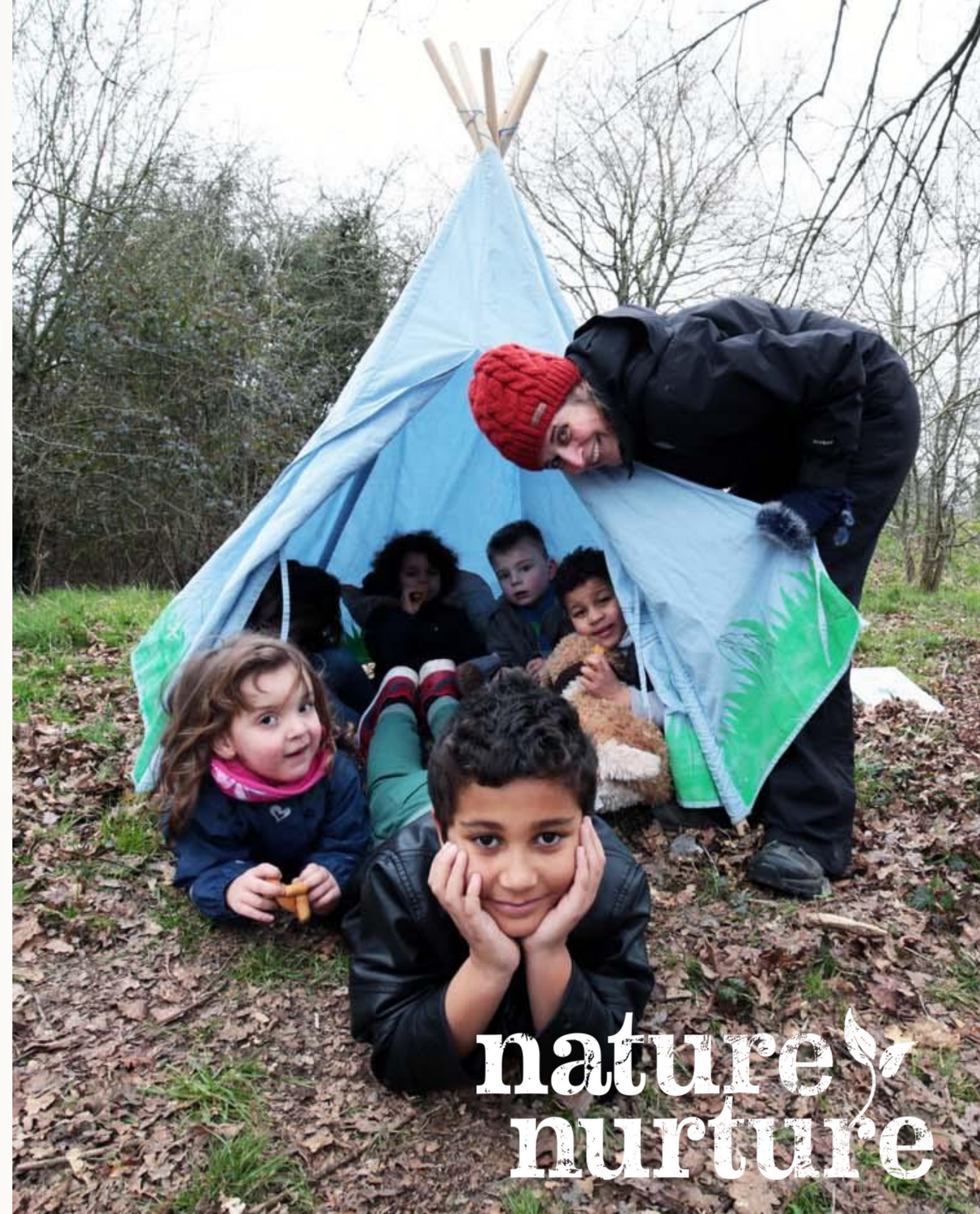


Bringing urban communities and nature together

**APSE (Southern Region)
Parks & Open Spaces Seminar**

Natalie Ganpatsingh
Founding Director
Nature Nurture



nature
nurture



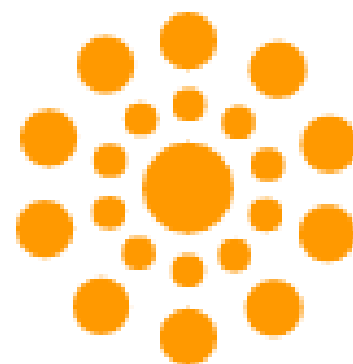
Founding Director

Creative, community builder,
striving to address equity
and co-create a world
that supports
wildlife and wellbeing.

