

GREEN SOCIAL PRESCRIBING



in South Yorkshire and Bassetlaw

Connecting with nature for a happier and healthier you

Directory of currently funded Green and Blue social prescribing activity provision
South Yorkshire (last updated July 2023)

BARNSELY PROJECTS:

[Canon Hall Museum, Park and Gardens: Art for Wellbeing](#)
[Canon Hall Museum, Park and Gardens: Greener Wellbeing](#)
[Creative Recovery](#)
[Green Connections at DIAL](#)

ROTHERHAM PROJECTS:

[The Learning Community](#)
[YAWR Services \(You Asked We Responded\)](#)
[Swinton Lock](#)

DONCASTER PROJECTS:

[Changing Lives](#)
[Flourish – Community Gardening](#)
[Flourish – Wilder Woodland](#)
[Growing Together](#)
[Wildlings and Wellbeing](#)

SHEFFIELD PROJECTS:

[Bloom Sheffield](#)
[Grow](#)
[Endeavour](#)
[Fir Vale Community Hub](#)
[Heeley Trust](#)
[Manor and Castle Trust](#)
[SAGE](#)
[The Terminus Initiative](#)

BASSETLAW PROJECTS:

[Get Out Get Active](#)
[Oasis Community Garden](#)
[Rhubarb Farm](#)

Place	Barnsley
Name of Group	Art for Wellbeing At Cannon Hall Museum, Park and Gardens
Project Summary	<p>Art for Wellbeing In a relaxed atmosphere within a small group, explore your creativity using art materials whilst connecting with the natural environment. No experience necessary. All materials will be provided Two 5 week courses. 10 places on each. Dates for Courses to be confirmed – get in touch for upcoming dates Refreshments and materials provided Free parking Receive £5 per session towards transportation costs</p> <p>About the course leader: Louise Wright https://www.louiseannwright.co.uk/ https://www.instagram.com/louiseannwright/?hl=en</p>
Who can be referred?	<p>18+ The site is accessible Blue badge parking available Please bring clothing and footwear appropriate for the season.</p>
Who can make a referral?	Anyone
How can the referral be made?	Book via EventBrite
Contact details	<p>Cannon Hall Museum Park and Gardens Bark House Lane Cawthorne Barnsley S75 4AT GreenWellbeing@Barnsley.gov.uk 07775 027951</p>
Social media details	<p>https://www.barnsley-museums.com/whats-on https://www.cannon-hall.com/ https://www.facebook.com/BarnsleyMuseums/ https://www.facebook.com/CannonHallMuseum/?locale=en_GB</p>
BARNESLEY PROJECTS	
Place	Barnsley
Name of Group	Green Wellbeing At Cannon Hall Museum, Park and Gardens
Project Summary	<p>Green Wellbeing Connecting with nature to improve mental wellbeing using techniques to boost the immune system, improve sleep and reduce stress.</p> <p>Two 5 week courses. 10 places on each. 1pm-3:30pm.</p>

	<p>Dates for Courses to be confirmed – get in touch for upcoming dates</p> <p>Refreshments and materials provided</p> <p>Free parking; receive £5 per session towards transportation costs</p> <p>About the course leader: Rachel Massey from Other Ways to Walk is a qualified mindfulness instructor and forest bathing guide with over 20 years experience of supporting people to improve their wellbeing through creativity and connection to nature. www.otherwaystowalk.co.uk</p>
Who can be referred?	<p>18+</p> <p>The site is accessible</p> <p>Blue badge parking available</p> <p>We will be spending time moving slowly or being still outside.</p> <p>Please bring clothing and footwear appropriate for the season.</p>
Who can make a referral?	Anyone
How can the referral be made?	Book via EventBrite
Contact details	<p>Cannon Hall Museum Park and Gardens</p> <p>Bark House Lane, Cawthorne, Barnsley, S75 4AT</p> <p>GreenWellbeing@Barnsley.gov.uk</p> <p>07775 027951</p>
Social media details	<p>https://www.barnsley-museums.com/whats-on</p> <p>https://www.cannon-hall.com/</p> <p>https://www.facebook.com/BarnsleyMuseums/</p> <p>https://www.facebook.com/CannonHallMuseum/?locale=en_GB</p>
Place	Barnsley
Name of Group	Creative Recovery
Project Summary	<p>The Green UPLIFT Project is a special calendar of events designed by artists to get people outdoors and connecting with nature in a range of creative ways. People choose the events that suit them. It's all about making memories, finding new inspiration, meeting new people and discovering the treasures that lie right on the doorstep.</p> <p>Over 11 months over 100 'Green Uplifters' will be offered access to:-</p> <ul style="list-style-type: none"> • over 30 one-off, outdoor, creative sessions (ranging from weekend festivals to place based workshops and overnight camps) • 40 organised walks and • 38 allotment sessions.

