. We run a wide range of conservation-type activities throughout the year.

**T** 07932 943941

**E** contact@friendsofblaise.co.uk

**W** Please email or call

**FREE**

## Bristol - North and West

### Greener Practice Bristol & Bath

A group of healthcare professionals interested in providing high quality environmentally friendly healthcare. We are especially interested in reducing the carbon footprint of primary care and in advertising local green and community projects to our GP patients. Get in touch if you have a green or community group which you think would benefit patients in the Bristol or Bath area.

**T** Please email

**E** greenerpracticebristol@gmail.com

**W** www.greenerpractice.co.uk

### Henbury Walking Group

Walks of about 2.5 miles around the Bristol area, through parks, woods, open spaces and harbourside. The walks are mainly on flat ground or downhill but may include some hills and steps. All walks are accessible by bus.

**T** 0117 377 6247

**E** rm007f6305@blueyonder.co.uk

**W** Please email or call



### Horfield Stroller Walking Group

We are a new walking group founded in 2022 based on the old Walking for Health model with the proviso that walkers attend at their own risk. Our fortnightly free walks start from a central Horfield venue and are around 2-3 miles; some are accessed by bus, others are wholly walking. We end our walks with a coffee/drink/bite to eat. All ages and abilities welcome.

**T** 0117 924 1398

**E** anna@agtrans.co.uk

**W** Please email or call



### Lawrence Weston Community Farm

Lawrence Weston Community Farm is a community-managed project that aims to improve the quality of life for local people. We work with the local community to provide activities such as gardening and volunteering, and a safe, green community space.

**T** 0117 938 1128

**E** office@lwfarm.org.uk

**W** www.lwfarm.org.uk



## Bristol - North and West

### Life Cycle UK

Life Cycle UK's mission is to help more people get cycling, transforming lives and the environment. We have a range of supportive services to help get people on their bikes and exploring Bristol: 6-week Get Cycling! Courses for beginners, One-to-One Cycle Lessons, a Cycle Buddies volunteer scheme and Group Rides.

**T** 0117 353 4580

**E** office@lifecycleuk.org.uk

**W** www.lifecycleuk.org.uk

**FREE**

### Lockleaze Green Gym

Imagine an outdoor exercise class where you're not just working on your own health and fitness, you're also creating green spaces and transforming local parks and woodlands. Weekly Green Gym sessions last for 3 hours and are open for anyone to attend for free. You do not need any experience, and all tools and training are provided.

**T** 07739 447968

**E** gg-lockleaze@tcv.org.uk

**W** www.tcv.org.uk/greengym



### Lockleaze Neighbourhood Trust

We are a resident-led organisation that supports residents to achieve positive change for themselves and their community. We run a monthly one-hour guided easy walk for adults of all abilities in Stoke Park, meeting at the Hub in Lockleaze, and staying for a cuppa and a chat at the cafe afterwards. A great way to keep active, enjoy nature and make friends.

**T** 0117 914 1129

**E** info@lockleazent.co.uk

**W** www.lockleazehub.org.uk



### Look Again

We help people use mindful photography and nature connection to see their life and the world from a different perspective and to improve mental health and wellbeing. We offer workshops, courses and practitioner training using the Look Again evidence-based methodology.

**T** 07789 958895

**E** ruth@look-again.org

**W** www.look-again.org

## Bristol - North and West

### Mud Pie Explorers CIC

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**T** 07553 8547151

**E** office@mud-pies.co.uk

**W** www.mud-pies.co.uk



### Natural Academy

We train people to work as nature and health facilitators and eco therapists at Tortworth Arboretum in South Gloucestershire and deliver nature-based wellbeing services for NHS staff at Southmead Hospital. We have an evidence-based approach to green care called NatureWell which is delivered across the UK. We work with partners in the NHS, Wildlife Trusts and woodland/food growing projects.

