

# VOLUNTEERING ON PRESCRIPTION

A partnership between the Canal & River Trust and a local health centre in Rochdale has led to prescriptions for volunteering as part of a holistic approach to better health and wellbeing.

The Lock 50 Gardening Group, part of the Canal & River Trust's Green Recovery Project, works in partnership with the Wellfield Health Centre. It provides a blue-green space for the local community to engage with practical outdoor tasks on their doorstep through a social and nature-based solution. The health centre's canalside location provides facilities such as toilets and storage for tools.

This partnership has improved the health and wellbeing of dozens of participants, as well as seeing the transformation of green spaces for wildlife and people. Several volunteers have gone on to employment and further volunteering opportunities, demonstrating the impact that blue-green spaces can have on wellbeing, physical and mental health, and wider community engagement.

