Physical benefits

Better sleep - daylight helps our body clocks work Vitamin D for a strong immune system Better recovery from illness

An energy boost from exercising outdoors Fitness - being busy outdoors makes us stronger Increased oxygen flow, with lots of health benefits A reduced risk of conditions like type II diabetes, heart disease and high blood pressure.

A chance to recharge on a busy day

Better concentration and focus

Self-help against low mood, depression or anxiety

and its life-enhancing benefits. It's easy to

Mental wellbeing

A release from stress

A less cluttered mind and clearer thinking

A creativity boost from thinking more freely

Social interaction – seeing people is good for us

Our busy modern lives can distract us from nature reconnect by spending more time outdoors.

Meeting friends

Guerrilla gardening

Wild swimming

Most mentioned

OUTDOOR

ACTIVITIES

Walking Dog walking

Enjoying nature Visiting outdoor cafes

Forest bathing

Nordic walking

Foraging

SURVEY

People also enjoy

Outdoor training, zumba, yoga Tennis, football, frisbee Walking round the block

ACT ACT ACT ACT ACT ACT ACT ACT ACT.

The adventurous recommend!

Make a nature journal with drawings, collected items, notes about the weather,

There's much pleasure in ust soaking up the sun on a bench or a rug on the grass, favourite flowers or animal: reading or snoozing.

forest bathing.

Breathe and listen.

Even watching nature from a

positive impact. How about

some David Attenborough?

Low energy? Find out about

ry to go out for just 5-10

window or on TV has a

Bored with the same walk? Listen to podcasts or audiobooks (the library's Borrowbox is free).

Be an ecologist! Examine Starry, starry night: Try star-gazing on a clear nature: lichen, caterpillars, eaves, seeds, soil with a night, away from lighting. #WatchTheSkies magnifying glass or app.

EFFORTLESSLY

Tips for getting out when you have less time or energy

OUTDOORS

Meditation walks are great

many free guides and

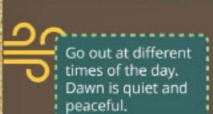
apps online

for stress release. There are

How to get outside whatever the weather M

Be more onion: wear lots





There's no such thing as bad weather, only unsuitable clothing. Waterproofs are a good nvestment.

Share your walk, cycle, gardening or litter picking with a friend

....

Build an outdoor activity into your daily routine. 44

Set your intention the day before. Lay out your outdoor clothes and put your shoes by the door.

Give in to a seasonal sensory experience: bracing cold, cleansing rain, warming sun, oright scrunchy snow, wind that lows away the cobwebs.

Let nature nurture

you with free online

wellbeing sessions

or regular phone

calls about wildlife

myplace

www.lancswt.org.uk/

We need nature and nature needs us!

Visit the Wildlife Trust's Green Living page to find out how to:

- * build a pond
- * attract butterflies
- feed hedgehogs
- make a seed bomb
- * be a wildlife gardener
- feed garden birds
- # plant flowers for bees
- * pick up litter build a bug mansion

Download your free MyWildGarden booklet from

the Lancashire & Manchester Wildlife Trust

www.lancswt.org.uk/mywildcity #MyWildGarden

A map of our green spaces, and ideas for enjoying time spent outdoors

THANKS

We hope this map inspires you to enjoy our great outdoors. The idea came from a meeting of Let's Reimagine Chorlton, a group created to build on the way community members supported each other during the Covid crisis. We wanted to find a way to help friends and neighbours enjoy and care for our green Chorlton.

The team has worked completely free of charge to create this resource for you as a gift to our much-loved Chorlton.

Linsey Parkinson, artwork, production, additional content.

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lin@chinupduck.com | chinupduck.com Anna Violet, illustrations - map and wildlife. © www.annaviolet.co.uk | annaviolet@btinternet.com Claire Stocks, Walk/Ride Greater Manchester

Thank you to many others who helped with the map, surveys and content. And thanks too, to our funders for their generous support.

claire.stocks@walkridegm.org.uk



Manchester 0

Content, text and infographics: © Danielle Lowy

Illustrations map/wildlife: © www.annaviolet.co.uk

NHS Wellbeing Fund **Greater Manchester** Mental Health Copyright 2021 All rights reserved.

