



Green Connections

Connect with nature

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"I've been getting out into nature and walking, either on my own or with dogs, to manage my bipolar disorder for years. It helps to keep me calm and physically healthy, and I love taking the time to be mindful of all the beautiful green spaces around me, even when living in a city. Watching the birds and squirrels always has a calming effect and takes me out of my own head."





We tend to spend a lot of time lost in our thoughts, our worries, ‘to do’ lists and plans for the future. Sometimes it’s difficult to be in the present, to appreciate the now, and focus on just ‘being’ – but nature can help you to do that.

What is Nature Connectedness?

‘Nature connectedness’ is the term used to describe the relationship between people and the rest of nature. Many scientific studies have shown that spending time in green spaces, being in contact with nature, or looking after plants and animals, can benefit and improve our mental wellbeing.

Nature invites you to pause and look around you. It can help you to feel part of something bigger than you. It can help you to feel calmer and more positive.

How can I Connect with Nature?

Sometimes it can be hard to know how to connect to nature. It can be difficult to get started. And many of us with mental (or physical) health problems face barriers that might stop us connecting with nature. Sometimes our health problems mean we are unable to access a park, go for a walk, or even step outside, but there are still lots of ways we can connect with nature from our home.

Derbyshire Mind, in partnership with Wellness Without Walls, have put together this pack full of ideas that we hope encourages and enables you to build a connection with nature independently from inside and outside your home.

"It is hard to explain the power of nature in relieving both my physical and mental stress ... There is little more relaxing then sitting with a cup of tea looking at the birds through a window and feeling the wind on my face. There is something about the quiet calm of nature that is contagious, leaving a quiet calm in my mind."



Looking after our Mental Health

Looking after our mental health and wellbeing is important for everyone, and there are things that each of us can do in our day-to-day lives that can help to support good mental health, including connecting to nature.

Many of us live a fast-paced urban life, with long noisy stressful days, often in homes with only small gardens. In these environments there are many pressures that negatively effect our mental health. This is why it is worth making the time for nature, in whatever way works for you, even when things get busy and other priorities feel more important.

How can nature help?

There are lots of ways in which spending time in nature can be positive for our mental health and wellbeing. New and exciting research is happening all the time that adds to our understanding of how our natural environment affects the health of our bodies and minds. The reasons why time in nature has this effect on us are complex and still being understood. The benefits are often related to how our senses connect us to the environment around us, from the shapes in nature we see to the scents that trees give off and the soft fascination that nature can stimulate which helps our minds rest.



Time in green spaces:

Across multiple studies, researchers have found a fascinating link between spending time in green space; such as fields, forests, parks and gardens, and a reduced risk of mental health problems, improved mood, and increased life satisfaction. Other benefits include reduced stress, increased physical activity, and better physical health.

Finding nature in the city:

Green spaces can be a little more difficult to find in cities like Derby. At first glance nature can appear to be lost in the urban jungle, but if you pause, and take in your surroundings, you might notice that nature can pop up in even the most unlikely places. Signs of nature are threaded throughout the city

It is worthwhile seeking out these natural spaces, such as parks, gardens, or courtyards. Research suggests that taking advantage of urban green spaces is also positive for your mood and life satisfaction.

The Five Ways to Wellbeing

At Derbyshire Mind, we recognise the importance of looking after our mental wellbeing on a daily basis. We know that by doing little things each day that we enjoy, and that supports our wellbeing, we can be more resilient to life's ups and downs.

In 2008, instead of looking at what makes people richer, independent think tank, New Economics Foundation, looked at what makes people happier. Based on evidence from research, they created the 'Five Ways to Wellbeing', identifying five simple actions we can take to make our lives happier and more fulfilling. Those five actions are: to Connect, Be Active, Take Notice, Keep Learning, and Give.

Just in the same way that we know it is good for our physical health to eat five portions of fruit and veg a day, these Five Ways to Wellbeing are things we can all incorporate every day which are good for our overall mental health, happiness, and wellbeing. The Five Ways to Wellbeing also help us talk to others about the things that matter to us on a personal level, and help us to focus on what we can do to take care of ourselves and others.