	<p>We will visit around 20 different venues. People will book for the events that suit them from a programme of activities spanning the entire week including evenings and weekends.</p> <p>From previous experience we know that on average each participant is likely to attend 10 sessions each over a 6 month period. Green Spaces will include parks to woodlands, museums parklands to narrowboats, riversides to bird reserves. Places are offered on a first come first served basis but most events are designed so that as many people who wish to attend can. In the unlikely event that events become oversubscribed we prioritise places to people who haven't attended as often.</p>
Who can be referred?	This programme is for people who are struggling, who may be experiencing low mood, stress and are fed up of four walls and in need of company. Only adults (over 18) can register but some events are extended to family members and friends. The programme gives full details regarding travel arrangements and advises participants regarding access, mobility and appropriate clothing and footwear. There is a good mix of events many of which are wheelchair accessible. Events are colour coded as such.
Who can make a referral?	All health professionals and individuals listed opposite can refer to us. Self-referrals are welcome too.
How can the referral be made?	To refer someone please call the number below. To self-refer for a Green UPLIFT we ask people to text code 'UPLIFT' to 07916 282 064. We will return all texts with a phone call. After a short conversation to access eligibility, we would then register people over the phone. Information about events is shared via Facebook, text and in paper calendars that are sent in the post.
Contact details	07916 282 064 wearecreativerecovery@gmail.com Various venues. Charity base; Prospect Street Community Centre, Prospect Street, Barnsley, S70 2NR
Social media details	FB; WeAreCreativeRecovery Twitter: @CreativRecovery WWW.creativerecovery.co.uk
Place	Barnsley
Name of Group	Green Connections at DIAL
Project Summary	Weekly events taking place every Monday. Events include Gentle walks visiting green spaces in and around Barnsley. Create artworks i.e. sketches / poetry inspired by surroundings. Up to 12 places available but remain flexible.
Who can be referred?	All adults can be referred, in particular those experiencing low level mental / emotional health challenges. Programme remains flexible to ensure all individual and group needs are considered, ensuring those with accessibility and mobility challenges are accommodated.

Who can make a referral?	All those listed. Also in house referrals via other DIAL programmes.
How can the referral be made?	Direct to project coordinator / via DIAL 'First Contact' numbers / emails etc.
Contact details	DIAL First Contact: 01226 240273 email: first.contact@dialbarnsley.org.uk. Jeff Platts: 07934 453151. Email: jeff.platts@dialbarnsley.org.uk. DIAL, McLintocks Building, Summer Lane, Barnsley, S70 2NZ
Social media details	https://dialbarnsley.org.uk/ https://www.facebook.com/DIALBarnsley https://twitter.com/DIALBarnsley
ROTHERHAM PROJECTS:	
Place	ROTHERHAM
Name of Group	The Learning Community
Project Summary	<p>Our previous project was very successful and the benefits evident hence our application for an extension to continue to meet the needs of those suffering.</p> <p>The Learning Community will offer a combination of wellbeing/social and digital inclusion activities exploring and embracing local green and blue areas in addition to learning new skills, creating new friendships and embracing the outdoors.</p> <p>We will introduce between 25 and 30 adults experiencing complex poor and physical wellbeing to areas previously unknown or visited. We will bring socially excluded beneficiaries out of their comfort zone and introduce new areas of geography and appreciation.</p> <p>Each Session will last for between 2 and 3 hours – absolutely dependant on beneficiary capabilities.</p> <p>Walks will happen in Rotherham on either a Tuesday or Thursday, again dependant on beneficiary desire and availability, and will take place between 10am and 1pm(a 3 hour session will be delivered allowing adequate time for quality delivering covering both elements of offer. Areas such as Thrybergh Country Park, Wentworth Woodhouse, Rotherham Town Centre and Canals, Greasbrough Dam and Manvers Lake will be suggested and explored additional to others of choice.</p> <p>Our walk/lead is qualified and will follow guidelines at all times to ensure safety and enjoyment.</p> <p>Location of walk will be agreed with beneficiaries to remove barriers to inclusion such as travel costs and confidence.</p> <p>Photographic editing sessions will be delivered at nearby</p>