**nature
nurture**



**Berkshire
Buckinghamshire
& Oxfordshire
Wildlife Trust**



**network of
wellbeing**



Raleigh
International

WELCOME TO
Reading

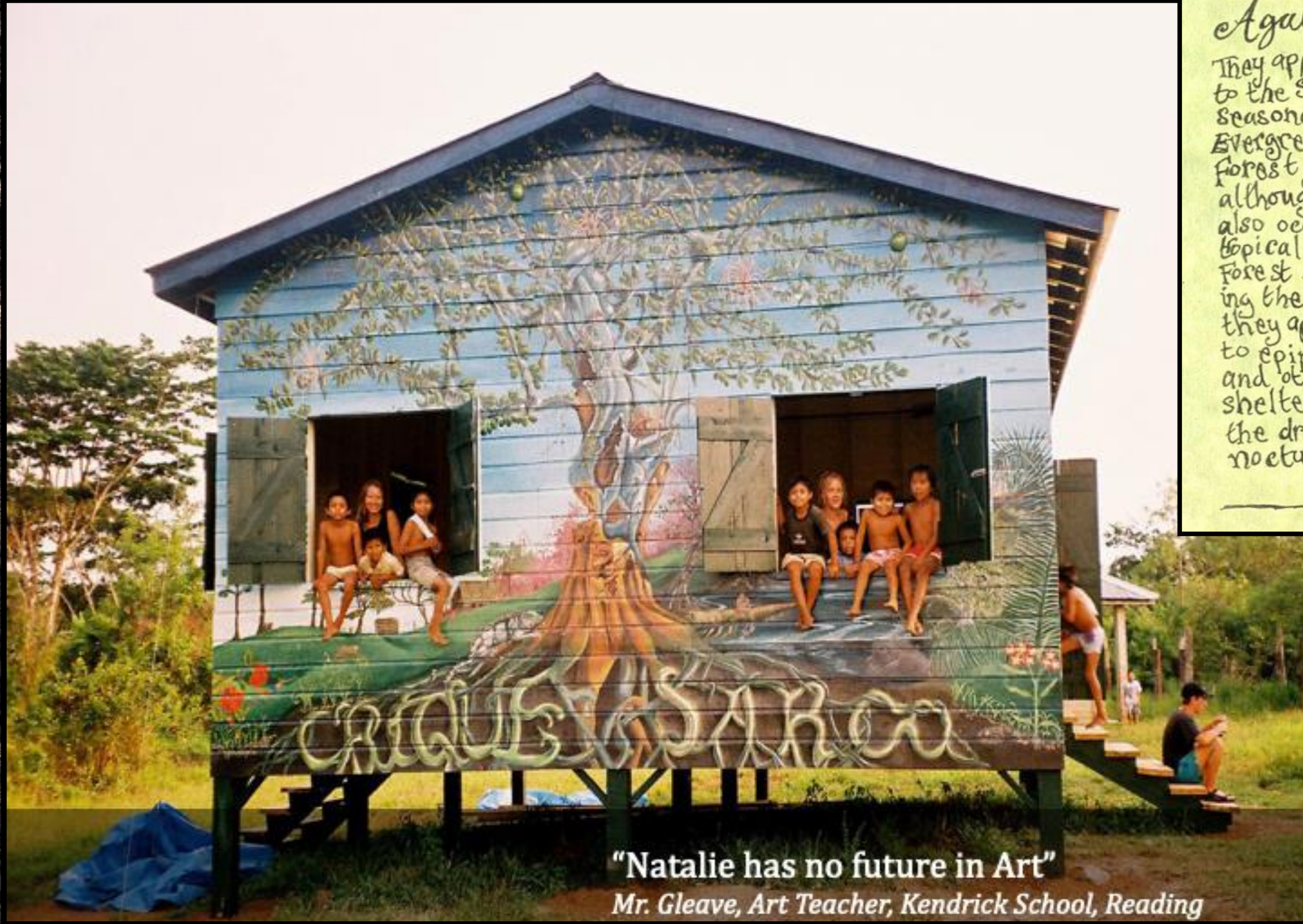
Twinned with

DÜSSELDORF	CLONMEL
	
SAN FRANCISCO LIBRE	SPEIGHTSTOWN
	

Reading







"Natalie has no future in Art"

Mr. Gleave, Art Teacher, Kendrick School, Reading

RED-EYED TREE FROG

Agalychnis callidryas

(Cope)

They appear to be restricted to the semi-evergreen seasonal forest and Evergreen Broadleaf forest formations, although they may also occur in the Sub-tropical Evergreen Forest formation. During the dry season they apparently retreat to epiphytic bromeliads and other arboreal shelters, especially in the drier north. They are nocturnal ☾☆☆☆