**T** 07462 244751

**E** info@naturalacademy.org

**W** www.naturalacademy.org



### Nordic4

Nordic4 offers Nordic Walking instruction and fitness. We place an importance on the individual, recognising that not all walkers are the same; sessions reflect this. Improved fitness and an appreciation of nature in our surroundings provide a sense of wellbeing.

**T** 0797 0741320

**E** katie.atkins@nordic4.com

**W** www.nordic4.com



### Open Minds Active

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**T** 07498 232153

**E** hello@openmindsactive.org

**W** www.openmindsactive.org



## Bristol - North and West

### Pedal Progression

We offer bike hire, skills coaching, a bike workshop and a retail shop.

**T** 0117 973 1298

**E** info@pedalprogression.com

**W** www.pedalprogression.com



### Ruth Taylor Counselling and Eco-Therapy

I offer 1-1 nature-based therapy.

We work with nature, drawing on its capacity to soothe and heal while addressing the challenges that you are facing. In addition, as a Nature Well practitioner, I offer short courses for groups/organisations; these invite people to reconnect with nature to improve their wellbeing.

**T** 07748 592277

**E** ruthtaylorcounselling@yahoo.com

**W** www.ruthtaylorcounselling.com



### Talam

We run sessions in local woodlands designed for those who are experiencing stress related illness, mental and physical difficulties, and social / domestic problems. We accept self-referrals or referrals from key workers, GPs and mental health teams

**T** 07496 717598

**E** skkeith7@gmail.com

**W** Please email or call



### The Ernest Cook Trust

We are an education charity offering outdoor learning programmes for children, young people and their communities. We work with other organisations to support groups who would benefit from connecting with nature through a range of hands-on activities. Our programmes are bespoke, co-designed with our beneficiaries, and free of charge.

**T** 01285 712492 option 1

**E** learning@ernestcooktrust.org.uk

**W** www.ernestcooktrust.org.uk





## Bristol - North and West

### The Matthew of Bristol

Berthed in Bristol's historic Floating Harbour, the Matthew of Bristol offers regular trips around the harbour or down the Avon Gorge to Pill. When not out on a trip, it is open to the general public to come aboard, explore the ship and have a chat with our dedicated crew of volunteers.

**T** 0117 927 6868

**E** info@matthew.co.uk

**W** www.matthew.co.uk



### The Vench Lockleaze Gardening Group

We are an all-abilities growing group based in the kitchen garden of the Vench's adventure playground. Together we learn practices such as no-dig gardening, companion planting, seed-saving, harvesting rainwater, making good compost, and growing in small spaces. There is always time for reflection, tea, good conversation and usually food and flowers to take home or cook up together.

**T** Please email

**E** lockleaze@groundwork.org.uk

**W** www.thevench.co.uk



### Westbury Walkers

Westbury Walkers offer walks of approximately 3 miles to people generally aged 60 and upwards, using the local buses to reach the walk start and return home at the end.

**T** 07816 017051

**E** dave.adrienne@btinternet.com

**W** Please email or call



### WHYoutdoors - We Hear You

We Hear You is a counselling service for anyone affected by or living with cancer and life threatening conditions. WHYoutdoors is a therapeutic, six week course in nature connection, aimed at improving wellbeing for those living with and beyond cancer and those bereaved by cancer. Courses are free and open to self-referrals.

**T** 01373 455255

**E** info@wehearyou.org.uk

**W** www.wehearyou.org.uk/whyoutdoors



## Bristol - North and West

### Wild Wood Healing

We provide 1:1 counselling and group therapeutic work in and with Nature. We work with children and young people up to 26 years old. We also provide groups for therapists and other professionals wishing to heal with Nature and learn more about Nature connection practice.

**T** 07906 345674

**E** olivia@wildwoodhealingarts.com

**W** www.wildwoodhealingarts.com



## Bristol - South

### ActiveBeing

We offer a range of programmes to improve women's mental health through engagement in activities in the natural environment: ActiveTalk, a 1:1 mental health walk & talk support package; CreativeBeing, an 8 week course using a range of art-based and creative practices outdoors; and WildWomen; an 8 week course covering whittling, lighting camp fires and cooking outdoors.

