



Press Release | 21 January 2014

Resolutions flagging?

By this point in the month, most of us have abandoned our New Year's resolutions to be healthier, happier and fitter.

It can be difficult to stick to healthy promises at the beginning of the year, but a new service is set to help Halton residents get back on the road to health and wellbeing.

The service enables residents to get active outside and meet new people through a programme of walks and volunteering.

The activities are based in local green spaces and are completely free. They include green volunteering and nature awareness walks at Runcorn Hill, and a "Mud to Muscle" volunteering session at Wigg Island.

Paul Nolan, Chair of the Natural Health Service and Director of The Mersey Forest, which is helping to fund the initiative, said: "It's never been easier to walk your way to health in Halton, and our programme offers something for everyone.

"Everyone is welcome, from families to those with carers."

To get involved, please phone 01925 816217. Further information about the Natural Health Service can be found at www.naturalhealthservice.org.uk.

ENDS

Media contact: Laura Johnson, tel. 01925 859 616 / 07770 735 755

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

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