The Five Ways to Wellbeing are:

- 'Connect' – Connect on a personal level with other people in our community. From friends and family, to colleagues and strangers. How might you connect meaningfully with the people around you? Could you join in with a local group? Get to know your neighbours?
- 'Be Active' - Movement makes us feel good but it is important that you find a physical activity you enjoy and that suits your level of mobility and fitness. Is there an activity that you haven't done since you were a child perhaps? Getting outside for a walk is always good.
- 'Take Notice' - Take some time every day to enjoy the moment and the environment around you. Listen to the birds. Focus on the feeling of your breathing. Plant some seeds and watch them grow. Nature is wonderfully grounding when we stop and look around us.
- 'Keep Learning' - Learning something new, or rediscovering a forgotten talent, can help to increase your self-esteem and lift your spirits. It can also help you to make new friends and keep your mind active. What have you always been interested in but perhaps not found the time for?
- 'Give' – Giving to others is so valuable. Could you do something nice for a friend, or a stranger? Volunteer your time? Give back to your local wildlife? Join a community group? Even just smiling or helping strangers you meet can feel very rewarding.

If the Five Ways to Wellbeing concept is of interest to you, it may help you to create an action plan for yourself in a notebook. Can you think of three things you might like to do more of for each category? You don't have to plan for them all – just do what you feel comfortable with.

Mindfulness in Nature

Taking quiet time to reflect on our natural surroundings can be positive for our mental health and wellbeing.

The practice of 'mindfulness' (a way of directing non-judgemental awareness towards our thoughts, feelings, environment and body) has been found to reduce feelings of stress, and increase feelings of self-compassion and empathy, and who doesn't want to be a little kinder to themselves?

You can use nature to practice mindfulness as there are lots of sights, smells, and sensations to tap into and use to connect you to the here and now.


even if you cannot go outside, you can create a mindfulness spot in your home next to a window that you can open.

Prepare a special spot:

- Take a look around your living space and find a window with a nice view to the outdoors. Maybe you have a window that looks out over some trees, or one where you can look out at the sky.
- Arrange a comfortable space to sit. Maybe you could set a chair up in this special space. Maybe bring a cozy blanket.
- Do you have a windowsill where you could grow some seeds to bring a little nature indoors? See the [Royal Horticultural Society](#) website for tips on planting seeds indoors.
- You could find a collection of natural items from outdoors, such as some leaves or pinecones to set up on your windowsill, or ask a friend or carer to do this for you.

Sit and Notice:

- Open your window, feel the fresh air, sit and listen to the sounds of nature.
- Sit until the fog burns off...
- Sit until the sun completely sets...
- Sit until the rain ends... or begins....
- Watch an animal, even an insect at work or play, until it departs...
- Sit until the puddle dries in the sun...
- Sit and watch a shadow until it has crossed your path...
- Sit until the birds finish their song...
- Let go of a leaf and watch it blow away or fall to the ground
- Sit until that cloud completely changes shape, and disappears or passes on the horizon....



“Place your hands into soil to feel grounded.
Wade in water to feel emotionally healed. Fill
your lungs with fresh air to feel mentally clear.
Raise your face to the heat of the sun and
connect with that fire to feel your own
immense power”

– Victoria Erickson

Activities which help us connect with Nature...

Help the Environment:

- Go on a litter picking walk, for example, around your local area, or your local park.
- Volunteer for a conservation project. See our list of volunteering opportunities in Derbyshire.
- Plant helpful seeds, such as berry bushes for garden birds or flowers to help bumblebees. - See the [Bumblebee Conservation Trust](#) website for more information on bumblebees.
- Build an animal habitat, for example, build a hedgehog house or create a pond if you have enough space. - See the [Hedgehog Street](#) website for information on building a hedgehog house.

Connecting with Nature from your home:

- Read a nature-themed poem or short story.
- Plant some salad leaves or herbs on your windowsill.
- Get comfy and pop on a virtual walk or watch a live wildlife webcam.
- Open your windows and let some fresh air into your home. Close your eyes for a moment and focus on your breath as you slowly inhale and exhale the fresh air.
- Have your morning tea or coffee whilst watching the wildlife from your window.
- Find a quiet spot and listen to a nature soundscape, close your eyes, what can you hear?
- Buy flowers or a potted plant for your home.
- Collect natural materials, for example leaves, flowers, feathers, tree bark or seeds – use them to decorate your living space or in art projects.
- Take photos of your favourite places in nature. Use them as backgrounds on a mobile phone or computer screen, or print and hang on your walls.
- Get creative. Draw or paint animals or nature scenes, or let them inspire a poem or song lyrics. If you enjoy writing in a journal, try doing this outside.

Activities which help us connect with Nature...