**T** 07764 744609

**E** charliehh@activebeing.co.uk

**W** www.activebeing.co.uk

FREE

### All-Aboard Watersports

Our aim is to break down barriers and make it possible for everyone in our community to participate in a range of watersports. We offer sailing, kayaking, canoeing, rowing, paddleboarding and powerboating, all in the beautiful and historic Bristol City harbour. Our centre and activities are fully accessible and delivered by a highly-trained team of instructors, staff and volunteers.

**T** 0117 929 0801

**E** admin@allaboardwatersports.co.uk

**W** www.allaboardwatersports.co.uk



### Avon Wildlife Trust

Discover local wildlife and take part in activities such as natural crafts, wildlife walks and making bird feeders. Learn self-care techniques including nature-based mindfulness, sit-spots and gratitude that support your wellbeing.

**T** 07458 091427

**E** wellbeingteam@avonwildlifetrust.org.uk

**W** www.avonwildlifetrust.org.uk/wellbeing-with-nature



### BS3 Community Development

The services we run give children a great start in life, provide young people with opportunities to learn and develop, ensure older people remain active and well, and provide the community with meeting spaces to learn, socialise, keep fit, and have fun! We host Stroll & Chat, a weekly walking group, and support Blooming Bedminster, a community growing group.

**T** 0117 923 1039

**E** info@bs3community.org.uk

**W** www.bs3community.org.uk



## Bristol - South

### EcoWild

We run sessions and courses to enhance people's relationship with their environment, creating inspiring opportunities for engaging with the natural world. These include nature-based mindfulness, movement and creative practice, based on a practical ecopsychology that guides us into wholeness and balance. We also run men's groups, seasonal celebrations, children's adventures, and ecoanxiety sessions.

**T** 07812 155659

**E** emily@ecowild.org.uk

**W** www.ecowild.org.uk



### Forest of Avon Trust

Woodland Wellbeing is a space for people with dementia and their carers to enjoy time together in the relaxing environment of a local woodland. We meet fortnightly, going for short walks, foraging and cooking on the fire, trying art or crafts or simply listening to the birds. Sessions are free and run in partnership with Bristol Dementia Wellbeing Service.

**T** 07855 560865

**E** rachel.tomlinson@forestofavontrust.org

**W** www.forestofavontrust.org



### Gardening for Wellbeing

Are you lonely or isolated? Would you enjoy gardening to support your wellbeing? Redcatch Community Garden offer a free weekly gardening group to support wellbeing. We also offer the opportunity to ride on a tandem bicycle to explore nature with RORO (one ride per attendee).

**T** Please email

**E** heather@redcatchcg.com

**W** www.redcatchcommunitygarden.com



### Grassroot Communities

Grassroot Communities engages, supports, challenges and inspires people to be the change they want to see and be.

We deliver youth and community led projects based on the wants, needs, problems and passions of the communities we serve, in schools, community buildings, and outdoor spaces. Our approach blends youth work principles and practices, with community development and is inspired by nature and reconnecting people with it.

**T** 07787 502232

**E** info@grassrootcommunities.org

**W** www.facebook.com/grassrootcommunities

FREE

## Bristol - South

### Greener Practice Bristol & Bath

A group of healthcare professionals interested in providing high quality environmentally friendly healthcare. We are especially interested in reducing the carbon footprint of primary care and in advertising local green and community projects to our GP patients. Get in touch if you have a green or community group which you think would benefit patients in the Bristol or Bath area.

**T** Please email

**E** greenerpracticebristol@gmail.com

**W** www.greenerpractice.co.uk

### Heart of BS13

We are an acre of market garden offering a variety of volunteer programmes, green social prescribing and horticulture training. Participants and volunteers learn basic horticulture skills in propagation, plant care, crop management and watering whilst meeting new people and participating in our garden community and social enterprise.

