

GREEN PRESCRIBING

Social Prescribing in Your area

Benefits Include:

- Improved mental health
- Reduction in depressive symptoms
- Reduced prevalence in Type II Diabetes
- Improved sleep
- Weight loss

Health Benefits of Green and Blue Spaces

Studies are consistently showing that spending time in parks and other green spaces has a significant impact on both mental and physical health [1] .

Visiting local neighbourhood green spaces has shown high health benefits not just for adults [2] but also children, especially behaviour and attention problems.[3]

Q: What are Green Spaces?

A: Any outdoor areas with green areas, such as parks, countryside, woods or nature reserves.

Q: What about blue?

A: Any areas around water! Studies indicate that you don't have to be in the water to benefit from it—evidence suggests that exposure to blue spaces improves wellbeing.[4]

Physical Activity has multiple benefits for cancer patients before, during and after treatment and can reduce the likelihood of breast and bowel cancer reoccurring.

[McMillan Cancer Support](#)

How Does Social Prescribing Fit in?

Social Prescribing Link Workers can help signpost you to an activity that is right for you. By putting you in control and focusing on “What Matters to me” the link workers can help build a programme of activity designed specifically for you.

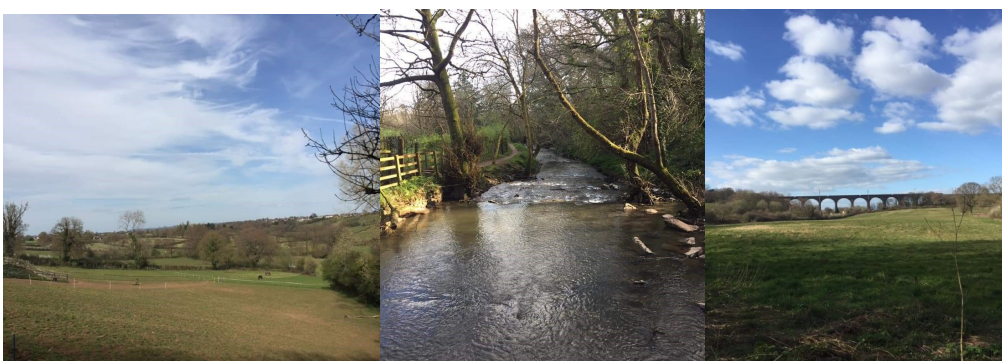
Q: What if my anxiety prevents me from trying something new?

A: Your Link Worker or a SBCP volunteer can accompany you to activities and groups. They are here to support you and remove the barriers that

Getting Outdoors under Social Distancing Measures

Photo Caption

There isn't a better place to practice social distancing than outdoors. There are many community projects and outdoor areas around South Gloucestershire that are open and available to safely enjoy gentle exercise in whilst maintaining social distanc-



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Links to Green and Blue Spaces in South Gloucestershire

<https://oneyou.southglos.gov.uk/move-more/walking/> Here you can find information about walking routes, walking for health, buggy friendly routes and much more.

<http://www.outdoorswest.org.uk/Home/maps-and-routes/-easy-access-trails-in-south-gloucestershire> Ten easy access trails around South Glos, including details of length and unique sights to see on your trails.

<https://www.nationaltrust.org.uk/newark-park> National Trust in South Glos.

<http://www.fromewalkway.org.uk/walks.html> - A Green Walk that includes Blue Benefits. Link to the Frome Valley Walk Way, includes links to other nearby walkways.

<https://tortwortharboretum.org/> Tortworth Forest Centre is a not-for-profit Community Interest Company which aims to improve lives by re-connecting people with nature, through conservation, wellbeing programmes, outdoor events, courses and volunteering opportunities.

<https://getoutside.ordnancesurvey.co.uk/local/the-lake-south-gloucestershire> The Lake South Glos

http://www.wildswimming.co.uk/south-west-england/gloucestershire/?multi_city=gloucestershire If you fancy something a little more adven-

Green and Blue Activities in Severn Vale

allotments@sustainablethornbury.org Reclaimed field turned into productive allotment plots

<http://filnorewoods.blogspot.com/> (Contact Jerry Dicker 01454 416945 email filnorefriends@gmail.com) Local ancient woodland saved from development, volunteers needed to help maintain

Litter Busters: Volunteer in your local area to keep in clean and litter free

Alveston: <https://www.litteraction.org.uk/alveston-litter-busters> email: alvestonlitterbusters@googlemail.com tel: 01454 416793 Thornbury: kimlitterbuster@hotmail.co.uk

friendsofmedfishponds@gmail.com The group has been created to conserve, monitor, maintain, promote and protect Thornbury's Medieval Fish-

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