Things to do outside:

- Go on a walk, or sit in a green space, such as a local park
- Eat meals outdoors. Have a picnic in a local park, or simply sit in a garden. This might be something you could enjoy doing with other people.
- Watch the stars. Use a stargazing website, app or book to help you recognise different stars, or simply enjoy looking at the night sky. Give your eyes time to adjust, as it can take about 20 minutes before you can fully see stars in the dark.
- Try exercising outside. Run or jog through a local park, or do yoga outdoors. You could try it by yourself, or look for classes in your local area.
- Follow a woodland trail. We aren't very far from the National Forest where there are lots of great walks and places to explore.
- Try geocaching. Geocaching involves looking for items in hidden outdoor locations, using a device such as a mobile phone or tablet. The [National Trust](#) website has more information on geocaching.
- Be mindful in nature. Find things to see, hear, taste, smell and touch; like grass under your feet or the feeling of wind and sunlight. You could also listen to recordings of mindfulness exercises.

Grow or Pick Food:

- Create a growing space. If you don't have access to a garden, you could plant salad leaves or herbs in a window box or plant pot.
- Plant easy-to-grow vegetables in your garden.
- Grow food together with others. Apply to share an allotment, or look for community gardens or food growing projects in your local area.
- Go fruit picking. Look for local farms or orchards that let you pick fruit to buy. You might also find fruit growing in urban spaces, for example wild blackberries.

Activities which help us connect with Nature...

Connect with Animals:

- Watch out for wildlife. If you don't live near open countryside, try visiting a local park to look for squirrels, fish, insects, ducks and other birds.
- Visit a local community or city farm. You might be able to help out by volunteering.
- Hang a bird feeder outside a window. If there's space, you could build a small wooden nesting box on a tree or under a windowsill.
- Try birdwatching. You don't need any special equipment. - See the [RSPB](#) website for more information on feeding, sheltering and watching birds.
- Try pet-sitting or dog walking. Offer to be a pet sitter in your local neighbourhood, volunteer to walk dogs for an animal shelter, or ask to borrow a friend's dog for occasional evening or weekend walks.
- Take part in a nature survey. This might involve counting birds, animals or insects in a particular time and place, or reporting individual sightings of wildlife. - See the [Big Garden Birdwatch](#), and [Big Butterfly Count](#) for examples of nature surveys.



Connect with Nature through Poetry

When April Comes by Virna Sheard.

When April comes with softly shining eyes,
And daffodils bound in her wind-blown hair,
Oh, she will coax all clouds from out the skies,
And every day will bring some sweet surprise, --
The swallows will come swinging through the air
When April comes!

When April comes with tender smile and tear,
Dear dandelions will gild the common ways,
And at the break of morning we will hear
The piping of the robins crystal clear --
While bobolinks will whistle through the days,
When April comes!

When April comes, the world so wise and old,
Will half forget that it is worn and grey;
Winter will seem but as a tale long told --
Its bitter winds with all its frost and cold
Will be the by-gone things of yesterday,
When April comes!



Connect with Nature through Poetry

The Window Pane by Martha Myers.

I gaze through the window pane,
At the freshly mown lawn.
The deep green color
Takes me back to a day gone by.

Lying on my back,
Looking at the bright blue sky;
An occasional cloud floats past
Creating an imaginary shape.

Summer days,
Water hoses and sprinklers.
Lightning bugs,
Tag until dark.

Those were the days
Of my generation.
Those were the days
When I was young and carefree.

Now I am older,
I'm a mother and a grandmother.
My children are grown,
With children of their own.

The world is different,
For children today.
Things aren't as simple
As they were for me.

I long to share
This past of mine,
To show my grandchildren
The pleasures of my past.

Green grass, blue sky,
Shapes in the clouds.
It's all there waiting,
Just beyond the window pane.



Connect with Nature through Poetry

Sing To Me, Autumn by Patricia L. Cisco.

Sing to me, Autumn, with the rustle of your leaves.

Breathe on me your spicy scents that flow within your breeze.

Dance with me, Autumn, your waltz that bends the boughs of trees.

Now tell me all the secrets you've whispered to the seas.

Sleep with me, Autumn, beneath your starlit skies.

Let your yellow harvest moon shimmer in our eyes.

Kiss me, Autumn, with your enchanting spellbound ways
That changes all you touch into crimson golden days.

Love me, Autumn, and behold this love so true
That I'll be waiting faithfully each year to be with you.



