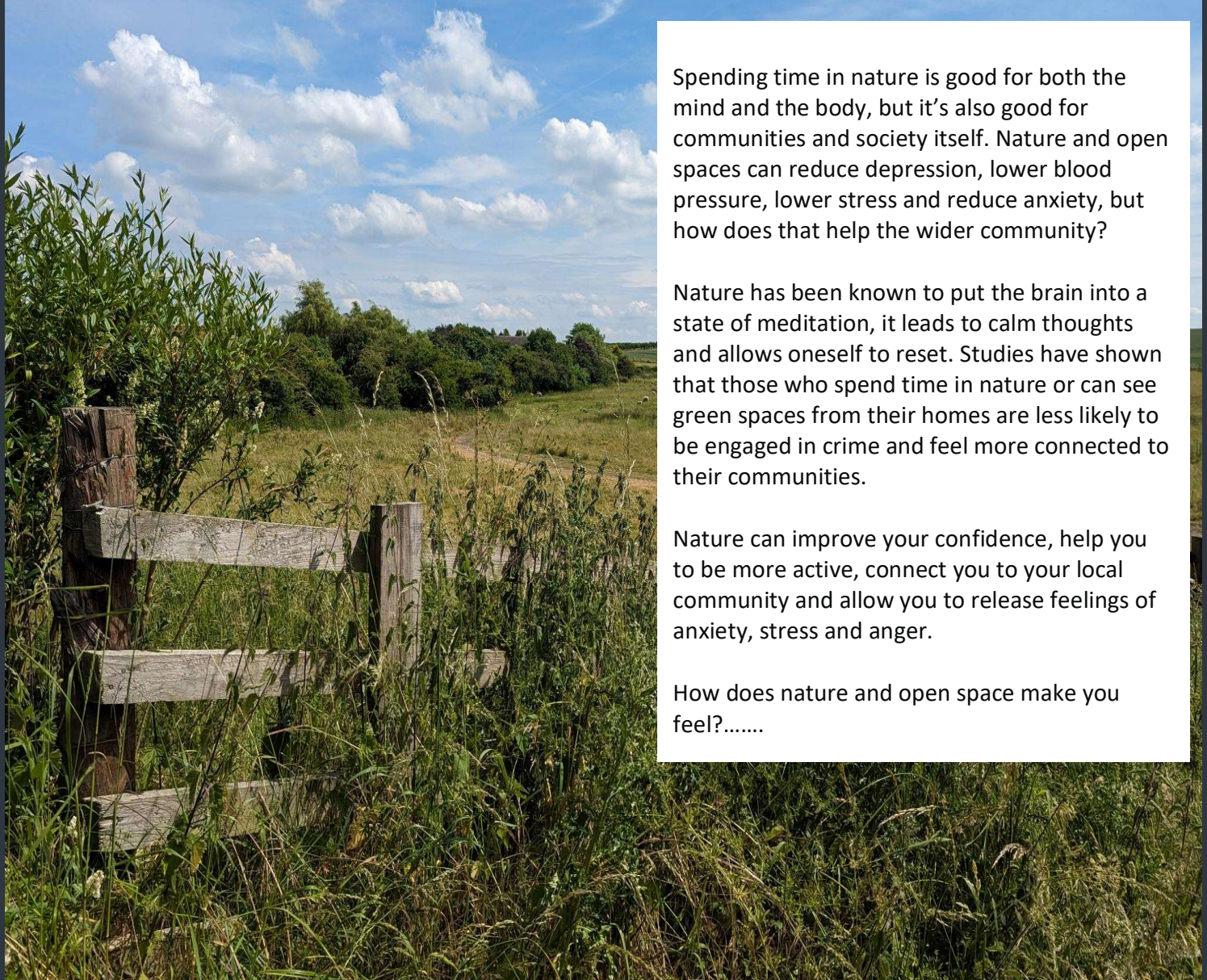


## Can green spaces and nature really reduce crime and disorder?



Spending time in nature is good for both the mind and the body, but it's also good for communities and society itself. Nature and open spaces can reduce depression, lower blood pressure, lower stress and reduce anxiety, but how does that help the wider community?

Nature has been known to put the brain into a state of meditation, it leads to calm thoughts and allows oneself to reset. Studies have shown that those who spend time in nature or can see green spaces from their homes are less likely to be engaged in crime and feel more connected to their communities.

Nature can improve your confidence, help you to be more active, connect you to your local community and allow you to release feelings of anxiety, stress and anger.

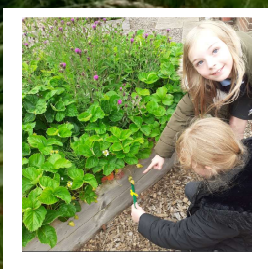
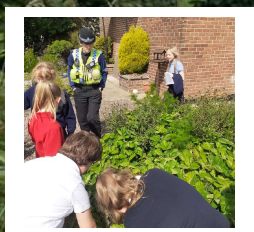
How does nature and open space make you feel?.....

