



Press Release | 11 September

## **Halton's green spaces help us feel good outside**

Halton's green spaces not only look good, they can make us feel good too.

A new series of events in some of Halton's most popular parks and gardens are running from now until Christmas, and will give people the opportunity to boost their health and wellbeing as well as enjoying the fresh air and the changing autumn colours.

The activities include nature walks, gardening and "green gym" sessions at sites including Victoria Park, Pickering's Pasture, Pex Hill, Runcorn Hill Park, Norton Priory and Windmill Hill.

The activities are free and open to everyone, including children, disabled people and those with carers.

David King, Health Improvement Specialist, said: "Research released this week by Big Lottery shows that physical activity can have a drastic and long-term impact on health and wellbeing.

"Not only does keeping active help you shed the pounds, but it also increases confidence and boosts mood. We're encouraging people to join the sessions in order to meet new people and stay active during the winter months."

To get involved or to find out if there are events near you, please phone 01925 816217. Further information about the programme can be found at [www.naturalhealthservice.org.uk](http://www.naturalhealthservice.org.uk).

**ENDS**

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## **Notes to editors:**

### **The Natural Health Service**

The Natural Health Service is a social enterprise that offers health commissioners a single point of access to a range of well-developed, evidence-based, natural environment-focused products to help tackle a range of health and wellbeing issues.

The consortium consists of 21 delivery organisations, whose mission is to work together to develop a financially sustainable service to treat physical and mental illness, and promote and enable good health through high quality, natural environment based products.

[www.naturalhealthservice.org.uk](http://www.naturalhealthservice.org.uk)

### **The Mersey Forest**

The Mersey Forest is a growing network of woodlands and green spaces spread across Cheshire and Merseyside, which has been creating 'woodlands on your doorstep' for more than 20 years.

The Forest is one of the leading environmental regeneration initiatives in the North West. Through community and partnership working, we have planted 9 million trees - equivalent to five new trees for every person living within the Forest area.

The Forest helps our towns and cities adapt to climate change, creates woodlands that 20% of local people visit at least once a week, and by improving the image of our towns and cities sets the scene for growth within the region's £98 billion economy.

We achieve all of this and more through our partnership of local authorities, landowners, the Forestry Commission, Natural England, the Environment Agency and businesses.

[www.merseyforest.org.uk](http://www.merseyforest.org.uk)

### **Halton Health Improvement Team**

The Health Improvement Team offers a range of local and tailored services to help improve the health and wellbeing of those living in Halton and St Helens. Contact us on 0300 300 0103 or email [health.improvement@nhs.net](mailto:health.improvement@nhs.net), or visit:

<http://www.healthimprovementteam.co.uk/>