Connect with Nature through Poetry

An English Winter's Day by Paul L. Kennedy.

On those cold and frosty winter's mornings when the grass crunches beneath your feet,
and you're wrapped up in layers, hats and scarves, as is everyone else you meet.

When each time you exhale a breath of steam quickly disappears into the chilled air,
and any part of you that is open or exposed is numbed and quickly covered, or beware.

Often every outside surface is dusted with winter's cold makeup white,
and Jack Frost at your nose your ears and fingertips tries to take a bite.

Icicles form to look just like the teeth of some long since past prehistoric beast.
Winter's grip in some places on this our Earth holds on; we hope never ever to cease.

The winter sun is low in the sky and its weak rays have little warmth, if any.
God's creatures brave the cold in search of food, but really not that many.

Snug in their winter's long sleep, others see neither day nor night.
The world outside of which they knew now blanketed cold and white.

Eventually when the night draws in and there are no clouds and the sky is clear,
and the only light is from the moon, its silvery glow throughout the heavens appear.

The temperature drops until the very air you breathe chills your lungs with every gasp,
and even the tiniest sound seems to be magnified and its echo all around is cast.

And when the morning light again returns as the sun is again risen from its slumber,
the beauty of our treasured land we once more behold, with eyes of awe and wonder.



Overcoming Barriers

Many of us with mental health problems face barriers that might stop us connecting with nature. For example, you might:

- be unused to spending time in green space and find it uncomfortable or unfamiliar,
- get tired easily, or have difficulty doing physical activities,
- find spending time outside or around other people challenging,
- be worried about costs,
- feel low or unmotivated, or feel unsure if it's the right time for you to start something new.

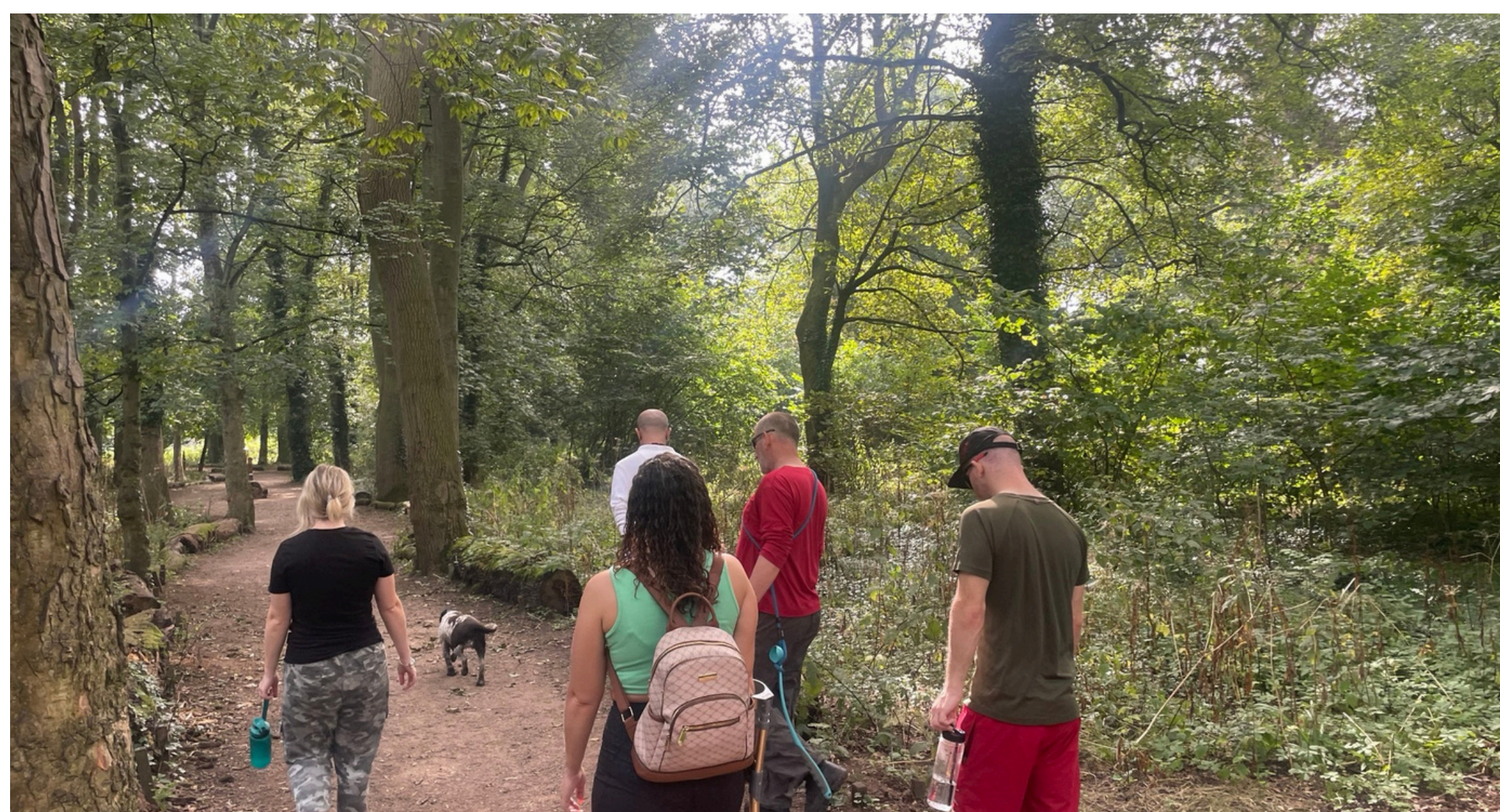
Here are some tips and suggestions for you to consider:

