



**Mental Health Awareness Week**

**10-16 May 2021**

**Connect with Nature**

*Netherton Feelgood Factory & Netherton Community Garden*





**“Nature itself is the  
best physician.”**

**– Hippocrates**

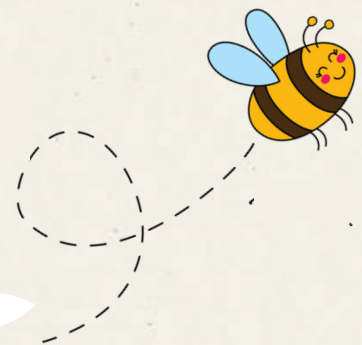
This past year has been very difficult for all of us and many are feeling the impact of the stress, worry and loneliness in our everyday lives.

Mental Health Awareness Week this year runs from the 10th to the 16th May. The theme is “Connect With Nature”.

### **Why?**

*Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health for all without a greater connection to the natural world. For most of human history, we lived as part of nature. It is only in the last five generations that so many of us have lived and worked in a context that is largely separated from nature. And it is only since a 1960s study in the US found that patients who were treated in hospitals with a view of nature recovered faster, that science has started to unpack the extraordinary health benefits.*

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-nature>







To mark Mental Health Awareness Week, and to help us all connect with nature, the Feelgood Factory and the Community Garden are running some activities in or from the garden. Please note that some events need to be pre-booked because of numbers.

### Monday 10th May—Nature Walk

Meet at 10 a.m. in the Community Garden to enjoy a leisurely walk with others.

### Monday 10th May—Guided Tour of the Community Garden

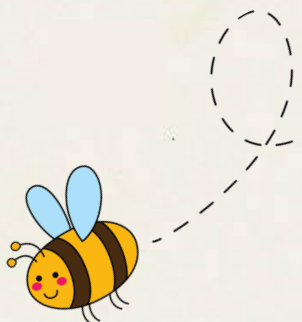
Between 11 a.m. and 2 p.m. enjoy a personal guided tour of the Netherton Community Garden which will show you how to can create a low-cost relaxing and beneficial garden or growing space. Learn how to reuse rubbish and waste and develop imaginative spaces that will help your mental wellbeing. **Pre-booking essential as numbers are limited—ring 291 8010 or email [info@feelgoodfactory.org.uk](mailto:info@feelgoodfactory.org.uk).**

### Tuesday 11th May—Mental Health Drop-In

If you are feeling a bit low or worried, why not pop along between noon and 2 p.m. for a relaxed time in the garden? This is a chance to talk with others about the issues you may be experiencing.

### Thursday 13th May—Beat Loneliness Afternoon Tea

If you have been feeling a bit lonely, then come along to our afternoon tea. Small groups will be seated around the garden to ensure safety and you can enjoy light refreshments and company. Starting at 12 noon. **Price £3.50—pre-booking essential as numbers are limited—ring 291 8010 or email [info@feelgoodfactory.org.uk](mailto:info@feelgoodfactory.org.uk).**



I go to nature to be soothed,  
healed and have my senses  
put in order.

John Burroughs

[outofstress.com](http://outofstress.com)



### Contact Details

For more information, or to book places, please get in touch.



0151 291 8010



[Info@feelgoodfactory.org.uk](mailto:Info@feelgoodfactory.org.uk)

Netherton Feelgood Factory  
Glover's Lane  
Netherton  
L30 5QW

Netherton Community Garden  
Marian Way  
Netherton



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