# Littlecoates Primary Academy Garden Club reach the finals of RHS School Gardening Team of the Year 2023

The Green Influencers at Littlecoates Primary Academy were shortlisted as one of only 10 schools to reach the finals of the UK Wide competition. The Green Influencers meet once a week after school to help to make positive environmental changes to their school grounds. The Littlecoates Leavers have helped to develop a small peaceful nature reserve at the front of the school and one of the highlights for the group was being able to install a small wildlife pond. It is hoped that a range of wildlife will be attracted to the area and that the young people at the school will benefit from this peaceful place.

The group have also helped to grow a range of food as part of the Grow Your Own project. They hope to use any food produce in their school Littlecoates Larder which supports local families.

The group members are all very excited to monitor the growth progress each week. They have been studying the different plants growth cycles to know when their crops are ready for harvest. You can often hear the shrieks of excitement around the allotment when they see the next growing stage appear! A massive well done to all involved.



The [judging panel](#) had this to say:

*"Thank you for sharing your fantastic, colourful garden with us. We particularly liked the bug palace, pond and allotment. We were impressed by the club's fantastic teamwork and by their resilience in the face of tough weather conditions for example when they built a screen to protect plants from the wind. We could see that club members get a lot of enjoyment from the gardens and from working together to care for these outdoor spaces. Congratulations."*

## Green Influencers at Weelsby Primary Academy are using nature to design out crime

Children at Weelsby Primary Academy wanted their school to feel safer and looked to nature for solutions.

Children spoke about where the problem areas were and what they would like to do about them. Three areas of concern were highlighted: the main field, the main entrance for children and the nursery and the school's main entrance.

Rubbish and litter were the main concerns as the children thought it caused a safety risk and made them feel unsafe.

Children drew plans of what they want the area to look like and started to think about what they wanted in different spaces. They completed a litter pick and cleared weeds from the affected spaces – see images below.



Our 2022/23 Annual Report is now online. If you're curious about how speech and language affect young offenders, how painting the town proud has helped the recovery community in their journey, or how to have the Power of Know, visit <https://tinyurl.com/2b32493k>.

Our report is full of quotes, case studies and lively photos to illustrate our work this year.



This quarter we have been making plans for two new projects – 'Supporting Change' in Nunsthorpe, and a project in Grimsby town centre to enhance community safety measures in the night time economy.

Further details will be published in the November newsletter.

Dave Taylor (left) and Ken Reader

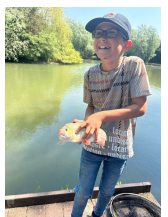


## Angle for the community

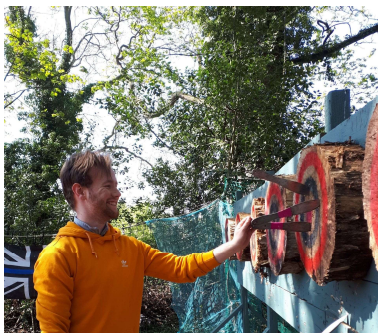
Angle For The Community set up in 2022 with the aim of providing fishing and angling as an outdoor pursuit, introducing people to the therapeutic benefits of fishing such as reducing anxiety and stress or as an aid to recovery from dependency.

Coaches are qualified and DBS checked and as well as showing people of all ages and abilities how to fish they also offer insight and education on topics such as the environment, conservation, wellbeing and mindfulness.

For more information click on the link below <https://www.facebook.com/groups/angleforthecomunity>



# Valkyrie Wilderness Workshops



Valkyrie Wilderness Workshops is a not-for-profit organisation founded in 2020. They offer support primarily to Armed Forces veterans who are experiencing difficulties with mental health, transition to civilian life, and other personal problems. The support services are provided through a combination of monthly veterans events, which take place at the base camp in Keelby. Activities include archery and axe & knife throwing. Alongside this, qualified and experienced Directors provide one to one casework support to those veterans who require it, including onward referrals to other organisations as appropriate. The veterans Services are grant funded by the Veterans' Foundation and are free to attend.

They have also secured funding to pilot a support service for adult carers, partners and family members of veterans with mental health issues or care needs. Valkyrie Wilderness would welcome anyone from that group to get in touch about joining the group.

In addition to the veterans services, they have also identified isolated or vulnerable groups in the community. Funded by the National Lottery Community Fund, the community groups are also free to attend. Currently they are running two evening support groups for women experiencing menopause or perimenopause.

More details about their services can be found on their website: [www.wilderness-workshops.com](http://www.wilderness-workshops.com) and regular updates are posted on the Facebook page: [www.facebook.com/valkyriewildernessworkshops](https://www.facebook.com/valkyriewildernessworkshops)

