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**
- **The Firs Fallowfield Botanical Gardening**
- **Saturday morning gardening at Ladybarn Park**
- **Midweek Woodland Management with the Conservation Volunteers**
- **Fallowfield Market Garden**
- **Organic farming at Woodbank Community Food Hub**
- **'Volunteer Days' at green spaces in Greater Manchester**
- **Footpath Inspectors with the Peak and Northern Footpaths Society**