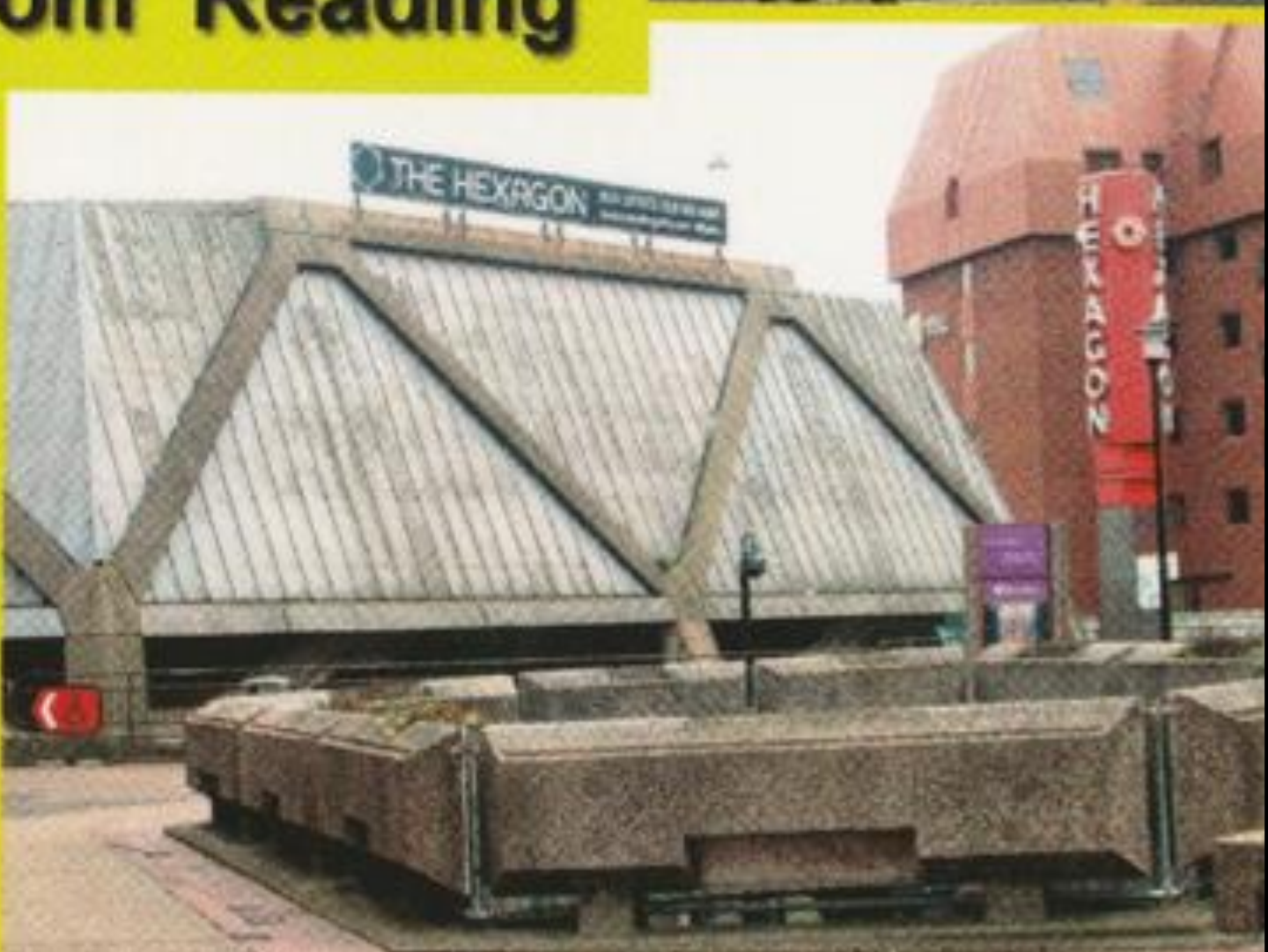
The call of the male is usually a single note, "cluck" or "chock" uttered at spaced intervals. B. Groat

