Example

GREEN THERAPIES TOP TIPS

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GREEN THERAPIES



Green therapy or Eco Therapy, is know to be beneficial for your physical and mental health. fieling in the great autobor surrounded by nature, or even just sitting in your garden, can make you first good. Green therapy can help us by

- Reducing stress, amilety and depression
- Improving our fitness and general health
- Increasing our confidence, self-estorm and sense of achievement
- Holiz up feel refaued and calm
- Improving our unrial contact

Here are some TOP TIPS to help you connect with nation

- So for a walk even if it's raining, a walk can help us feel better!
- Spend time in your garden or the local park and notice what's going on around you. Can you spot different birds or insects like butterflies, bumble bees or ladybinds?
- Plant some flowers in your garden or in pots. Use different flowers that bloom all year round
- Make a windowsill herb box parsley, chives and basil are easy to grow and delicious to use in your cooking
- Plant some vegetables in big containers if you don't have space in your
- Bird Watching adding a bird box, table or bird bath to your garden will encourage birds to visit. The RSPB have lots of online activities you can do from your own home
- Join a conservation group as a volunteer a great way to learn new skills and
- Outdoor gym some towns have outdoor gyms which can be a great way to
- Garden Art get creative and make some interesting features for your garden. Green men fairy doors, mobiles, painted plant pots, bunting





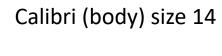












Summary narrative:

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