



Prestwich Hospital Green Health Walk

Case study



LOCATION

Bury

CONTRACT VALUE

£25,000

PROJECT PARTNERS

GM Ecology Unit

Terra Ecology

GMMH CERT Team

CLIENT

GMMH NHS Trust

DATE COMPLETED

2020

Project summary

The green health walk is a marked route for hospital staff, visitors, and patients to enjoy the grounds, and promote the physical and mental benefits of greenspace and exercise.

In 1984 environmental psychologist Roger Ulrich published a study that showed that patients recovering from surgery with a view of nature recovered quicker than patients looking at a brick building wall.

The research showed that the natural environment shapes us as individuals to such a degree that simply viewing it is good for a person's health. Since then a growing body of research has found that living in areas with more greenspace translates to a longer life, higher levels of self-rated health and mental health, and lower levels of stress. The studies have profound implications for urban planning, architecture and population health.

In 2019 Sow the City approached Greater Manchester Mental Health Trust (GMMH) to develop a project to design and

construct a new Green Health Walk at Prestwich Hospital – a marked walking route for visitors, staff and service users to enjoy the hospital grounds.

The objective: to utilise environmental psychology to enhance the healing environment and provide opportunities for exercise, learning and socialising. Sow the City co-designed the route with service users and staff to develop the ideas and align the project with the needs of hospital users. Our ecological surveys found a variety of bat species on site.

In March 2020, the construction of the walk was completed by Sow the City staff and volunteers from the hospital. The walk comprises of a 20 min route through the grounds with 7 new 'stations' to visit including a heritage orchard, allotment, herb bed, natural sculpture, habitat boxes, and native woodland.