	<p>venues, again agreed with beneficiaries to ensure beneficiary contribution to the delivery of the project.</p> <p>The aim of this project is to reduce social and digital exclusion, improve poor mental and physical health and wellbeing, enhance interests and skills, confidence and motivation, increase knowledge of green and blue areas, create shared new found interests and hobbies, contribute to the local economy as refreshments will be purchased for those attending utilising local coffee shops and cafes which will indirectly reduce food poverty for those who wouldn't have been able to afford this added luxury during sessions.</p>
Who can be referred?	<p>Anyone from the age of 18 and above is welcome to take part in the weekly activity/ies. Beneficiaries can attend both the walk and photo editing session or either dependant on choice, capability and desire. On family days during school holidays we hope to see young children join our walks again as these sessions proved to some of the most popular during the last project to remove barriers of participation by parents and the need of childcare.</p> <p>Everyone will be welcomed, irrespective of circumstance. No one is ever discriminated against by The Learning Community.</p> <p>Those with mobility needs would be asked to make the decision to participate themselves as they are the best people to understand personal restriction and additional support needs. Risks assessments will be carried out before each walk to reduce risk of harm or injury to all attending.</p>
Who can make a referral?	<p>Any or all organisations can refer</p> <p>Referrals can come via email to Karen@thelearningcommunity.co.uk, or using the function on our website.</p>
How can the referral be made?	<p>Email Karen Shaw – CEO or book on a place through our website (when details of the project go live)</p>
Contact details	<p>Karen@thelearningcommunity.co.uk 07793940848 www.thelearningcommunity.co.uk Venues and locations to be agreed with walkers to remove barriers to inclusion</p>
Social media details	<p>www.thelearningcommunity.co.uk Facebook – thelearningcommunityltd or karentlc</p>
Place	<p>ROTHERHAM</p>
Name of Group	<p>YAWR Services (You Asked We Responded)</p>
Project Summary	<p>Social groups at Mowbray gardens library every Monday 10am-12pm & Thursday 11am-1pm. Delivering arts and crafts activities which are connected to nature. Engaging in practical planting and growing activities in the garden.</p>

Who can be referred?	Anyone aged 18+ supporting the BAME and wider community. Targeted at individuals who are isolated, have long term health condition to build confidence, social networks and promote better mental health and wellbeing. There is accessible access to the venue, but individuals will need to be supported by a family member, friend, or a support worker if they require 1-2-1 support.
Who can make a referral?	Accept referrals from anyone in the community including health professionals, link workers, GP, self-referrals and friends and family with consent from individual.
How can the referral be made?	Email for a YAWR referral form
Contact details	Nasreen Aziz nasreen@yawrservices.org
Social media details	https://yawrservices.org/
Place	Rotherham
Name of Group	Swinton Lock Activity Centre
Project Summary	We will be offering opportunities to enjoy the waterways, nature, wildlife to assist in mental health and wellbeing on our trip boat known as Spirit (we believe these will operate on a Friday).
Who can be referred?	Anybody can be referred the boat is inclusive and can take up to 12 people (all ages), including 3 wheelchairs, at any one time.
Who can make a referral?	Anybody organisations or individuals can refer into the activities
How can the referral be made?	Telephone referral to our organisation, we have a document that will need to be completed at the point of contact, we will require contact details of the individual and then we will arrange to book them into the boat trip.
Contact details	01709 578778 info@swintonlock.org.uk or blueandgreen@swintonlock.org.uk Swinton Lock Activity Centre Dun Street Swinton Mexborough S64 8AN
Social media details	www.swintonlock.org https://www.facebook.com/n4rr0way https://twitter.com/LockSwinton
DONCASTER PROJECTS:	
Place	Doncaster
Name of Group	Changing Lives Community Hub and Women Centre

