

About us

We are a partnership between Ansa, Cheshire East Council, the NHS, Everybody Health and Leisure, and the voluntary sector.

Nature can do wonders for the mind and body.

Designed around the Five Ways to Wellbeing, our nature-based activities help to improve physical and mental health and wellbeing.



See how wildness can help your wellness

Sign up today

- ☎ 01270 685589
- ✉ ebhealthy@everybody.org.uk
- ➔ www.everybody.org.uk/green-spaces-for-wellbeing

If you're a social prescriber then you can send us a referral using ReferAll.

To set up an account, please email us.



Green Spaces
for Wellbeing



Your path to wellness.
Find it in nature.



www.cheshireeast.gov.uk/greenspaces

Our offer

Join the Green Spaces for Wellbeing programme to explore nature and boost your wellbeing.

We offer 12 weeks of sessions, with activities once a week. You can choose sessions that match your interests.

Stay connected with the programme afterwards with volunteering opportunities and meet-ups.



Garden and grow

Discover wildlife friendly gardening. Get involved in planting, sowing seeds and maintaining beautiful spaces. Learn about plants and support nature on your doorstep.



Food growing



Join us to grow vegetables, fruits, and herbs. Discover wild cooking and harvesting while learning about pollinators and creating homes for nature.

Active outdoors



Join local walks where you'll explore parks and open spaces, discover nature on your doorstep and get active. Try new outdoor activities with our friendly group.

Habitat management



Plant trees, create wildflower meadows, and maintain paths. Create hedgehog homes and bird feeders; and learn about how to help local wildlife.

Creative connections



Explore nature through photography, mindfulness activities, art and crafts. Join recycling workshops, make bird boxes, and share in talking cafes.

Wildlife surveying



Learn how to identify different species and how to help nature thrive. Monitor local wildlife by surveying butterflies, birds, plants and much more.