- Start small – for example, try spending just five minutes paying attention to nature in your everyday life. Maybe pop a bird feeder near your window to attract birds, or take notice of the trees and plants on your walk to the shops. Even small amounts of time can give your wellbeing a boost.
- Do things you find relaxing – you might like to sit under a tree, look at the stars, grow tomatoes in a pot, or do mindfulness or art activities in natural surroundings.
- Ask for support – for example, if you feel anxious in new places or social situations, you could ask someone you trust to go with you at first. If you're joining a new group, you could ask if a staff member or group leader can meet you beforehand.
- Work with your highs and lows – consider which times of day you feel most energised, and when you find things harder. You might want to avoid times of day when side effects of any medication you take seem to cause more problems for you.
- Bring nature indoors – if going outside isn't possible or feels difficult at the moment, you could explore ways of connecting with nature indoors.
- Plan ahead – check the weather forecast and think about any equipment you might find useful, like warm or waterproof clothing, sun protection or a map.
- Look for free swaps or giveaways – for example, you might be able to swap spare seeds with other gardeners at a seed-swap event.
- Join outdoor groups by Derbyshire Mind, such as MindSpace where we meet fortnightly for a walk in nature. Visit our website to explore our [Mental Wellbeing Services](#).
- Don't blame yourself if something you've tried doesn't work for you. Managing a mental health problem can be really difficult, especially when you're not feeling well. There are always other nature ideas you could try, and other options for treatment and support – different things work for different people.

Walking Outdoors in Nature

We all know that going out for a walk is good for our physical health, but it doesn't stop there. Research shows that getting outside in nature has many mental health benefits as well. Walking has been proven effective in reducing anxiety and depression, and there is further evidence that walking in nature improves those results even further. That's because different parts of our brain activate when out in nature. Our mind calms, leading to physical changes including a reduction in heart rate and blood pressure. Spending time outside at a park or any green space can have the same effect. Even if it's only for a few minutes during a lunch break, getting out in nature can positively impact your mental health.

Why not download the [Go Jauntly](#) app and track your walks and use 'Nature Notes' section to capture the good things you see in everyday nature.



Derbyshire Mind's MindSpace Walks:

Derbyshire Mind's MindSpace meet-ups are a great opportunity for us to get together, get some fresh air, spend time out in nature, and have chat in a friendly and inclusive group. Come join us for natter and a gentle stroll in various parks around Derbyshire.

Visit www.derbyshiremind.org.uk to find out more and find your nearest MindSpace meet-up and walk or use this QR code to take you directly to our MindSpace webpage.



Walk Well Derby Health Walks:

Walk Well Derby run short, free to attend walks in Derby that are suitable for people of all ages, (under 18s must be accompanied by an adult). The walks take in local parks, countryside and residential areas of Derby City.