Project Summary	The offer is to support BAME women to connect and to increase their confidence in accessing green and blue spaces with support to engage with activities in their communities and further afield. There is no set time or date of these activities as of yet.
Who can be referred?	We offer any women and children that come from a black minority and ethnic community. No have no barriers to engagement.
Who can make a referral?	Any one can refer in, also self-referral.
How can the referral be made?	Over the phone to come to the Hub and fill out a referral form with support if needed.
Contact details	01302 309800 2-5 Princes Street, Doncaster, DN1 3NJ Opening times are Monday to Thursday 9.30 to 3pm.
Social media details	Doncaster Changing Lives Facebook page.
Place	Doncaster
Name of Group	Flourish Community Gardening Club
Project Summary	Running throughout 2023 Wednesdays, 10am-12pm, Weekly Group size approx. 10 people Description: A friendly and supportive gardening group who meet weekly in the grounds of a historic Walled Garden, with a large greenhouse and polytunnels which provide shelter and warmth during winter months. Activities are varied and may include sowing, potting, planting out, pruning, weeding. There will always be a seated option available, and we have a range of adapted gardening tools available.
Who can be referred?	Age group: Adults Accessibility: Accessible options are always available; there are some raised beds, potting tables, seats of various heights, perching stools, and a range of adapted tools. Accessible toilets onsite. Accessible path and walkways around the Walled Gardens and inside the greenhouse.
Who can make a referral?	Professionals Self Family / carer
How can the referral be made?	Via online referral form https://www.flourishwoodfieldpark.org/enquiry-form/
Contact details	Tel: 03000 212000 Email: info@flourishenterprises.co.uk

	Address: Flourish, St Catherines House, Woodfield Park, Tickhill Road, Balby, DN4 8QP
Social media details	Website https://www.flourishwoodfieldpark.org/ Facebook https://www.facebook.com/FlourishEnterprises/
Place	Doncaster
Name of Group	Flourish Wilder Woodfield Project
Project Summary	Starts 24th May 2023 – will be running all year Wednesdays, 1pm-3pm, Weekly Group size approx. 10 people Description: Flourish have teamed up with ‘Team Wilder’ at Yorkshire Wildlife Trust, to create a Wilder Woodfield Park. Every week we will be planting new areas, creating features to help wildlife thrive, and learning more about our natural world. We meet weekly in Woodfield Park. Activities are varied and may include planting wild areas, building homes for nature, carrying out wildlife surveys, or bird and bat watching.
Who can be referred?	Age group: Adults Accessibility: Please call to discuss accessibility needs. Activity will take place around Woodfield Park, working in fields and woodland. There are a number of accessible paths and walking routes around the site. Some areas can become muddy in wet weather. There are accessible toilets onsite at St Catherines House.
Who can make a referral?	Professionals Self Family / carer
How can the referral be made?	Via online referral form https://www.flourishwoodfieldpark.org/enquiry-form/
Contact details	Tel: 03000 212000 Email: info@flourishenterprises.co.uk Address: Flourish, St Catherines House, Woodfield Park, Tickhill Road, Balby, DN4 8QP
Social media details	Website https://www.flourishwoodfieldpark.org/ Facebook https://www.facebook.com/FlourishEnterprises/
Place	Doncaster
Name of Group	Growing Together Education cic
Project Summary	We offer 121 sessions and programmes tailored for each individual aimed at re-building self confidence, decreasing isolation and improving mental health. Our sessions are based

	on our farm and garden centre and we offer the opportunity to experience a wide range of activities including caring for the animals, gardening, natural art and walks. We run throughout the week but our main sessions are Wednesday, Thursday and Fridays. We do not have a set number of places available.
Who can be referred?	5 years plus. Accessibility is based on each individuals ability and how we can best support them so please just get in touch if somebody wishes to come but may need specific support.
Who can make a referral?	All referral routes welcome.
How can the referral be made?	Via email or phone.
Contact details	07984 249658 info@growingtogetheruk.co.uk Growing Together, Bridge Acre Nurseries, Broomhouse Lane, Edlington, DN4 9BW.
Social media details	www.growingtogetheruk.co.uk https://www.facebook.com/GrowingTogetherEducation/
Place	Doncaster
Name of Group	WIDLINGS & WELLBEING CIC
Project Summary	6-week woodland wellbeing programme, which links coping strategies to bushcraft activities. We will also offer the first Saturday of every month as woodland wellbeing, with meditation, mindful activities for nature connection and campfire lunch.
Who can be referred?	18+ accessible woodland
Who can make a referral?	Referrals from all agencies and self referrals accepted.
How can the referral be made?	Referrals via our form: https://forms.gle/nwUZPrvoJUFhwSgP9
Contact details	07738004691 Katy Ryalls Info@wildlingsandwellbeing.org.uk Sandall Beat Woods Intake, Doncaster
Social media details	Website: https://wildlingsandwellbeing.org.uk/ Twitter @WildlingsDN Facebook: https://www.facebook.com/wildlingsDN
SHEFFIELD PROJECTS:	
Place	Sheffield
Name of Group	Bloom Sheffield
Project Summary	Gardening To Feel Good Groups - Regular social therapeutic horticulture sessions for women that focus on feeling good, both mentally and physically. These groups run for 6 weeks at a

