



Northumberland
Wildlife Trust

Green Social Prescribing in South East Northumberland

Nature Connection Opportunities and Volunteering

NE North East
Combined
Authority



Funded by
UK Government



Green spaces on your doorstep



**Northumberland Country parks, Nature Reserves,
visitor centres & coastal sites**

www.northumberland.gov.uk/Local

Volunteer: There are opportunities to volunteer at the country parks, local nature reserves and other countryside sites. If you are interested, please email countryside@northumberland.gov.uk.

Visit Northumberland online guide

www.visitnorthumberland.com



Explore Northumberland Woodlands

<https://www.visitnorthumberland.com/explore/destinations/forests>

Northumberland is renowned for its scenic spots and breathtaking walking and cycling routes. Many of the routes are through some of the most magical and wild woodlands, teeming with Northumberland's wildlife.

Explore our coast

<https://www.visitnorthumberland.com/explore/destinations/beaches>

Spot our castles standing guard along our dramatic shoreline, and explore more than 30 miles of barely-trodden beaches

Northumberland Wildlife Trust



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Northumberland Wildlife Trust has been saving wildlife and wild places and helping people to get closer to nature since 1971. We provide a range of educational events and activities for adults, families and schools at our visitor centres and nature reserves, to get people to value the natural world and stand up for wildlife.

Northumberland Wildlife Trust has two visitor centres providing thousands of people with unique wildlife experiences each year at Hauxley Nature Reserve and Northumberlandia. We look after over 60 nature reserves in Newcastle, North Tyneside and Northumberland; places where wildlife can survive and thrive.

Volunteer: www.nwt.org.uk/get-involved/volunteer

Over 600 volunteers support nature conservation, from tree planting to conducting surveys, planning fundraising activities and assisting with events and education sessions.

Nature and Wellbeing

Find out more about our ethos and programmes here:

www.nwt.org.uk/what-we-do/projects/nature-and-wellbeing

Join a Nature based Volunteer Group!

See our Northumberland (South East focus) Nature & Wellbeing Voluntary Groups and Societies database

Email joanne.burke@northwt.org for a copy

Northumberland National Park



The experiences we have and the memories we make in Northumberland National Park can last a lifetime. Let's care for our unique and special surroundings today, so that future generations can continue to enjoy them for years to come.

Some northern forests remain closed as Forestry England tackle previous storm damage. Find more information on forest closures from Forestry England.

If you're planning a walk in Northumberland National Park, read our walking routes updates relating to storm damage before you set off.

Volunteer: www.northumberlandnationalpark.org.uk/about-us/jobs-volunteering

Websites of interest



www.nhsn.org.uk



Working with communities to ensure everyone benefits from places of natural beauty.

[Home](#) | [National Trust](#)



Forestry
England



Provision of walking, running, cycling trails and sustainably sourced timber, also conservation of plant and animal species.

[Home](#) | [Forestry England](#)

Wildlife and
Countryside

LINK



The largest environment and wildlife coalition in England bringing together organisations to present issues of concern to government, opinion leaders and general public.

[Home - Wildlife and Countryside Link \(wcl.org.uk\)](http://wcl.org.uk)



England's
Coast



Interactive maps, inspirational ideas to explore the coast and travel blogs to help explore coastal regions.

[Discover England's Coast - Plan your day out to the coast \(englandscoast.com\)](http://englandscoast.com)



Biodiversity loss and climate change means our work is more important than ever.

[Natural England - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



News and advice to the public, delivery of successful conservation and inspiring others to stand up for nature.

[The Royal Society for the Protection of Birds \(RSPB\)](https://www.rspb.org.uk)



Helping communities to grow through advice, guidance and encouragement. Also by speaking to funders, and government on behalf of it's members.

[Social Farms & Gardens | \(farmgarden.org.uk\)](https://farmgarden.org.uk)



From biodiversity loss to the climate crisis, rewilding offers hope in the face of today's biggest global issues.

[Rewilding Britain | Think Big. Act Wild.](#)



They help local communities, link workers, the community and referring professionals to build partnerships, share resources and support your journey to support others.

[Green Social Prescribing – National Academy for Social Prescribing | NASP \(socialprescribingacademy.org.uk\)](#)



Resources, news and good practice sharing to support walking, active travel and mindful practices in nature.

[Home | Paths for All](#)

Handbooks

[the-nature-connection-handbook.pdf \(wordpress.com\)](https://www.wordpress.com/the-nature-connection-handbook.pdf)

A guide for increasing people's connection to nature



[Nature on Prescription Handbook - European Centre for Environment and Human Health | ECEHH](#)

Evidence based suggestions to develop and implement a high quality scheme.



[Thriving-With-Nature.pdf \(mentalhealth.org.uk\)](https://www.mentalhealth.org.uk/Thriving-With-Nature.pdf)

Making the most of the UK's natural spaces for our mental health and wellbeing



Toolkits

[Good practice in social prescribing for mental health: the role of nature-based interventions - NECR228 \(naturalengland.org.uk\)](#)

Good practice in social prescribing for mental health – the role of nature based interventions



[green-social-prescribing-toolkit.pdf \(socialprescribingacademy.org.uk\)](#)

A 'how to' guide for those people who have responsibility for, or a role in, starting, developing or growing green social prescribing schemes.