Visit <https://www.walkingforhealth.org.uk/walkfinder/walk-well-derby> to find out more about their following walks:

| Walk Location: | When Does It Run? | Length (Hours) |
|---------------------------|----------------------------------|----------------|
| Alvaston Riverside walk | Every Thursday at 12noon | 1:00 |
| Arboretum Park walk | Every Tuesday at 9.15am | 0:45 |
| Chaddesden Park walk | Every Tuesday at 11am | 1:00 |
| Darley Park walk | Every Tuesday at 10.30am | 1:15 |
| Littleover Parks walk | 3rd Saturday of the month at 2pm | 1:15 |
| Mickleover Community walk | Every Monday at 10:15am | 1:00 |
| Normanton Park walk | Every Wednesday at 10am | 0:45 |
| Old Canal Path Walk | Every Friday at 10am | 1:30 |
| Sunnydale Park walk | 1st Saturday of month at 10.30am | 1:00 |



Nature-Based Volunteering



Volunteering is a really fun way to meet new people, spend time outdoors in nature, stay healthy, learn new skills and make a real difference to nature. It is also a great way to build your confidence and gain experience of work within the environmental sector.

Here are some local volunteering opportunities that you might be interested in getting involved in in order to continue to grow your connection with nature and your connection with your local community:

Whistlewood Common:

Whistlewood is ten acres of community-owned land in Melbourne, South Derbyshire, and is the location of Green Connections. The Whistlewood community run regular Saturday afternoon volunteering from 1 – 4pm to help maintain the site, including:

- Orchard maintenance
- Green woodworking
- Creating infrastructure
- Gardening and food growing

For more information about how to get involved with the community, speak to Helen or visit the website: www.whistlewoodcommon.org/volunteer or contact admin@whistlewoodcommon.org.

Elvaston Castle:

Rangers

Elvaston rangers and wardens run a weekly mid-week volunteer group that provides invaluable help in managing and maintaining the core historic gardens.

Gardeners

On Thursdays a small group of volunteer gardeners grow fruit and vegetables at an on-site allotment, funded by selling the produce in the Elvaston shop.

Conservation

Every fortnight a group of conservation volunteers work with us on a Sunday to manage Elvaston's local nature reserve.

For more information about volunteering at Elvaston email countrysideservice@derbyshire.gov.uk or tel: 01629 533870.

Swadlincote Woods, National Forest:

TCV are working to conduct outdoor practical conservation activities to improve the site for both wildlife and local people. Volunteer tasks will vary, but there will be something for everyone, no matter what your level of fitness. The day runs 10-3 with breaks for tea and for lunch! TCV are always pleased to welcome new volunteers (under 18s welcome by prior arrangement only).

For more information about volunteering at Swadlincote Woods visit The Conservation Volunteers website: www.tcv.org.uk

High Peak Community Arts:

High Peak Community Arts provides opportunities for people to participate in high quality creative arts projects. They focus on those with the least access to the arts and culture and believe that the arts can be a tool for change in people's lives.

There are numerous roles for volunteers:

Supporting sessions, Supporting projects, Promotion of projects and events, Behind the scenes.

For more information, visit: <https://www.highpeakarts.org/volunteer/>

Derbyshire Wildlife Trust Nature Reserve:

There's nothing better than working in the great outdoors with a group of like minded people, especially in some of the most picturesque areas of Derbyshire.

Whether you want to learn some traditional countryside skills, like coppicing or fencing, or just want to get out in the fresh air and burn up some energy through scrub clearance or pulling up invasive plants like balsam or ragwort, our practical conservation programme offers something for everyone. Work varies throughout the seasons.

For more information, visit www.derbyshirewildlifetrust.org.uk/support/volunteer

Derby Parks:

Members of Derby Parks Volunteers are a group of volunteers who contribute their time and energies to the conservation and development of Derby's many green spaces. Derby Parks Volunteers is a non profit making organisation actively and kindly supported by the Friends of Sinfin Moor Park and Derby City's Community Leisure (Parks) department.

Derby Parks Volunteers welcomes new members, whether new to nature conservation or experienced conservationists - we have activities and roles for both. Members benefit from:

- Being close to nature in some great spots in the city
- Helping your local community
- A shared sense of achievement
- New skills and knowledge of nature and its conservation
- Physical exercise - as much or little as you want
- Being part of a great team of volunteers
- Having fun

For more information, visit <http://www.derbyparksvolunteers.co.uk/main2.html>



Heartwood Social Farming Centre:

Heartwood offer a range of ways of exploring our relationship to landscape through growing, foraging and cooking food, learning traditional crafts and heritage skills, working with livestock and horses, participating in forest school activities or gathering and preparing herbal remedies.