	time throughout the year. They are small groups and give people the opportunity to work together, meet new people and share skills. Date and time TBC. They are delivered from March - November. We deliver 3 Gardening To Feel Good groups a week and each group has a maximum of 6 people.
Who can be referred?	Ages 18+ We offer a range of activities to meet people's needs and abilities. These sessions are low pressure and encourage women to do as much or as little as they'd like. Our activities are horticulture and craft focused. Our garden is currently not wheelchair accessible. These groups are for women and non-binary people.
Who can make a referral?	Anyone can make a referral. Individuals can also self-refer. We can also deliver groups for organisations if they already have a group of women who would like to attend.
How can the referral be made?	A referral form can be completed by a referrer - https://www.bloomsheffield.com/gardeninggroups and then sent to cath@bloomsheffield.com
Contact details	cath@bloomsheffield.com 07926554157 The garden is located at: Heeley & Meersbrook Allotments Carfield Lane Sheffield S8 9HY
Social media details	https://www.bloomsheffield.com/ https://www.instagram.com/bloomsheffield/ https://www.facebook.com/profile.php?id=100064541542461 https://twitter.com/BloomSheffield
Place	Sheffield
Name of Group	GROW
Project Summary	Transitions Coaching - additional nature based coaching for young people once they have completed our programmes to help them successfully access their next step!
Who can be referred?	16-24 year olds. Particularly aimed at young people with experience of mental ill health but open to all!
Who can make a referral?	Link workers/ social prescribers/ mental health services/ community youth teams/ youth charities/ social services
How can the referral be made?	Via our website or direct via email/ phone
Contact details	01142411810 7 Castle Street, Sheffield, S38LT admin@growuk.org
Social media details	www.growuk.org
Place	Sheffield
Name of Group	Endeavour
Project Summary	Endeavour offers bespoke outdoor adventure and nature connection days to individuals across South Yorkshire. Programmes will be designed by the individuals accessing the service, to ensure it meets their needs and helps them achieve

	<p>their goals. Activities may include canoeing, hill walking and climbing, as well as lower intensity activities such as making bird feeders, mindfulness in nature and making individual herb gardens. Transport can be provided from a central location to the location of the activity, using our minibuses.</p> <p>Activity dates will be confirmed once we have received referrals, but we will have the scope to deliver both weekdays and weekends. Delivery can last for up to 6 hours e.g. 10am – 4pm, but this will be determined by the participants.</p> <p>There will be 8 places on each activity day.</p>
Who can be referred?	The activities will be provided for individuals over the age of 13. The programmes will be designed by the individuals accessing the service so can be catered to accommodate individual needs.
Who can make a referral?	We will take referrals from partner organisations, as well as NHS services, voluntary, public or private sectors and self/family referrals.
How can the referral be made?	Please get in touch with Hannah Shaw to register interest (details below)
Contact details	07813 937 253 Hannah.shaw@endeavour.org.uk Endeavour, Endeavour Centre, Earl Marshal Road, Fir Vale, Sheffield, S4 8FB
Social media details	https://endeavour.org.uk/ https://www.facebook.com/EndeavourSheff https://twitter.com/EndeavourSheff
Place	Sheffield
Name of Group	Fir Vale Community Hub – Health and Wellbeing and Nature Walks
Project Summary	<p>Our groups are aimed at individuals who may be suffering from mild to moderate mental health conditions including anxiety, stress and depression. We run weekly health and well-being groups which incorporate a health walk, exercise and other relaxation activities.</p> <p>Weekly Health and wellbeing café to organise Nature Walks/activities – Every Thursday 10-11.30pm term time only.</p> <p>Monthly social café with various activities current dates:</p>