reciprocity between people and nature

Fast Forward

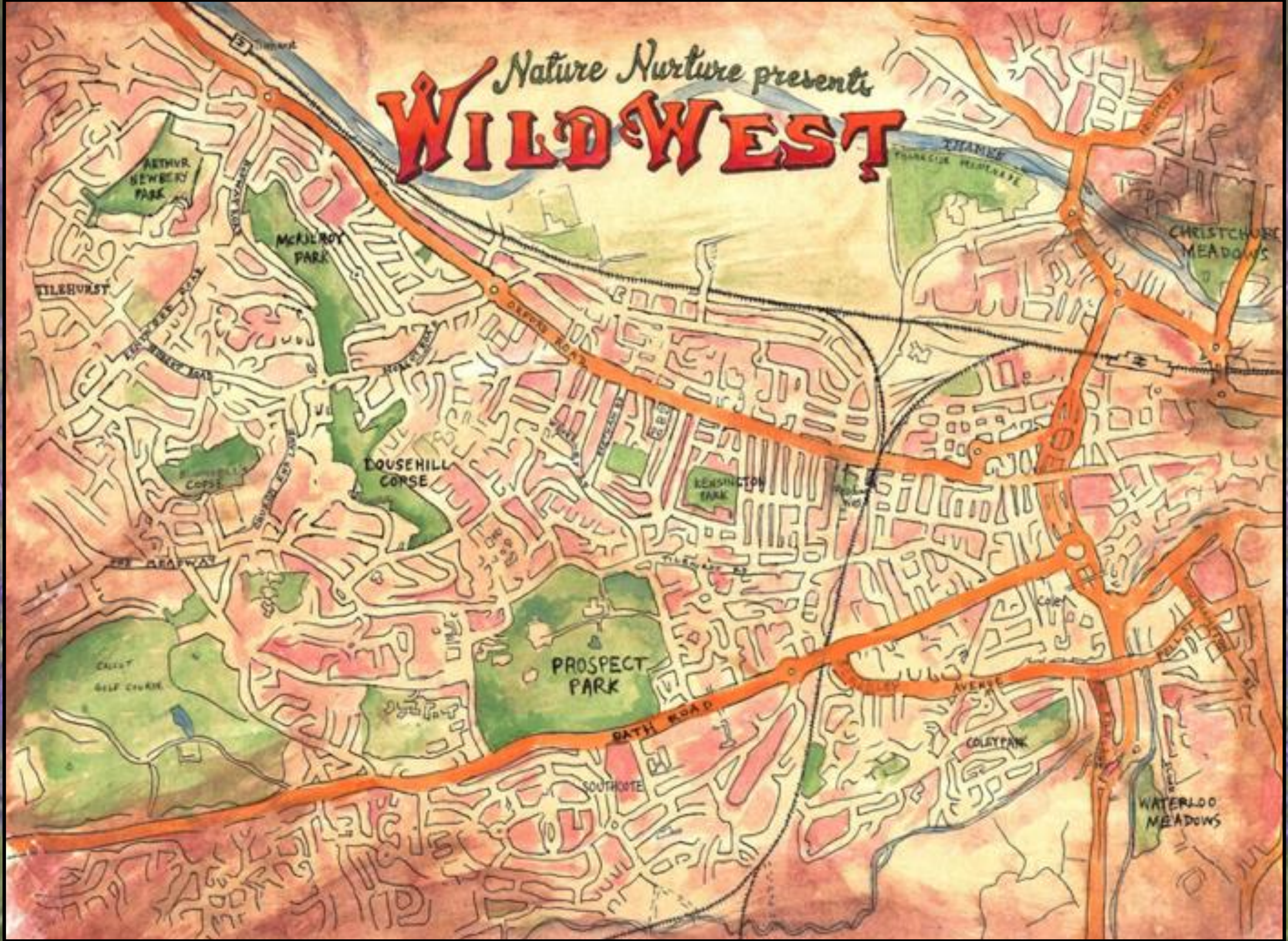


Greetings from Reading





Nature Nurture presents
WILD WEST



ARTHUR NEWBERY PARK

MCKILROY PARK

TILEHURST

THE WOODS

THE WOODS

THE WOODS

DOUSEHILL CORSE

PROSPECT PARK

LEXINGTON PARK

CALLIST GOLF COURSE

SOUTHOTE

COLEY PARK

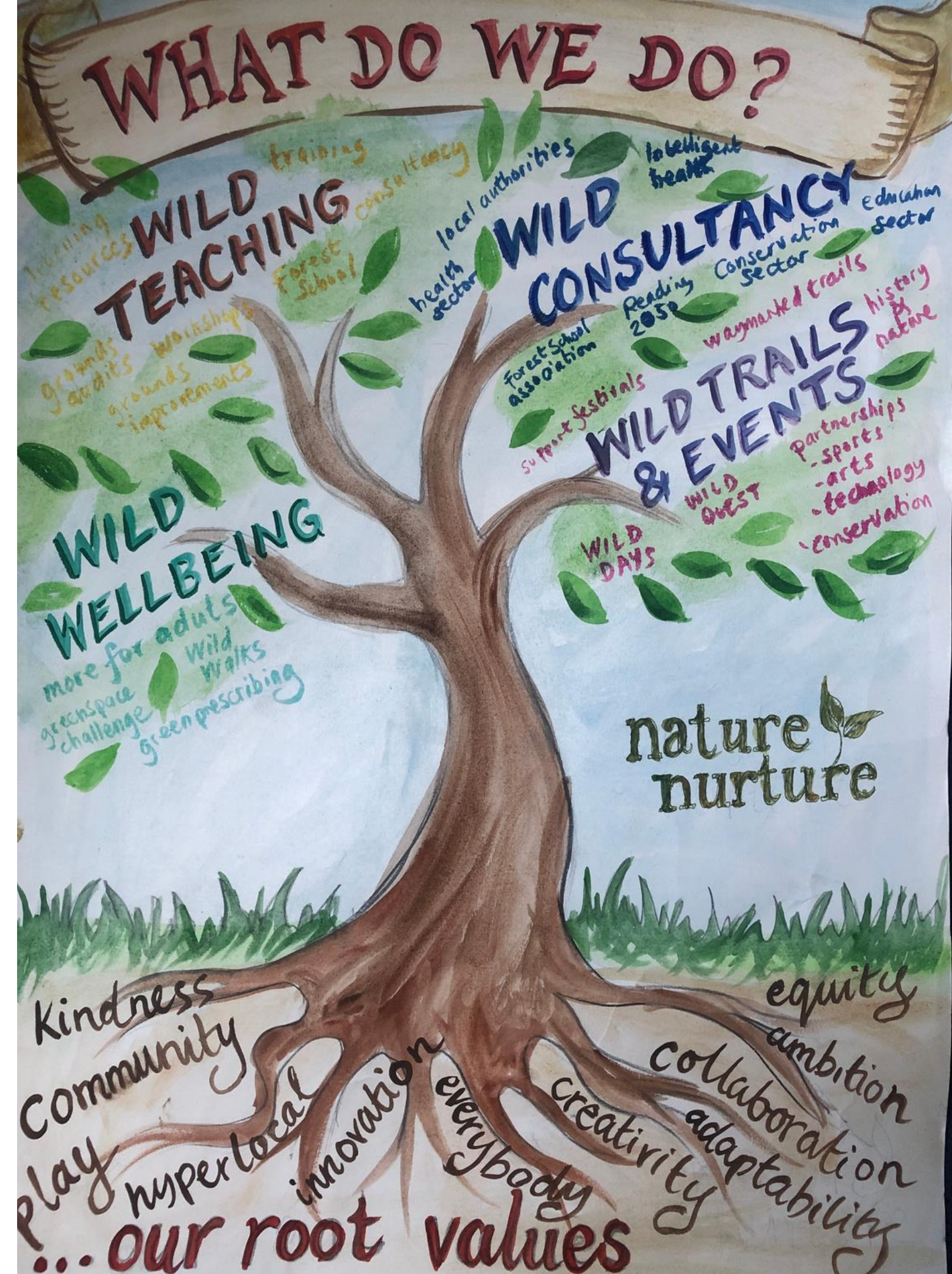
WATERLOO MEADOWS

CHRISTCHURCH MEADOWS

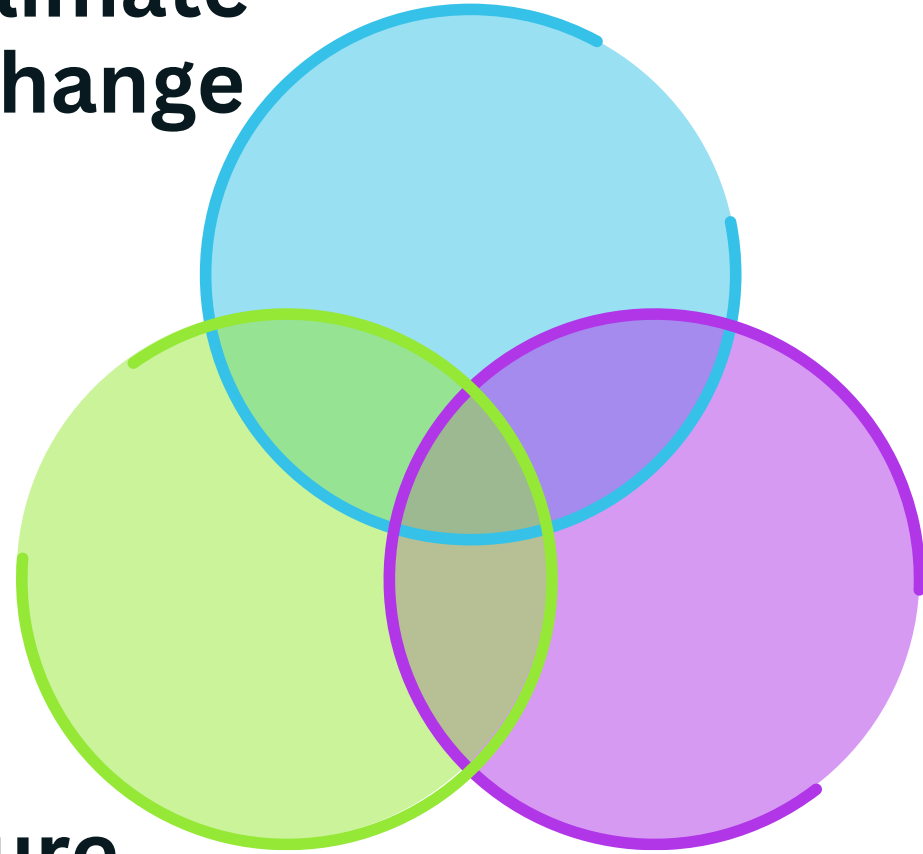
TITANIC

We're on a mission to connect urban communities with the nature on their doorstep.

nature nurture



climate
change



nature
loss

health &
wellbeing

What can we do
to help solve
all these crises?

Lousehill Copse, Dee Park, Reading



nature
nurture



Nature

For: Improved mental and physical health, lower anxiety, stress and blood pressure, reduced respiratory and cardiovascular illnesses.

Dosage: Consume with your senses, preferably with fresh air. Take at least one dose a day.

Caution: Side effects include improved vitality, mood, emotional self-regulation, attention capacity, restoration, creativity, pro-social behaviour, pro-environmental behaviour, life satisfaction and happiness.

Warning: Keep within reach of children.

Ingredients: Biodiversity.

@findingnature

Thanks to Professor Miles Richardson

A chain-link fence is in the foreground, creating a diamond-shaped grid pattern. In the background, a sunset or sunrise is visible, with a warm orange and pink glow on the horizon. The sky is a mix of blue and white, suggesting a clear or slightly hazy day. The overall scene is a blend of man-made structure and natural beauty.

Which groups are most
disconnected with nature?

NATURAL
ENGLAND

Natural England's
MENE and PaNS data shows
that people living in more
disadvantaged areas,
people from BAME
communities and people
with disabilities or
long-term health conditions
visit green spaces less
frequently than others.



Public Health England

Improving access to greenspace
A new review for 2020



“There is increasingly compelling evidence showing that access to greenspaces really matters for our health.”

Duncan Selbie, Chief Executive of Public Health England

Out of Bounds

Equity in Access to Urban Nature

An overview of the evidence and what it means for the parks, green and blue spaces in our towns and cities



The evidence shows that:

- People from all walks of life value access to nature but not everyone is able to benefit
- Covid-19 pandemic exacerbated; inequalities
- People from **low income households** or areas, **ethnic minority backgrounds** and **disabled people** are currently missing out
- Inadequate provision of parks and green spaces is one of the reasons, but people also experience complex barriers when it comes to accessibility
- Equitable access to public space is a right, so everyone **managing natural spaces** should be working to **address this inequity**

Project Story: Holy Brook Nook



...Highways wasteland

YOU ARE
HERE!

A33

Katesgrove
Primary
School 8 mins
walk
away


HOLY BROOK NOOK

A community space for people and
nature in the heart of Coley!