**T** 07752 607363

**E** garden@heartofbs13.org.uk

**W** www.heartofbs13.org.uk



### Knowle West Health Park

We run four weekly walks, Monday to Thursday, for a range of levels. Walks are held in the city and in the local area and range from 60-90 minutes. We also offer supported walks with our trained leaders, one-to-one if needed. All of our walks are designed to support mental health, isolation and wellbeing.

**T** 0117 377 22559

**E** info@knowlewesthealthpark.co.uk

**W** www.knowlewesthealthpark.co.uk



### Leigh Woods - Forestry England

Leigh Woods is a beautiful and fascinating woodland within easy reach of Bristol. Immerse yourself in nature with easy going walking trails, a more challenging hike, or try the mountain bike trail.

**T** 0300 067 4800

**E** westengland@forestryengland.uk

**W** www.forestryengland.uk/leigh-woods



## Bristol - South

### Life Cycle UK

Life Cycle UK's mission is to help more people get cycling, transforming lives and the environment. We have a range of supportive services to help get people on their bikes and exploring Bristol: 6-week Get Cycling! Courses for beginners, One-to-One Cycle Lessons, a Cycle Buddies volunteer scheme and Group Rides.

**T** 0117 353 4580

**E** office@lifecycleuk.org.uk

**W** www.lifecycleuk.org.uk

**FREE**

### Look Again

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**T** 07789 958895

**E** ruth@look-again.org

**W** www.look-again.org

### Manor Woods Valley Group

Manor Woods Valley is a local nature reserved managed by a voluntary group in partnership with Bristol City Council. We organise volunteer conservation work parties and offer a range of self-guided walks and occasional led themed walks e.g. ecology, wellbeing. See website for details.

**T** 07905 594713 or 07896 805001

**E** manorwoodsvalley@gmail.com

**W** www.manorwoodsvalley.org



### Mud Pie Explorers CIC

We are a well-established, not for profit Community Interest Company based in South Gloucestershire and Bristol. We have a wonderful team of 22 people who run Forest School sessions, after school clubs and take community groups out into local green spaces. Over 70% of our Forest Schoolers have additional needs and we are very well regarded within the SEND community.

**T** 07553 8547151

**E** office@mud-pies.co.uk

**W** www.mud-pies.co.uk





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**T** 07498 232153

**E** hello@openmindsactive.org

**W** www.openmindsactive.org



### SUP Bristol

Award winning stand up paddleboarding introductory sessions, lessons, tours and memberships.

**T** 0117 422 5858

**E** info@supbristol.com

**W** www.supbristol.com



### Talam

We run sessions in local woodlands designed for those who are experiencing stress related illness, mental and physical difficulties, and social / domestic problems. We accept self-referrals or referrals from key workers, GPs and mental health teams.

**T** 07496 717598

**E** skkeith7@gmail.com

**W** Please email or call



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**T** 0117 927 6868

**E** info@matthew.co.uk

**W** www.matthew.co.uk



### Uncle Paul's Chilli Farm

Uncle Paul's Chilli Farm charity offers a series of personalised wellbeing days to individuals and groups depending on their interests and needs. It includes a carousel of activities such as land-based projects, animal husbandry, beekeeping, nature walks and art projects.

**T** Please email

**E** info@chillicharity.org.uk

**W** www.chillicharity.org.uk



## Bristol - South

### WHYoutdoors - We Hear You

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**T** 01373 455255

**E** info@wehearyou.org.uk

**W** www.wehearyou.org.uk/whyoutdoors



### Wild Wood Healing

We provide 1:1 counselling and group therapeutic work in and with Nature. We work with children and young people up to 26 years old. We also provide groups for therapists and other professionals wishing to heal with Nature and learn more about Nature connection practice.