	<p>Thursday 2nd February 11.30 to 1.30 Thursday 16th March 11.30 to 1.30 Thursday 27th April 11.30.to 1.30</p> <p>We also organise monthly health walks to local parks and countryside. Please contact centre to refer service users to these walks.</p> <p>Most often places are available.</p>
Who can be referred?	<p>Anyone between the ages 16 to 60 can be referred to the project. Anyone over 60 can be referred to our building better lives project. Our centre is accessible to anyone with mobility issues and we try out best to cater for people's needs during outdoor walks</p>
Who can make a referral?	Anyone can make a referral and we also accept self-referrals.
How can the referral be made?	Email for a referral form to: Referrals@firvalecommunityhub.org.uk
Contact details	<p>Firvale Community hub 127 Pagehall Road S4 8GU</p> <p>Referrals@firvalecommunityhub.org.uk 0114 2619130</p>
Social media details	www.firvalecommunityhub.org.uk
Place	Sheffield
Name of Group	Heeley Trust's Nature Natters
Project Summary	<p>Nature Natter wellbeing sessions walks include a short walk, leaning woodland, creative skills(e.g firelighting, weaving, foraging) and relaxation techniques. All outdoors session. Weekly on Wednesdays Feb- Nov (dates TBC)</p> <p>Roshni wellbeing walks - include nature connection and creative activities. All outdoors Monthly on Tuesdays April - Nov (dates TBC)</p> <p>We also have some non funded volunteer led bird walks which will be monthly from Feb til April currently and may extend if our volunteer is available. (dates TBC)</p>
Who can be referred?	19yrs plus
Who can make a referral?	All services can refer to us for Nature Natter Wellbeing sessions.

	Roshni wellbeing walks participants will be referred directly by Roshni (Asian Womens Resource Centre)
How can the referral be made?	Email/phone/chat in person/posters
Contact details	0114 399 1070 (Mon-Fri 9am- 5pm) 07950645288
Social media details	https://htcommunityhub.org/ https://twitter.com/HTCommunityHub https://www.instagram.com/htcommunityhub/
Place	Sheffield
Name of Group	Manor Castle Trust
Project Summary	<p>Woodland Confidence Course . 2 courses. 8 sessions per course. Venue-Manor Fields Park, S2 - outside classroom Weds morning - dates to be confirmed 15 places available per course - Tutor led.</p> <p>‘Take Part in the garden’ self care group Venue-York House 535 City Road. Weekly session Tuesday 10am to 12.30pm 10 places available. Peer Inclusion Worker led</p> <p>‘Take Part in Nature’ Venue - Manor Fields Park, S2 Outside classroom Weekly session Weds. afternoon 5 places available Peer Inclusion Worker Led</p> <p>‘Take Part in Park’ Centre Community Garden Venue-Park Centre Community Garden Coates Street, S2 Weekly session Weds. morning 10 places available Peer Inclusion Worker Led.</p>
Who can be referred?	Adults 18 years + ‘Take Part in the garden’ self care group is fully accessible for those with mobility needs.
Who can make a referral?	MCDT Social Prescriber, GP, other primary care professional, Community Mental Health Team, Improving Access to Psychological Therapies, other NHS service, local authority, Voluntary Community or Social Enterprise organisation, self-referral, referral from another part of the organisation.