HISTORY PANELS

Follow Holy Brook and Kennet as they travel in time to gather friends and explore the history of Coley



Subway mural created by Commando Jugendstil and the local community, featuring nature and history from the area

BETWEEN TWO WATERS



HISTORY HIKE

Follow the 12 post trail and scan on the QR codes to hear stories from the local area come to life! Thanks to actors from Progress Theatre

HOLY BROOK MEADOW
and Wild Teaching space

WELLBEING GARDEN

Get involved with growing and reap the produce, with Food4Families. For more information contact food4families@risc.org.uk



Featuring waterbirds you may spot on the Holy Brook

WOODEN BRIDGE



Coley Primary School 3 mins walk away

Berkeley Ave



Plans are afoot at

HOLY BROOK NOOK

...a community space for people and nature in the heart of Coley

Dear residents,


Over the coming months we are going to be working with the Coley community to improve the green space and walkways, just over the bridge from Brook Street West. There will be plenty of ways to get involved. Some of our planned activities include:


- ★ Exploring local history and nature
- ★ Conservation sessions
- ★ Wild Family Days
- ★ Mural painting
- ★ Workshops with schools
- ★ Creating an outdoor learning space
- ★ Natural play
- ★ Guided walks

Come and say hello! We'll be working on site nr. RG1 6BB 10am - 4pm, Tuesday 15th, 22nd Feb and 1st, 8th, 15th, 22nd March, Warm drinks provided :-)

Funded through Reading Borough Council's Community Infrastructure Levy

 @HolyBrookNook

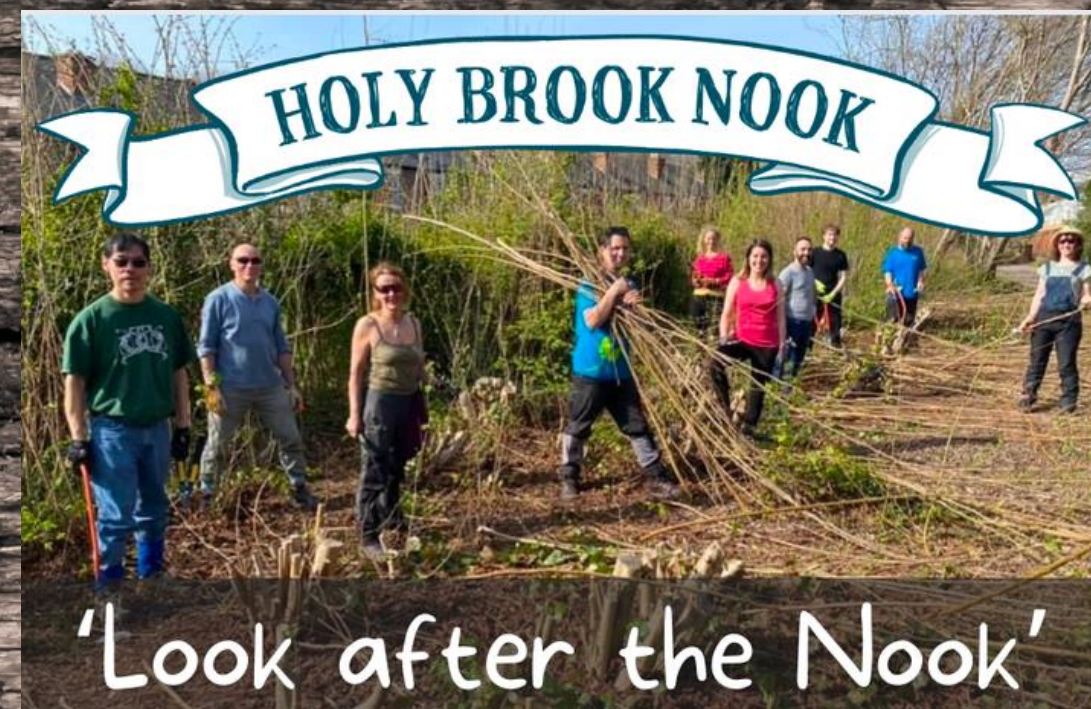
 @HolyBrookNook

 hello@nature-nurture.co.uk



Walking for Wellbeing in Coley

Join our friendly group for a 6 week programme of gentle walks, with nature and art activities along the way. Taking a walk outdoors is a great way to meet other people, spend time in nature and support our wellbeing.



'Look after the Nook'

Pumpkin Feast

Join us for a friendly afternoon of autumn crafts, time in nature, cooking and sharing a meal.

When?

Wednesday 2nd November 12pm - 3pm

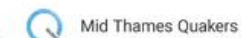
Where?

Reading Quaker (Friends) Meeting House,
2 Church Street RG1 2SB.
We can pay for your bus ticket costs.

How to book:

FREE but booking is essential as there are limited places available - text/call: 07771 441872
natalie@nature-nurture.co.uk

Nature Nurture is a community group based in Reading. Our mission is to connect people with the health and wellbeing benefits of creativity and nature.

