Natural Choices for Health and Wellbeing

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GI and Health

- Increase physical activity
- Improve air quality
- Opportunities for growing food locally
- Improve mental health
- Social cohesion
- Adaptation to climate change
- Reduce symptoms
Natural Choices for Health and Wellbeing

Grants of up to £7,500 to support projects in Liverpool that can clearly show that they are both...

- helping to improve health and wellbeing and
- making use of the natural environment to help deliver the project
A City Providing Natural Choices for Health
Number of needs unfulfilled

Matching Needs and Assets
Outputs

38 projects
3274 participants
1159 workshops
867 volunteers

100 partners
135 employed
84 events
1 partnership
Wellbeing scores improved by 18%
Outcomes

- Social cohesion
- Wellbeing
- Legacy
- Mental health
- Physical activity
- Food / obesity
- Passion

Jan-Nov = 44 weeks
£2.14 per participant, per week
“I climbed a tree and swung off the branches, it felt amazing”