**T** 07906 345674

**E** olivia@wildwoodhealingarts.com

**W** www.wildwoodhealingarts.com



### Windmill Hill and Hartcliffe City Farm

We offer farm-based and gardening activities to improve mental health and wellbeing. We work in small, supportive groups where volunteers benefit from learning new skills, connecting with others and spending time outdoors.

**T** 0117 947 1194

**E** sara.chapple@windmillhillcityfarm.org.uk

**W** www.windmillhillcityfarm.org.uk



### Your Park Bristol and Bath

We offer six-week seasonal programmes of meadow and tree conservation and outdoor wellbeing activities outdoors in Hartcliffe Millennium Green and Eastville Park for people struggling with their mental health. Safe and welcoming space for all, to learn new skills, enjoy the outdoors, connect with others, experience nature and lift mood. You can refer yourself or a client – booking essential.

**T** 07584 342739

**E** sara@yourpark.org.uk

**W** www.yourpark.org.uk



## North Somerset - Weston, Worle & Villages

### Create Together CIC

Create Together is a community-based arts for health and wellbeing practice. Our activities are inspired by the beautiful nature around us. Participants are given opportunities to explore different crafts such as nature mandalas, sculpting with clay, willow weaving, painting and nature photography.

**T** 07719 439920

**E** createtogether1@hotmail.com

**W** www.createtogether1.com



### F.r.I.e.n.D.s Together

F.r.I.e.n.D.s Together is a social group for adults aged 21+ living with invisible illnesses including mental health issues, and the lonely and isolated. We provide a safe and non-judgemental environment offering various arts and crafts, outdoor activities and outings.

**T** 07944 564405

**E** luanne@f2g.org.uk

**W** www.f2g.org.uk



### Friends of Grove Park

We are a friendly community group offering volunteering opportunities in Grove Park. We aim to improve Grove Park for the local community, improve the environment through building habitats and rewilding and encourage a healthy lifestyle through community veg growing projects. We also host community workshops and events.

**T** 07814 723094

**E** friendsofgroveparkwsm@gmail.com

**W** www.friendsofgrovepark.co.uk



### Greener Practice Bristol & Bath

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**T** Please email

**E** greenerpracticebristol@gmail.com

**W** www.greenerpractice.co.uk

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**T** 07789 958895

**E** ruth@look-again.org

**W** www.look-again.org

### Osprey Outdoors

Osprey Outdoors is a people-focused organisation, drawing upon the natural environment to offer a range of inspiring courses and inclusive activities that are open to all. Based at our Outdoor Activities Hub in central Weston-super-Mare, we offer outdoor projects including horticulture, bushcraft, cycling, walking, creative crafts, conservation, permaculture, nutrition, healthy eating and more.

**T** 07778 913192 or 07888 719423

**E** ospreyoutdoors@gmail.com

**W** www.osprey-outdoors.co.uk



### Samantha Francis

Grow Feral is a call to action to engage with the natural world and attend to the interconnected nature of things. A series of creative workshops and hands-on making and sessions with and for local communities explore the symbiotic relationship of all of the natural world - humans, creatures, plants, land and earth, as a radical act of gardening and growing together.

**T** 07990 823874

**E** samfrancisco5@hotmail.com

**W** www.samfrancisco.co.uk/Grow-Feral

**FREE**

### Talam

We run sessions in local woodlands designed for those who are experiencing stress related illness, mental and physical difficulties, and social / domestic problems. We accept self-referrals or referrals from key workers, GPs and mental health teams.

