

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
- Less Stress

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 can accompany you to activities and groups. They are here to support you and remove the barriers that are preventing you from giving something a go.

Getting Outdoors under Social Distancing Measures

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 distancing guidelines.



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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, 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, (currently closed due to COVID but will be reopening soon)

<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.

<https://www.southglos.gov.uk/documents/leaflets/Parish%20trails%20-%20part%20two.pdf> Walks around local areas in South Glos

<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 adventurous you can find info on wild swimming here.

<https://bristolopenwater.co.uk/> - Triathlon Centre on Trench Lane where Free swimming and a variety of water sports can be practiced, there is also a path around the lake where a walk can be enjoyed.

Green and Blue Activities in Your Area

<https://southernbrooks.org.uk/discover-kingswood/> Discover Outdoor Spaces in Kingswood

<https://www.downendbromleyheath.org/council-activities/open-spaces/> Open spaces in Downend and Bromley Heath

<https://www.southglos.gov.uk/documents/Pucklechurch-Conservation-Area.pdf> Details of conservation areas and walks in and around Pucklechurch

<http://www.lydegreenonline.org/green-space/> Walks and Green spaces around Lyde Green

<http://aroundyourway.org/wp-content/uploads/2019/05/AYW-LydeGreenupdate-DOWNLOAD1.pdf> Discover Lyde Green Map

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