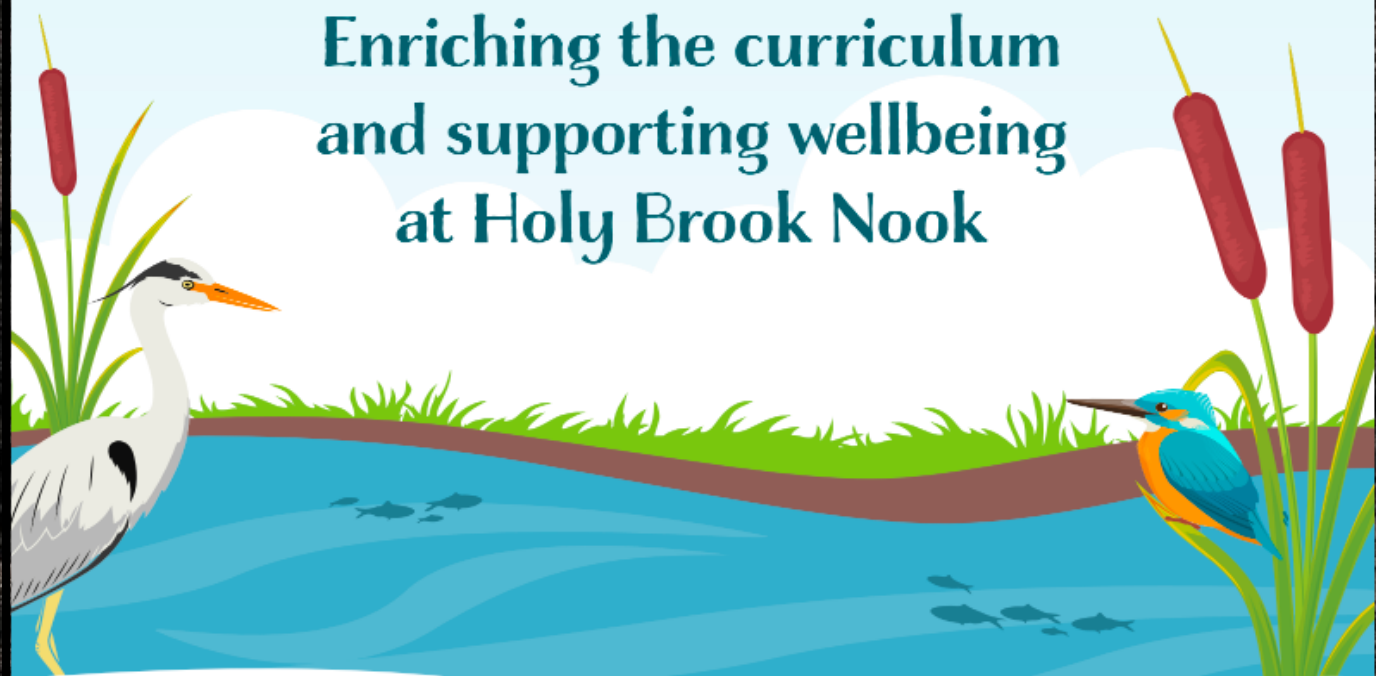


www.nature-nurture.co.uk

HOLY BROOK NOOK

WILD Teaching TOOLKIT

Enriching the curriculum and supporting wellbeing at Holy Brook Nook



Funded through Reading Borough Council's Community Infrastructure Levy



Key Stage 1: Year 2

Session 4: Pollinators' Paradise

These sessions have been designed to link with:

Literacy



Maths



Science



For links to the specific areas of the National Curriculum covered in this session, see 'Year 1 Sessions: National Curriculum Table'.

Before the session: Affix the Flower Bingo Pictures Sheets around your outside area.

Sunny Grassland Delight

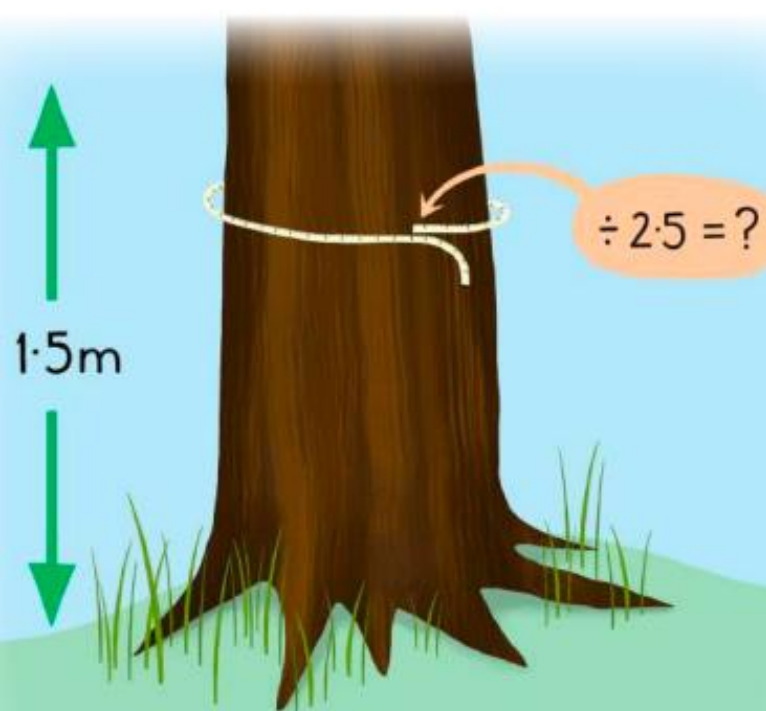


Recipe:

- a pinch of mud
- sprinkle of grass
- a luscious leaf

Stir Well!