**T** 07496 717598

**E** skkeith7@gmail.com

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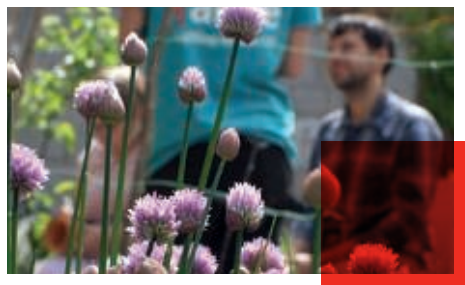
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**E** olivia@wildwoodhealingarts.com

**W** www.wildwoodhealingarts.com



## North Somerset - Woodspring

### Clevedon Salthouse Fields Parkrun

A free, fun, and friendly weekly 5k community event every Saturday at 9:00am. Walk, jog, run, volunteer or spectate – it's up to you!

**T** Please email

**E** clevedonsalthousefields@parkrun.com

**W** www.parkrun.org.uk/clevedonsalthousefields



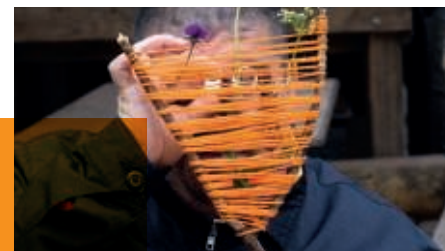
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**E** westengland@forestryengland.uk

**W** www.forestryengland.uk/leigh-woods



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**E** ruth@look-again.org

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**W** www.wehearyou.org.uk/whyoutdoors



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**E** olivia@wildwoodhealingarts.com

**W** www.wildwoodhealingarts.com



## South Gloucestershire

### Bradley Stoke Green Gym

Want to improve your health and wellbeing but not too keen on running machines or Lycra? Take a look at our award-winning alternative! Experienced leaders guide you through a range of practical projects – improving your strength and stamina, boosting your practical skills and confidence while benefitting your local green spaces at the same time. We're a very friendly group, always welcoming to new members!

**T** 07497 006676

**E** greengym@three-brooks.info

**W** www.three-brooks.info



### Empowering Futures

A care farm providing therapeutic activity using farming practices in a natural environment, including gardening, caring for the animals, walking the goats, craft, forest school, willow making, exercise, cooking and outdoor meaningful, purposeful activity in small groups. By appointment only.

**T** 07443 575787

**E** admin@empoweringfutures.co.uk

**W** www.empoweringfutures.co.uk



### Forest Bathe

Carina Greenwood is an experienced Forest Therapy Guide (ANFT certified). She guides people within the ancient woodlands of the Forest of Dean in a slow walking practice from Japan called Shinrin Yoku, or Forest Bathing. The structured 2-4 hour introduction to Forest Bathing is a gentle, slow, preventative health and wellness intervention, which does not involve walking further than 2km.

**T** 07774 695589

**E** carina@forestbathe.co.uk

**W** www.forestbathe.co.uk



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**T** Please email

**E** greenerpracticebristol@gmail.com

**W** www.greenerpractice.co.uk

## South Gloucestershire

### Henbury Walking Group

Walks of about 2.5 miles around the Bristol area, through parks, woods, open spaces and harbourside. The walks are mainly on flat ground or downhill but may include some hills and steps. All walks are accessible by bus.

**T** 0117 377 6247

**E** rm007f6305@blueyonder.co.uk

**W** Please email or call



### Lockleaze Green Gym

Imagine an outdoor exercise class where you're not just working on your own health and fitness, you're also creating green spaces and transforming local parks and woodlands. Weekly Green Gym sessions last for 3 hours and are open for anyone to attend for free. You do not need any experience, and all tools and training are provided.

**T** 07739 447968

**E** gg-lockleaze@tcv.org.uk

**W** www.tcv.org.uk/greengym



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**T** 07553 8547151

**E** office@mud-pies.co.uk

**W** www.mud-pies.co.uk



## South Gloucestershire

### Natural Academy

We train people to work as nature and health facilitators and eco therapists at Tortworth Arboretum in South Gloucestershire and deliver nature-based wellbeing services for NHS staff at Southmead Hospital. We have an evidence-based approach to green care called NatureWell which is delivered across the UK. We work with partners in the NHS, Wildlife Trusts and woodland/food growing projects.

