

GREEN PRESCRIBING ADULTS

Green social prescribing is the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health. Green social prescribing includes both what is known as green and blue activities. These could include local walking schemes, community gardening projects, conservation volunteering, green gyms, open water swimming or arts and cultural activities which take place outdoors.

There is a strong and growing evidence that nature based social prescribing plays an important role in improving mental and physical health and reducing loneliness.

The National Academy for Social Prescribing's briefings and visual guides give a clear overview of existing evidence. They point to the success of social prescribing initiatives, and they identify where we need to do more research.

The nature briefing helps set out what the evidence currently tells us about nature and health and wellbeing. It summarises the key findings from a rapid evidence review and delivered by the National Academy for Social Prescribing's academic collaborative.

St Catherine's have collaborated a number of green and blue activities that are local to us and free or very low cost. For further options, see Wirral InfoBank on [Home | Wirral InfoBank](#)

FITNESS AND MOVEMENT

WALKING

- **Wirral Amblers** are a cheerful, friendly ambling group for older people who want to become a little more active. We have an ambling range of up to 3 miles (usually about 1-2), go slowly and take rest and refreshment stops when possible. Everyone is made very welcome. <https://www.downtomeet.com/Wirral-Amblers>
- **Oxton Society History Research Group** is a free guided history walk. <https://www.facebook.com/photo/?fbid=7489467357763015&set=pcb.3312373159062790>
- Age UK Wirral provides **Short Health Walks** that take place on the last Wednesday of every month. They are 60 minutes long and have the opportunity to opt-out at 20 minutes and 40 minutes. <https://www.wirralinfobank.co.uk/Services/7181>
- **The Ramblers** open the way for everyone to enjoy the simple pleasures of walking and they step up to protect the places we all love to wander. <https://www.ramblers.org.uk/>
- **Walk and Talk Group** at Fountain Project at Wirral Mind is for all abilities and levels of fitness. Wirral Mind's Fountain Project is an innovative mental health resource centre available to people throughout Merseyside. We offer a wide range of therapeutic and creative activities aimed at reducing isolation and loneliness, building self-esteem and confidence, and reducing stress. We provide a safe, non-judgemental environment for you to explore ways in which you can improve and maintain your mental health and wellbeing. <https://wirralmind.org.uk/services/fountain-project/>
- **Movement and Bloom Social Walks** is run by a local mum with a fabulous team of volunteers who are also mums themselves. We are all about bringing mums together for friendship and

support, and that all-important mum chat.

<https://www.facebook.com/groups/720326348610082>

- **Walk with a Doc** is a walking program for everyone interested in taking steps for a healthier lifestyle. What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer. While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. Walk with a Doc Wirral is powered by Dr. Sue Smith. <https://walkwithadoc.org/join-a-walk/locations/wirral-uk/>

RUNNING

- **Parkrun** is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning at Birkenhead park. <https://www.parkrun.org.uk/>
- Public Health England App - **Couch to 5K** app gives you a choice of coaches and helps you track your progress. It is an easy to follow programme known the world over, and perfect for those new to running and need some extra support and motivation along the way <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

OTHER

- **HYPE urban bikes:** Our workshop recycles bikes by picking up dumped or donated bikes, refurbishing them, or reusing the parts to bring another bike to life. We also facilitate bikeability skills training, bike loans and lead bike rides locally. <https://hype-merseyside.co.uk/content/52/page/hype-urban-bikes>
- Age UK Wirral holds **Walking Football** each Monday morning at New Ferry Village Hall. Before attending this activity, please contact the Health and Activity team about availability. <https://www.wirralinfobank.co.uk/Services/7161>
- **OutdoorLads** runs a range of sociable outdoor activities for gay, bi men and trans guys right across the UK and further afield - activity based things like hiking, climbing, camping, biking, canoeing, scrambling, running and sailing, as well as purely social events. <https://www.outdoorlads.com/>
- **Tranmere Rovers** is welcoming refugees and asylum seekers to play football at Tranmere Rovers FC. This is a safe and welcoming environment where you can socialise and meet new people as well as improve your health and wellbeing. This takes place each Monday afternoon. <https://www.tranmererovers.co.uk/community>
- **The Paul Lavelle foundation** has cycling, running and wild water swimming groups which offer support to all, from general camaraderie with likeminded people, to aspiration raising, working towards personal and group goals. They are also a safe space to speak out and disclose any concerns you have about mental health or domestic abuse issues. <https://paullavellefoundation.co.uk/activity-groups/#running>
- **Motiv8!** is a health, wellbeing, and physical activity project provided by Wirral Mind and in partnership with Merseyside Sports Partnership, Raw 'n' Real Northwest, Core Movement Studio, Hybrid by Julia Baxter, Sarah Lee Dance, White Tiger Taiji School and Everton Red Triangle Boxing Club. wirralmind.org.uk/wp-content/uploads/2024/08/Wirral-Mind-Motiv8-Timetable-2024.pdf