



Mental Health Awareness: Nature

Mental Health Awareness Week takes place 10th-16th May 2021. The theme this year is nature, exploring the link between nature and mental health and the positive effect being outdoors can have on our health and wellbeing.

Thriving with Nature

[‘Thriving With Nature’](#) is a ‘Guide for everyone on making the most of the UK’s natural spaces for our mental health and wellbeing’, conceived by the Mental Health Foundation and WWF in collaboration with other specialists and authors. It talks about our mental health, the link with nature and how it can help us, and how we can all find a way to experience nature, regardless of our circumstances or where we live.

Rediscover nature: try these activities with family and friends

[Stargazing](#). Gaze up at the stars, how does it make you feel? What words can you use to describe your special view?

[Bird watching](#). What birds can you see? Can you research their names? How many birds can you collect?

[Spring nature treasure hunt](#). When you’re out for a walk or in the park, see how many of these things you can find on the ground.

[Cloud watching](#). Find a patch of grass, lie back and watch the clouds go by. With a little imagination, you can create whole worlds from the shapes you see in the clouds.

[Painting stones](#). Get crafty and take your mind off your stresses by painting a stone.

[Leaf pictures](#). Use leaves near your home to create your own leaf art.

[Canal and River Bingo](#). Visit your local canal or river and see how many things you can spot.

[Have a picnic](#). Enjoy some time with your family and friends. Have a chat and eat some [tasty, healthy food](#).

Wildlife Trust - Nature and health & wellbeing

[Watch and listen](#) to Dr Amir Khan talk about how nature can improve our wellbeing

[Nature for Wellbeing](#) – find out about volunteering, nature reserves and nature projects.

Plan a nature walk or time outdoors near you

[Warwickshire country parks](#)

[The Wildlife Trust – nature reserves](#)

[The Wildlife Trust – events](#)

[Woodland Trust – find a wood](#)

[Compton Verney Art Gallery and Park](#)

[Coombe Abbey Woodland Walks](#)



Cycling, skating and wheeling

[Cycle and e-bike hire in Stratford-upon-Avon](#). Stratford Bike Hire can help plan your visit and provide you with maps and information.

[Cycle North Warwickshire](#). Cycle routes from Kingsbury Water Park. The park is home to 15 lakes and covers some 600 acres. The flat terrain and surfaced paths make it a great location to explore by bike.

[Warwickshire skate parks](#). Find a local skate park and practise some tricks.

[Walks with wheelchairs - Kinsbury Water Park](#).

[The Wildlife Trust - accessible nature reserves](#).

Nature activities at home

[Woodland Trust - 10 at-home family nature activities](#)

[RSPB - build a birdbath, mini-beast hotel, hedgehog cafe and more](#).

Nature and mental health

Mind suggest that spending time in green spaces and being around nature can improve your mental and physical wellbeing. It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- provide peer support.



Source: mind.org.uk

Why not try some of the [ideas suggested by Mind](#) for enjoying nature?



For ages: **11-25**

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



Sign up for free at **Kooth.com**



Kooth is now available to all young people aged 11-25 in Warwickshire. [Watch this video](#) to find out all about the great features available to support young people's wellbeing.

Other support with mental health, emotions and general wellbeing

[CW RISE](#)

[Young Minds](#)

[Childline](#)

[The Mix](#)

Mind services:

[Helplines](#)

[Local support](#)

[Online community](#)

A warm helping hand

[Find out more](#) about accessing support with household energy bills and related expenses.



For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)

Get your child's voice heard and make a difference

The Children's Commissioner for England, Dame Rachel de Souza, is launching a once-in-a-generation review of children's lives. It's called 'The Childhood Commission' and it will identify the barriers preventing children reaching their full potential and propose policy solutions to address them.

At its heart is 'The Big Ask' – the largest ever consultation held with children. In this survey, the Children's Commissioner is asking children and young people what they think is important for their future and what is holding young people back. The Children's Commissioner will use what children and young people tell her to show the Government what they think and what they need to live happier lives. [Find out more and take part.](#)



Coronavirus (COVID-19)

Read the details of the government roadmap to easing lockdown [here](#). Remember, you can continue to help prevent the spread of COVID-19 by physically distancing from others, wearing a face mask when indoors in public, washing your hands regularly, and getting the vaccine when you are eligible to do so. [Find out more about the COVID-19 vaccine here](#).

Other useful links

[NHS advice and symptom checker](#)

[WCC family guidance](#)

[Support accessing food in Warwickshire](#)

[Young Minds advice on talking to children about coronavirus](#)

[Coronavirus resources for autistic people](#)

Get in touch for support

Your school nurse team is here to support children, young people and parents/carers in Warwickshire with a wide range of health and wellbeing topics. Please use the details below to contact us, or find out more on our [website](#). Our office hours are Monday to Thursday 9am-5pm and Friday 9am-4.30pm. If you text outside these times, we will get back to you when the office is open again.

Parents/carers

Service mainline: 03300 245 204

Text Parentline: 07520 619 376

Young people 11–19 years

Text ChatHealth: 07507 331 525

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?

You can also refer your child to the service using our [new referral form](#).

Follow us on twitter for health & wellbeing updates: [@SchoolHealthC4H](#)



Additional support from Family Lives

[Family Lives](#) is an organisation we work with who can provide additional support to Warwickshire families around any aspect of family life via a free supportline, online chat, email support and online forums. [Find out more](#).