**T** 07462 244751

**E** info@naturalacademy.org

**W** www.naturalacademy.org



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**T** 07498 232153

**E** hello@openmindsactive.org

**W** www.openmindsactive.org



### Southern Brooks Community Partnerships

We provide gardening and craft workshops around growing flowers and food, with an emphasis on wellbeing and creating a sociable environment to help address social isolation. The workshops are run on a drop-in basis, and are entirely free.

**T** 07814 288916

**E** georginagreen@southernbrooks.org.uk

**W** www.southernbrooks.org.uk



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**T** 07496 717598

**E** skkeith7@gmail.com

**W** Please email or call



## South Gloucestershire

### The Ernest Cook Trust

We are an education charity offering outdoor learning programmes for children, young people and their communities. We work with other organisations to support groups who would benefit from connecting with nature through a range of hands-on activities. Our programmes are bespoke, co-designed with our beneficiaries, and free of charge.

**T** 01285 712492 option 1

**E** [learning@ernestcooktrust.org.uk](mailto:learning@ernestcooktrust.org.uk)

**W** [www.ernestcooktrust.org.uk](http://www.ernestcooktrust.org.uk)



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**E** [info@matthew.co.uk](mailto:info@matthew.co.uk)

**W** [www.matthew.co.uk](http://www.matthew.co.uk)



### Walking Well South Gloucestershire

Walking Well in South Gloucestershire focuses on helping people who are inactive become more active. Our free walks are led by a group of trained leaders to help you take the first steps to a more active lifestyle, as well as meeting new people.

**T** 01454 863440

**E** [walking@southglos.gov.uk](mailto:walking@southglos.gov.uk)

**W** <https://oneyou.southglos.gov.uk/for-your-body/move-more/walking>



### The Place Outside CIC

The Place Outside CIC brings people together in the natural environment. It allows connection to self, others and the natural environment, through nature-based practice and simple nature craft activities, in a non-threatening, non-judgemental way. Sessions aim to promote physical health, mental wellbeing, and a sense of calm and restoration.

**T** 07791 070893

**E** [info@theplaceoutside.co.uk](mailto:info@theplaceoutside.co.uk)

**W** [www.theplaceoutside.co.uk](http://www.theplaceoutside.co.uk)



### Tortworth Forest Centre

We run nature-based volunteering and activities in a woodland setting to support mental health and wellbeing. We offer different projects open to people living or working in various locations across Bristol and South Gloucestershire.

**T** 07719 317170

**E** [referrals@tortwortharboretum.org](mailto:referrals@tortwortharboretum.org)

**W** [www.tortwortharboretum.org](http://www.tortwortharboretum.org)



## South Gloucestershire

### We are BS15 Community Group

We are establishing a community food growing project, which will supply fresh vegetables to a community cafe. Set amongst a pretty church yard we will be learning how to grow food and maintain a growing site. Workshops are facilitated by a wellbeing practitioner and will involve nature connection activities.

**T** 07914 288916

**E** [georginagreen@southernbrooks.org.uk](mailto:georginagreen@southernbrooks.org.uk)

**W** [www.facebook.com/wearebs15](http://www.facebook.com/wearebs15)



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**T** 07906 345674

**E** [olivia@wildwoodhealingarts.com](mailto:olivia@wildwoodhealingarts.com)

**W** [www.wildwoodhealingarts.com](http://www.wildwoodhealingarts.com)







Healthier with Nature is part of the national Green Social Prescribing Programme.



Department  
for Environment  
Food & Rural Affairs



Office for Health  
Improvement  
& Disparities



National  
Academy  
for Social  
Prescribing



Department for Levelling Up,  
Housing & Communities



Department  
of Health &  
Social Care



West of England  
Healthier with Nature



West of England Nature Partnership  
Joining up the dots for nature

Healthier Together

Improving health and care in Bristol,  
North Somerset and South Gloucestershire