How can the referral be made?	Completion of Welcome to MCDT referral form
Contact details	0114 2789999 dianecairns@manorandcastle.org.uk Park Centre Library 1st Floor Duke Street, Sheffield, S2 5QP
Social media details	manorandcastle.org.uk
Name of Group	SAGE
Place	Sheffield
Project Summary	Tuesday horticultural therapy group for 10 people. There are opportunities to plan and plant a piece of garden, take part in other gardening activities and nature related arts and crafts. Concludes with a cook and share lunch with spare produce and seedlings to take home to extend the benefit. All on our allotment which has a large heated cabin with cooking facilities for year round activities.
Who can be referred?	Any adult who has experienced mental ill-health. Partly accessible with raised beds, and an accessible toilet
Who can make a referral?	Anyone can refer to us
How can the referral be made?	Website, or by phone or email
Contact details	Groups are held on our Grimesthorpe allotment, S48LE. Office address 30 Minna Rd, S39AZ Email enquiries@sagesheffield.org.uk Phone 01146980027/07932927153
Social media details	www.sagesheffield.org.uk sage_greenfingers Instagram sage_sheffield Twitter FB Sage Sheffield
Name of Group	The Terminus Initiative
Place	Sheffield
Project Summary	Weekly nature connection group happening for 24 weeks at 2 different locations. There will be between 10 and 15 places available each week.
Who can be referred?	Anyone can be referred- all ages and we cater for moderate mental health needs and learning needs. We hope to run the first block at Woodseats library which is fully wheelchair accessible. The sessions include a short walk but we have volunteers who can stay in the library if that part isn't accessible for someone. The allotment where we are running the second block is more difficult for wheelchair access.
Who can make a referral?	All organisations or individuals can make a referral.
How can the referral be made?	Referrals are made to the Terminus Initiative via phone or email
Contact details	Joy Arnott joy@terminusinitiative.org 07599010452

	<p>Venue 1: Woodseats Library 900 Chesterfield Rd S8 0SH</p> <p>Venue 2: Lowedges Community Allotment Lowedges Fire Station 401 Lowedges Rd S8 7JN</p>
Social media details	<p>www.terminusinitiative.org https://www.facebook.com/TheTerminusInitiative/</p>
Place:	Bassetlaw
Name of Group	Get Out Get Active Bassetlaw
Project Summary	<p>Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long-term health condition to get active by taking part in fun, safe and inclusive activities.</p> <p>GOGA is about more than just being active, it strengthens community spirit, increases confidence and improves mental health. GOGA reaches out to the very least active, disabled and non-disabled people in the community. GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.</p> <p>Stay Pawsitive is a winning combination of fresh air, a walk around a local nature reserve and the option to bring your four-legged friend. Held every Tuesday afternoon at Idle Valley Nature Reserve, clients can join the walk, which is wheelchair/pushchair friendly, with level paths, enjoy the local nature and should they wish finish with a refreshment in the well-equipped café in the on-site Visitor Centre.</p> <p>Women's Walk & Talk is held across two locations in the area. In Retford the walks are held every 1st & 3rd Friday of the month at 2PM. In Worksop it is held every 2nd & 4th Thursday of the month at 10am.</p>
Who can be referred?	<p>All GOGA activities are open to anyone that wishes to increase their activity level, reduce social isolation and make new friends. Most importantly it is open to anyone who wishes to have someone to talk to.</p> <p>Stay Pawsitive Held every Tuesday afternoon at Idle Valley Nature Reserve, clients can join the walk, which is wheelchair/pushchair friendly, with level paths, enjoy the local nature and should they wish finish with a refreshment in the well-equipped café in the on-site Visitor Centre. The café allows well-behaved dogs, as well as being accessible year-round, which in poor weather allows the activity to still go ahead, albeit to sit and watch the wildlife in and around the lake directly outside the café.</p> <p>Women's Walk & Talk Retford the walks are held in and around King's Park, a fantastic well-managed green space in the center of Retford. The paths through the park are wheelchair and pushchair friendly. The river runs through the center of the park and is</p>