Did you know?

Once upon a time....

Geocaching

Longford Park was somebody's garden.

The Nico Ditch (Ryebank Fields) probably marked the border between two ancient kingdoms.

Hough End Fields was part of an airport.

Sale Water Park was dug to build the M60. Legend says there's a digger stranded in the lake!

And now

We have not one, but THREE nature reserves!

Please treat our urban countryside with care and We have not one, but THREE nature reserves!

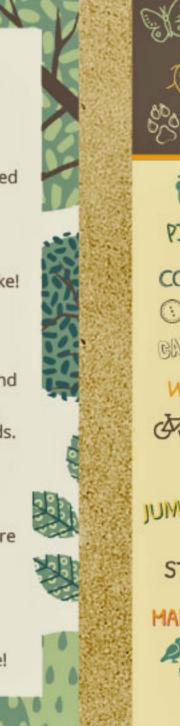
The Mersey valley protects Chorlton from floods.

Bats and voles, owls and herons, hawks, parakeets and kingfishers - all of them call Chorlton home.

Even dead trees are full of life: including our rare willow tit, who likes to nest in old tree stumps.

The very tall trees in Ryebank Fields became known as Manchester Poplars, because they could withstand pollution from the mills.

Beech Road Park has a Caucasian Wingnut tree!



SCOUTDOOR PLAY _ is excellent for children's

physical and mental health. Have fun with these activity ideas



BLOW & CHASE BUBBLES GO ON A SCAVENGER HUNT

COLLECT CONKERS

build a den WALK-RIDE-RUN MAKE A MAP

WATCH THE SUN RISE

PLAY POOH STICKS BUILD A BUG HOUSE

MAKE A MINI POND JUMP IN PUDDLES

CLIMB A TREE VISIT PETS CORNER PLANT A GARDEN

STUDY WILD ANIMAL POOS MAKE A HUD KITCHEN

MAKE A BIRD CAKE

PLAY CHALK PAVEMENT GAMES

in your garden





Growing veg is easy. Join Chorlton Plant Swap for top tips and swaps.

Even a washing-up bowl of

water will bring wildlife into

Look for self-heal, dandelions,

Soggy ground? Some plants love

Insects need safe places to live.

you how to help them out.

at colour coming!

The Wildlife Trust's website tells

Flowers feed insects and there's

a bloom for all seasons, so keep

have wet feet, so create your

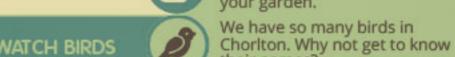
hairy bittercress and ground

own bog garden!

You'll use more energy too.

BUILD A POND

WORK OUT









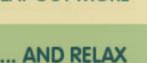


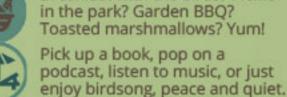






Record your garden. Swap photos with a friend or share hem on social media. Breakfast with the birds? Picnic





Get smart outdoors: There's an app for that

Night Sky

Go Jauntly

Discover walks

near you

Nature ID











Strava Record and map rides and runs

Have fun



Join a massive

treasure hunt

3 Pokemon Go Augmented

NEXTSTEPS

We hope you feel inspired to enjoy

Chorlton outdoors in lots of

ways: caring for your own

making the most of our

parks or exploring

our special wildlife

areas and nature

reserves.

green space and its wildlife,

Suggestions? Which apps make you 'appy?

Make your way

to our website to

find the map online.

We'll be adding walking and

cycling routes and more community

organisations you can get involved with.

We're on social media too - chat and share

ideas with others about Our Green Chorlton.

ourgreenchorlton.org.uk

Instagram: @ourgreenchorIton

Facebook: @ourgreenchorIton

We'd love to hear what you think of the map: it will

help us to give feedback to our generous funders.

