



Sheffield &
Rotherham
Wildlife Trust

Introduction to Green Social Prescribing and Nature Connectedness

The health benefits from nature connection are well recognised. The South Yorkshire Integrated Care Partnership are partners in a national test and learn project to realise the benefits of increasing the use of green social prescribing within health and care provision.

This two hour, practical face-to-face training workshop is for anyone working with people and aims to raise awareness of what Green Social Prescribing is and its potential benefits for patients. You will gain a greater understanding of the principles of nature connectedness, how they are linked to wellbeing and how you can use elements of nature connection in your everyday practice.

- 1 Experience a green social prescribing session as your patients would.
- 2 Learn and practice using simple nature connection tools to support your wellbeing and gain confidence in sharing them with others.
- 3 Meet your colleagues and network with people from the wider workforce.

Sessions will take place in September, October and November, see dates and locations on reverse.

Book here: <https://forms.gle/bRjf1VPJQKEDd3om6>

For more information please contact Jenny King
j.king@wildsheffield.com



South Yorkshire
Integrated Care Board

SEPTEMBER

Wednesday 7th September

10.30am - 12.30pm

Sheffield Botanical Gardens,
Sheffield S10 2NQ

Thursday 8th September

10.30am - 12.30pm

Sheffield Botanical Gardens
Sheffield S10 2NQ

Monday 12th September

10.30am - 12.30pm

Wortley Hall, Wortley, S35 7DB

Tuesday 13th September

10.30am - 12.30pm

Wortley Hall, Wortley, S35 7DB

The training is open to anyone who works with people and who has conversations about wellbeing and support, such as *Social Prescribers, Link Workers, GPs, Health Champions, Community Workers from Community Development Organisations, Health staff, Physiotherapists, Nurses, Carers and Support PAs.*

More information about the location and what is needed on the day will be sent out prior to the session date.

Book here: <https://forms.gle/bRjf1VPJQKEDd3om6>

If you have any additional questions, please email j.king@wildsheffield.com. This session is part of the national Green Social Prescribing Pilot, funded by South Yorkshire ICB. Delivered by Sheffield and Rotherham Wildlife Trust.

OCTOBER

Wednesday 12th October, 10.30am - 12.30pm

The Garden Rooms, Clifton Park, Rotherham
S65 2AA

Friday 14th October, 10.30am - 12.30pm

The Garden Rooms, Clifton Park, Rotherham
S65 2AA

NOVEMBER

Tuesday 1st November, 2pm - 4pm

St Catherine's House, Woodfield Park,
Doncaster DN4 8QP

Wednesday 2nd November, 2pm - 4pm

St Catherine's House, Woodfield Park,
Doncaster DN4 8QP



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