They host regular work days on the 3rd Saturday of every month, working on a project together between 11 am and 3 pm stopping for a shared meal at lunch time.

If you would like to join then please email: info@heartwoodsfc.com

Mind Over Mountains:

Mind Over Mountains is an award winning charity, founded in 2020 by adventurer, speaker and mental health advocate Alex Staniforth, & Chris Spray, an international leadership consultant and trainer. Together, they created our innovative approach, which brings together walking in nature, mindfulness & professional coaching and counselling in support of good mental health & wellbeing. Volunteer

They are always interested to hear from volunteers who would like to get involved with Mind Over Mountains. Opportunities become available from time to time in various different roles. Example roles include - helping out at events & exhibitions (outdoors and indoors!), social media content creation and fundraising administration support.

If you would like to apply, please get in touch via email: info@mindovermountains.org.uk

Rhubarb Farm

A horticultural-based environmental social enterprise, based in Langwith.

Rhubarb Farm use the therapeutic organic horticulture model for developing skills, confidence and employability, and for improving health and well-being. They grow fruit and vegetables organically and keep poultry for eggs.

If you are interested to volunteer, complete the volunteering application form which can be found at: <https://www.rhubarbfarm.co.uk/join-as-a-volunteer>



Mental Health and Wellbeing

Activity Project - Grant Partners

During 2023 Derbyshire Mind delivered a small grants scheme (funded by Derbyshire County Council) to support the creation or expansion of mental health, wellbeing and physical activity services across Derbyshire.

All the projects which were funded via the MHAW grant, are designed to:

- Improve mental wellbeing
- Improve social connectedness
- Increase or start physical activity
- Reduce isolation
- Connect with nature
- Improve accessibility for service users

The Derbyshire Mind team have collected details of all 34 projects. We hope this compilation of successful applications inspires you to support and engage with these projects. Together, we can make a difference in the lives of individuals and communities.

Visit our MHAW Project webpage for more details of these 34 groups:
<https://www.derbyshiremind.org.uk/services/mhawproject/grant-partners/>

Many of these groups have links to nature and the outdoors, so we hope they support you in your quest to connect with nature.



Hannah Fields

Community Gardens

“Hannah’s is a space that all can feel welcomed and a part of. We have a strong focus upon reaching those in our community who maybe most at risk from social isolation and work towards a model of empowerment where all can integrate fully into the project and their wider community. Hannah’s is a project that focuses upon the basic but important things that are diminishing in our current society. These being the value of real human connection, whether this be during our planned groups or the promise of a friendly face for anyone that pops on.