Email ourgreenchorlton@gmail.com

or comment on our social media.

iNaturalist

Search, ID, share

flora and fauna

Map My Walk

Find and create

maps for walks

This is just a tiny selection of free apps for smartphones. Explore, investigate, get moving, have fun!

reality game

How many can you find? With huge thanks to the Council for British Archaeology

to cheekily make a few changes to suit our local area.





















OUR GREEN (HORLTON

all on our doorstep. Open me up for a map of places to explore

Where we live is very special: we have woodlands

and wetlands, waterways and wide open spaces -

Learn about wildlife and how to care for it.

and things to do in and around Chorlton!

Discover activities for adults and children in your garden, in parks and in wildlife areas

Discover, explore, enjoy... get out there!

@ourgreenchorlton ourgreenchorlton.org.uk



Make things happen in your community!

Join in outside



Swap surplus

Guerrilla garden small

Participate in a





active in the community



entertainment

Craft a





Get together with neighbours, hatch plans through a Whatsapp group, join a local action group, share what's important for you. You can make things happen!

We have branches everywhere...

There are lots of groups and organisations to inform and inspire your outdoor exploration! Many welcome volunteers, so get in touch to find out more. We only have space for names here, but search online and you'll soon find their websites, social media or phone numbers.

Based in Chorlton...

Barlow Moor Green Space Chorlton Good Neighbours Chorlton Map Chorlton Plant Swap

Chorlton Wildlife group Choriton Wombles Friends of Beech Road Park Friends of Chorlton Meadows

& Gardening Advice

Friends of Chorlton Park Friends of Fallowfield Loop Friends of Hough End Friends of Kenworthy Orchard Friends of Kenworthy Woods

Friends of Longford Park

Friends of Ryebank Fields

Friends of Turn Moss

Friends of Southern Cemetery

Friends of Oswald Road Pocket Park

Grow for It, Scott Avenue Allotments Merseybank Green Group Mind Community Allotment at Southern Allotments South Manchester Men in Sheds Riverbank Community Garden

Velo Times (bike hire)

...and beyond

Greater Manchester Wildlife (wildlife record centre) **Groundwork Trust** Manchester's Green Trail,

Sow the City RHS - Royal Horticultural Society RSPB - birds and wildlife and horse riders



Get active! Chorlton Runners Manchester Wild Swimmers Ramblers Association Trafford Watersports Centre

Chorlton has rugby, football, tennis, cricket, golf and other sports clubs where you can watch or play, whatever your age, level or gender. Support local!

The Conservation Trust Greater Manchester Orienteering Activities Greater Manchester Walking

for district to district walks MCRactive

Transpennine Trail - for walkers, cyclists Walk Ride GM Wildlife Trust for Lancashire,

Manchester & North Merseyside

Anyone missing? Drop us a line at ourgreenchorlton@gmail.com















Archaeology

and to promote the appreciation and care of the historic environment for the benefit of present and future generations

Facebook and Twitter @Archaeologyuk archaeologyuk.org

WELCOME TO

We've made this map to help you love being outdoors in Chorlton as much as we do! From gardens and ginnels to parks, fields and nature reserves, there is so much to explore and many

runs, tips for going outdoors whatever the weather and however you feel, outdoor hobbies to try and We couldn't fit in everything we'd like to share about

paths accurately, but there are many smaller trails not shown for you to discover. We hope you are inspired by this glimpse of our wonderful green spaces and find it a useful

springboard for more outdoor adventures in

Printed on 100% recycled paper

Exploring our local heritage: for allowing us to use their stunning Explorer's bingo and











OUR GREEN (HORLTON

activities to enjoy here. You'll find ideas for learning about and caring for wildlife, new places to investigate for walks, cycles or

to be completely to scale. We did our best to draw

Chorlton outdoors, and the map is not intended

Anna, Danielle, Linsey and Claire

Chorlton.