	<p>framed by old trees, creating a picturesque wildlife spot. From the park, the Chesterfield Canal footpaths can be accessed, as well as paths into the local town. Due to the location of King's Park it is easily accessible and again in times of poor weather, local cafes can be accessed to enjoy a refreshment and chat with other participants.</p> <p>Workshop the walks are held in The Canch, a green space in the center of Worksop. The park is well-managed with hard-standing paths to venture down. The Chesterfield Canal also flanks this park with a small off-shoot going through the center, playing host to many wild birds. There is a small café on-site, where people can sit in the Rose Garden in warmer weather. The Old Library building is situated within the grounds of The Canch, hosting many support groups & activities of their own, as well as a café. The New Library is next next-door, a modern building, providing access to thousands of books, a computer suite and another café.</p>
Who can make a referral?	<p>Referrals can be made by anyone, there is no restriction, whether it be primary care based or from an individual self-referring.</p> <p>Bassetlaw Action Centre runs the Staying Well Programme. The Staying Well Expert Patients Programme (EPP) is a 'chronic disease self-management course' to help people living with long term conditions maintain their health and improve their quality of life. Individuals on this course are informed of GOGA and the activities on offer and can refer to GOGA as appropriate.</p> <p>Other sectors of Bassetlaw Action Centre also refer in to GOGA, for example there are the Promoting Independence and Befriending groups, who often refer to GOGA.</p>
How can the referral be made?	<p>Referrals can be made in a number of ways: Contacting the office and asking to be referred to GOGA. Accessing the website and completing a Referral form and emailing in. Attending an activity</p>
Contact details	<p>Bassetlaw Action Centre Canal Street, Retford, Notts, DN22 6EZ 01777 709650 https://www.bassetlawactioncentre.org.uk/goga/ https://www.bassetlawactioncentre.org.uk/resources/goga@actioncentre.org.uk enquiries@actioncentre.org.uk</p>
Social media details	<p>https://www.bassetlawactioncentre.org.uk/goga/ https://www.facebook.com/Get-Out-Get-Active-Bassetlaw-107789837552313</p>
BASSETLAW PROJECTS:	
Place	Bassetlaw
Name of Group	OASIS Community Centre & Gardens
Project Summary	<p>LIFELINE Activities run - Tuesday 9am – 1pm Wednesday 9am – 1pm Thursday 9am – 1pm We can take as many people as we need to. (Normally between 15-25 in each session)</p>

Who can be referred?	<p>We can take people from 16 years on the LIFELINE Programmes. Gardening for. Life, Horticulture, Trees, Cacti, Flowers for Life, Garden Arts for Life, Woodcraft for Life. (We do take young people who are excluded from school or care for Kids on a similar programme). We take people who are Unemployed, Neets, Disabled, Additional Needs, mental health issues, Mobility needs etc. We offer options for people with mobility issues.</p>
Who can make a referral?	<p>We take referrals from - Primary care based Link Worker /Social Prescriber, Voluntary/ Community/ Social Enterprise based Link Worker/ Social Prescriber, GP, other primary care professional, Community Mental Health Team, Improving Access to Psychological Therapies, other NHS service, local authority, Voluntary Community or Social Enterprise organisation, private sector referral, self-referral, referral from friends or family, referral from another part of the organisation.</p>
How can the referral be made?	<p>We have a referral form which can be emailed to Stevemark126@hotmail.com. Or directly by phone to Oasis Manager Steve 07795 194957</p>
Contact details	<p>07795 194957 Stevemark126@hotmail.com Oasiscentre-Steve@outlook.com</p>
Social media details	<p>www.oasiscommunitycentre.org https://www.facebook.com/profile.php?id=100064574326702</p>
Place	Bassetlaw
Name of Group	Rhubarb Farm
Project Summary	<p>Rhubarb Farm provides placements, training and volunteering opportunities to vulnerable people across Nottinghamshire and Derbyshire. On our 2-acre site in Nether Langwith we offer horticulture, animal care, arts and crafts, woodworking, food-based, and nature connectedness activities. We also support people to get out and about in our local community, visiting green and blue spaces, learning new skills and collaborating with nearby organisations. Volunteering hours are 9:30am – 3pm Monday to Friday.</p>
Who can be referred?	<p>Rhubarb Farm is open to everyone. No experience, fitness level, mobility or prior knowledge is required. We will always try to find activities that suit your interests, needs and abilities. The only restriction may be the amount of demand, so depending on your support needs there may be a waiting list. Rhubarb Farm currently supports people with learning disabilities, people experiencing mental and physical ill health, the unemployed, recovering drug and alcohol misusers, ex-offenders, young people struggling with their behaviour at school, ex-service personnel, older isolated people, and people living with dementia.</p>
Who can make a referral?	All or any organisations can make a referral
How can the referral be made?	<p>For general volunteering enquiries please contact our Volunteer Coordinator, Hele on helen@rhubarbfarm.co.uk</p> <p>For mental health referrals, please contact our Mental Health Support Worker, Georgina on georgina@rhubarbfarm.co.uk</p>

	Referrals can also be made via our website, over the phone, or by visiting us in person.
Contact details	01623 741210 enquiries@rhubarbfarm.co.uk Rhubarb Farm CIC Hardwick Street Langwith Nottinghamshire NG20 9DR
Social media details	https://www.rhubarbfarm.co.uk/ https://www.facebook.com/RhubarbFarmCIC https://www.instagram.com/rhubarbfarm_/