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**Green Social Prescribing (GSP) Project**

The GSP Project is funded by both Local Authorities, the NHS Together Charities, Energize Shropshire, Telford & Wrekin, and Shropshire Wildlife Trust.

The project is for two years, and its aims are to:

* Build relationships with community groups, especially vulnerable groups, to understand challenges and motivation for accessing green spaces and activities
* Develop relationships between Social Prescribing and providers of green activities
* Strengthen existing partnerships, building a network of organisations and providers of green activities that would benefit from being part of the project

There is a plethora of evidence that shows being outside improves our mental health and physical wellbeing, however during the period May 20 to May 21 activity levels across the whole of England declined (Sport England Active Lives survey).

We all know that during the COVID19 Pandemic, we were given the chance once a day to go out into the fresh air and get some exercise. Who would have thought how precious that time was for us and how we all longed for that time to come around each day?

#inactive2active

So how can you get yourself moving in our beautiful green spaces

* Walking meetings – next time you are having a small meeting maybe 3 or 4 people, take it outside. There are some lovely short routes outside Ptarmigan House and Halesfield. If you need to take notes, record them on your phone.
* Take time away from the desk – It is important to move away from your desk and computer and take time away. Use the outdoor space to have your lunch or catch up with people with a coffee

(contact the Shropshire Wildlife Trust if you would like to use their outdoor space to sit and have your lunch [www.shropshirewildlifetrust.org.uk](http://www.shropshirewildlifetrust.org.uk))

* Cycle or walk to work – Cycle or walk from your home to work or if that’s too far put your bike on your car and park a little further away from the office and cycle/walk in a short distance, then build up the distance over time.

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