
Luton Health and Nature Partnership

Together for people and nature

www.lutonhealthandnature.org



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and
Nature
Partnership

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About the partnership

Organisations offering nature-based activities, plus healthcare organisations and council officers - all working in Luton.

Kick-started by Natural England.

Now working together to promote nature-based activities and services.

Members:

- Active Luton / Total Wellbeing
- Edible High Town
- Groundwork East
- Luton Council Conservation Volunteers
- Luton Council Sustainable Transport
- Natural England
- Penrose Roots 2 Recovery Garden (SIG Penrose)
- Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire (BCN)

Why nature-based activities?

The health benefits are well documented:

- get people out of the house and interested in the natural world around them
- fresh air, exercise and sun
- contribute to other people's wellbeing by looking after our natural spaces
- feel a sense of purpose while helping Luton's natural habitats thrive
- learn skills and get (back) to being ready for work
- make new friends and connections

Don't take our word for it - there's lots of research (links on our website).

University of Derby and Natural England, Nature Connection Handbook, 2022
The Wildlife Trusts' Natural Health Services Report, 2023

SIG Penrose's latest impact report

91%

Of Roots 2 Recovery garden members reported improved mental health and wellbeing.

100%

Of Roots 2 Recovery garden members reported to have made new friendships.

70%

Of Roots 2 Recovery garden members reported improved physical health and fitness.

Why a partnership?

Green social prescribing is not a new concept, but:

- turning referrals into regular attendees is slow-going
- there are barriers around access to nature-based activities
- our organisations have been in Luton a long time - not everyone is aware of them

Demand for social prescription is huge.

Barriers we're hoping to overcome

There are some things we can't (yet) fix, but with this PILOT we want to see if we can improve things.

- It's sometimes hard to describe what we do - we want to get better at it.
- Some of our locations are hard to get to - we want to improve information and get help with transport.
- Not everyone knows about us - we want to raise awareness of what's on offer.
- Many people new to nature-based activities - we want to make it easier for people to join.

Some of our activities



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Roots 2 Recovery garden



Friendly therapeutic garden between the New Bedford Road and the River Lea. Run by SIG Penrose.

- gardening and outdoor activities
- adults only
- 3 days a week all year round
- also for people with complex needs, including mental ill health, learning disabilities or offending behaviour
- supported by 2 staff minimum

Groundwork Memorial Park Garden



Community gardening on a well-equipped site in Memorial Park. Run by Groundwork East.

- Tuesdays and Thursdays (Feb to Nov)
- adults only
- drop-in
- personalised gardening, growing and maintenance activities
- supported by 1 staff member

Wildlife Trust Youth Rangers



Outdoor sessions at different nature spaces in Luton and Beds. Run by the Wildlife Trust BCN.

- for 12 to 18 year olds
- Saturdays in term-time
- mid-week during school holidays
- supported by 2 staff

Luton Council Wardown Park Volunteer Gardeners



Weekly work days run by
LBC Parks and Countryside
Service.

- Thursdays in
Wardown Park
- tend decorative
borders
- look after historic
garden for everyone
to enjoy
- easy-to-reach central
Luton location
- cafe & toilets nearby

Edible High Town



Community gardening in High Town ward. Run by Edible High Town.

- 9 small public gardens, including an orchard
- weekly Friday session all year round
- 5 minutes from Luton Railway station
- children welcome with parents/guardians
- supported by 2 staff

Walk in the Park wellbeing walks



Series of wellbeing walks led by the Wildlife Trust BCN.

- first Wednesday of the month (March to September)
- walk at a gentle pace
- get to know Luton's wilder places and habitats
- supported by 2 staff members

Luton Council Conservation Volunteers



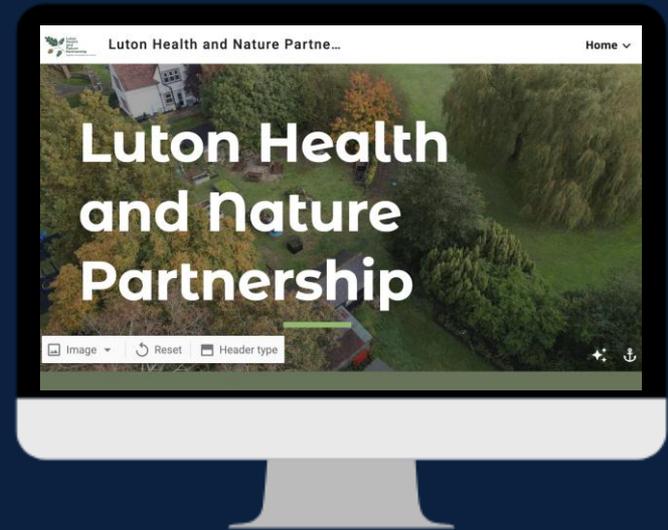
Work days run by LBC
Parks and Countryside
Service.

- Mondays in one of Luton's natural spaces
- removing invasive species, cutting back scrub and brambles
- supported by at least 1 member of staff

Website with in-depth information

- all activities in one place
- written with social prescription in mind
- dedicated contact

www.lutonhealthandnature.org



Since launch

- Promoting activities on GP surgery screens
- Connecting patients with activities
- Representing the network members at events

www.lutonhealthandnature.org

Next steps

- Evaluate whether we're making a difference
- Invite interested organisations to join the partnership

www.lutonhealthandnature.org

Thank you

Help us bring the benefits of nature-based activities to more people.

Online: www.lutonhealthandnature.org

Email: lutonhealthandnature@gmail.com

Instagram: [@lutonhealthandnature](https://www.instagram.com/lutonhealthandnature)