How to Measure Trees



This way for Subway Art

HISTORY HIKE

nature nurture
COMMANDO JUGENDSTIL
PROGRESS THEATRE
a noisy silence
Reading Borough Council
Working better with you



HISTORY HIKE

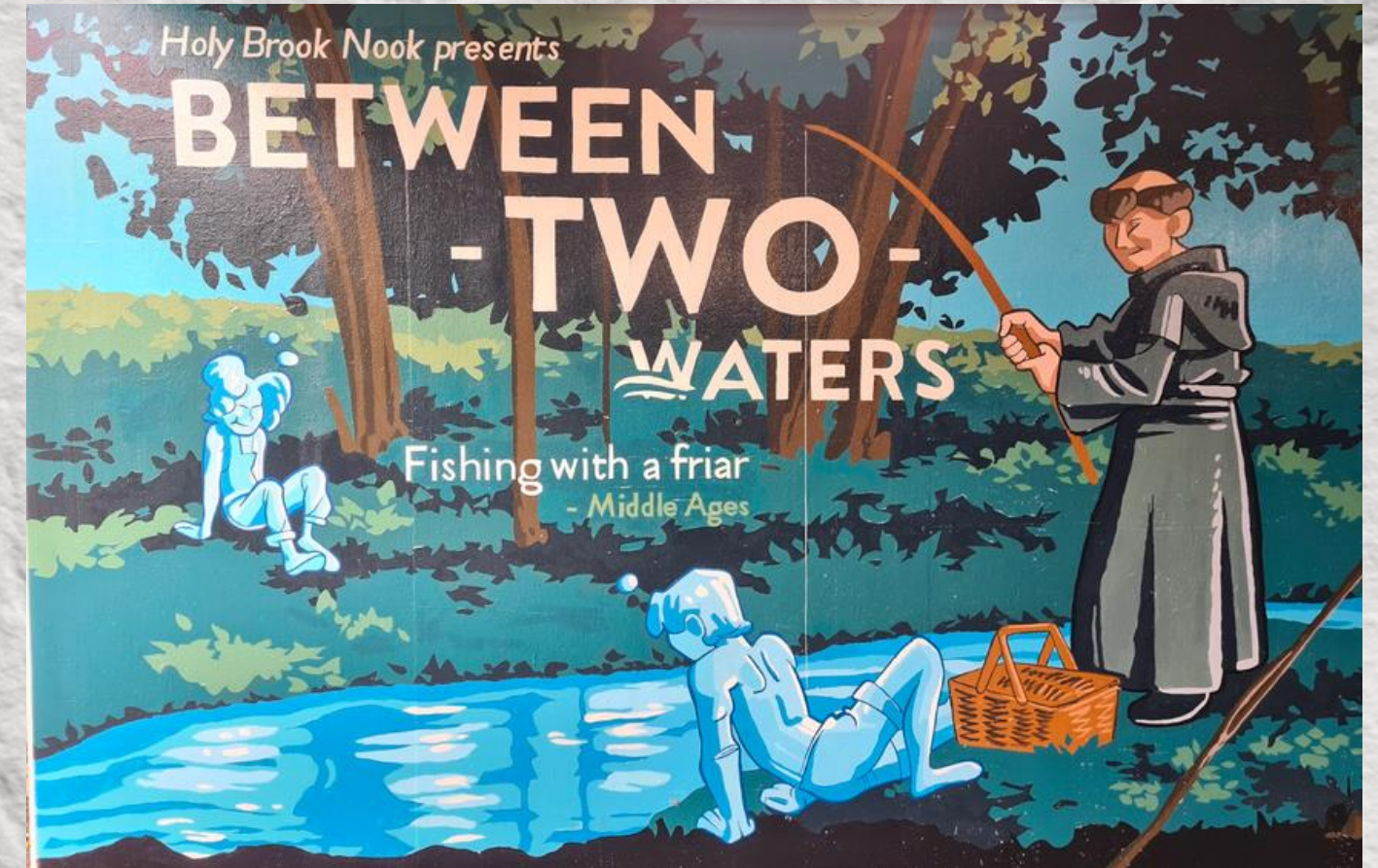
Welcome to the Coley History Hike. Follow the trail to discover 12 the waymarkers, each one giving an insight into local history. Use your smartphone to scan the QR codes and hear local history come to life.

HISTORY HIKE



CENTRAL GOOD STATION 1908 scan me

A Great Western Railways branchline was opened to help supply goods to the brick kilns and breweries in the area, after shopkeepers complained about goods being carted through the town.



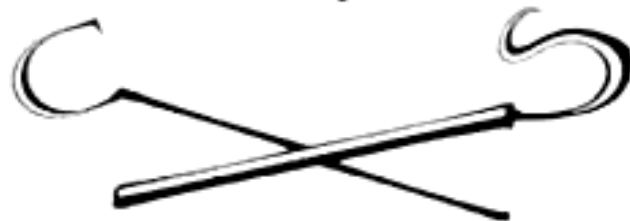


...but funding has
run out so
what next?

Holy Brook Nook - a lasting legacy...



The Earley Charity



by hook or by crook



COMMUNITY FUND



Application in process...



"My first time helping with work at Holy Brook Nook was the first thing that I'd done since Covid lockdowns. A brave step for me, but a brilliantly rewarding one. I felt welcomed and taken care of from the start.

I don't know yet where it will take me next, but I now feel there's a positive world out there – in nature and in people."

Jane, Social Prescribing Referral

THANK YOU

www.nature-nurture.co.uk

natalie@nature-nurture.co.uk

 **NatureNurtureCIC**

 **NatureNurture_**

 **NatureNurture_**

nature
nurture