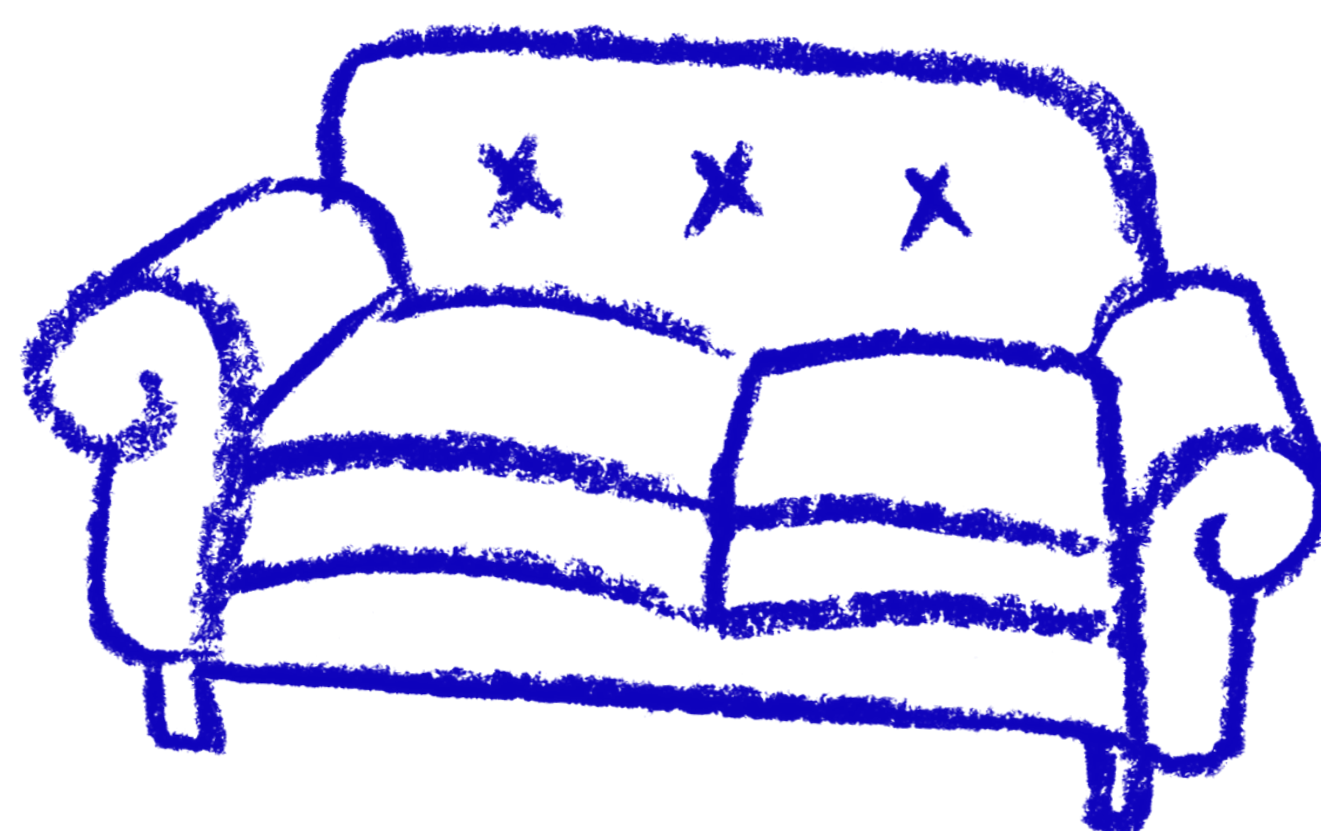
We are passionate about wellbeing and nutrition, whether this is providing our community with organic nutrition dense fruit and vegetables or teaching adults and children how easily they can grow their own food. One of our greatest missions is to assure all our local children that real food comes from the ground and not just supermarkets! We are focussed the wellbeing of our natural environment and how by working in harmony with it we can improve our own well being as well as that of our planet.

We are four years into our project now and are growing stronger each year. We aim to increase our offer to the community and would like to inspire and support many more projects like ourselves. Please explore our website to see what we currently offer and get in touch if you would like to know more or get involved.”

<https://www.hannahfields.co.uk/>



From the comfort of your own sofa...



Watching a Wildlife Webcam can be a great way to access nature from your own home. This page includes QR codes and website links where you can watch live webcams.

The Wildlife Trust



www.wildlifetrusts.org/webcams



Discover Wildlife



www.discoverwildlife.com/animal-facts/livestreams-wildlife

CountryFile



[/www.countryfile.com/wildlife/wildlife-webcams-uk-ireland](http://www.countryfile.com/wildlife/wildlife-webcams-uk-ireland)

Discover Africa



www.discoverafrica.com/blog/20-of-the-best-wildlife-webcams-in-africa/

Useful Websites to Visit:

Derbyshire Mind: www.derbyshiremind.org.uk/

Mind: www.mind.org.uk

Wellbeing at Whistlewood: www.wellbeingatwhistlewood.co.uk/

Whistlewood Common: www.whistlewoodcommon.org/

Derbyshire Wildlife Trust: www.derbyshirewildlifetrust.org.uk/

Derby Parks: [/www.inderby.org.uk/parks/derbys-parks-and-open-spaces/](http://www.inderby.org.uk/parks/derbys-parks-and-open-spaces/)

Derbyshire Recovery and Peer Support Service:
www.facebook.com/derbyshirerecoveryandpeersupport/

Friends of Derby Arboretum: www.facebook.com/friendsofderbyarboretum/

Friends of Sinfin Moor Nature Reserve: <https://www.sinfinnaturereserve.org.uk/>

Hannah Fields Community Garden:
www.facebook.com/littleovercommunitygardens/

Move More Derby: www.movemorederby.co.uk/

National Forest: www.nationalforest.org/visit/

Livewell Derby: www.livewellderby.co.uk/

Cycle Derby: <https://www.cyclederby.co.uk/>

University of Derby Nature Connection Team: www.derby.ac.uk/research/centres-groups/nature-connectedness-research-group/

“Sitting outside, in nature, calms me so much, gardening makes me feel healthier, inspired, the rain calms me, the smell and sounds of birds, animals, flowers, the wind, watching clouds float by, calms me.”