

Eco Wellbeing

Interacting with nature by gardening, seed sowing or conserving is a great way of handling any stress and anxieties.

Gardening and interacting with nature can also be a great way to Take Notice of your surroundings and how you are feeling.

Click on the opportunities below to find out more and how to get involved!

**Lunchtime Gardening with
Milk and Honey Cafe**

Fallowfield Market Garden

**The Firs Fallowfield
Botanical Gardening**

**Organic farming at Woodbank
Community Food Hub**

**Saturday morning gardening at
Ladybarn Park**

**'Volunteer Days' at green spaces in
Greater Manchester**

**Midweek Woodland Management
with the Conservation Volunteers**

**Footpath Inspectors with the Peak
and Northern Footpaths Society**

