

HEALTH BENEFITS OF SPENDING TIME IN NATURE

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.

Mental wellbeing

- A release from stress
- A chance to recharge on a busy day
- Better concentration and focus
- A less cluttered mind and clearer thinking
- A creativity boost from thinking more freely
- Self-help against low mood, depression or anxiety
- Social interaction - seeing people is good for us

Our busy modern lives can distract us from nature and its life-enhancing benefits. It's easy to reconnect by spending more time outdoors.

Reasons for even a short walk, or a few minutes in the garden

OUTDOOR ACTIVITIES

We asked Chorlton people what they enjoy doing outdoors

Most mentioned

- Running
- Cycling
- Gardening
- Walking
- Bird watching
- Enjoying nature
- Dog walking
- Visiting outdoor cafes

People also enjoy

- Street games
- Painting or drawing
- Orienteering
- Tennis, football, frisbee
- Outdoor training, zumba, yoga
- Walking round the block
- Meeting friends
- Photography
- Reading

The adventurous recommend!

- Guerrilla gardening
- Pokemon Go
- Forest bathing
- Geocaching
- Stargazing
- Foraging
- Wild swimming
- Nordic walking

EFFORTLESSLY OUTDOORS

Tips for getting out when you have less time or energy

- Meditation walks are great for stress release. There are many free guides and apps online.
- Even watching nature from a window or on TV has a positive impact. How about some David Attenborough?
- Walk round the block choosing what to notice: front gardens, doors, planted up tree pits, seasonal changes?
- Low energy? Find out about forest bathing. Breathe and listen.
- Make a nature journal with drawings, collected items, notes about the weather, favourite flowers or animals.
- There's much pleasure in just soaking up the sun on a bench or a rug on the grass, reading or snoozing...
- Bored with the same walk? Listen to podcasts or audiobooks (the library's Borrowbox is free).
- Small steps: Try to go out for just 5-10 minutes, and see what develops.
- Be an ecologist! Examine nature: lichen, caterpillars, leaves, seeds, soil with a magnifying glass or app.
- Starry, starry night: Try star-gazing on a clear night, away from lighting. #WatchTheSkies

How to get outside whatever the weather

- Be more onion: wear lots of layers for warmth and to adjust to temperatures
- There's no such thing as bad weather, only unsuitable clothing. Waterproofs are a good investment.
- Go out at different times of the day. Dawn is quiet and peaceful.
- Use positive peer pressure. Share your walk, cycle, gardening or litter picking with a friend
- Anticipation is often worse than reality. You'll feel good once you've been out!
- Build an outdoor activity into your daily routine.
- 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, bright crunching snow, wind that blows away the cobwebs.

my wild garden

MYWILDCITY

We need nature and nature needs us!

There are loads of fun and easy ways to learn about and look after our wildlife in Chorlton.

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

OUR GREEN CHORLTON

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.

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

buzz Manchester Health & Wellbeing Service

Manchester Wellbeing Fund

NHS Greater Manchester Mental Health NHS Foundation Trust

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Did you know?

Once upon a time...

- 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 respect.
- 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!

OUTDOOR PLAY

is excellent for children's physical and mental health. Have fun with these activity ideas

- PICK BLACKBERRIES
- BLOW & CHASE BUBBLES
- GO ON A SCAVENGER HUNT
- COLLECT CONKERS
- build a den
- CAMP IN THE GARDEN
- WALK-RIDE-RUN
- WATCH THE SUN RISE
- MAKE A MAP
- PLAY POOH STICKS
- MAKE A MINI POND
- BUILD A BUG HOUSE
- JUMP IN PUDDLES
- CLIMB A TREE
- PLANT A GARDEN
- VISIT PETS CORNER
- STUDY WILD ANIMAL POOS
- CLIMB A TREE
- MAKE A MUD KITCHEN
- FLY A KITE
- MAKE A BIRD CAKE
- HIDE A PAINTED PEBBLE
- PLAY CHALK PAVEMENT GAMES

IN YOUR GARDEN

- WORK OUT** Grab your trainers, get outside! Exercise is better outdoors. You'll use more energy too.
- GROW FOOD** Growing veg is easy. Join Chorlton Plant Swap for top tips and swaps.
- BUILD A POND** Even a washing-up bowl of water will bring wildlife into your garden.
- WATCH BIRDS** We have so many birds in Chorlton. Why not get to know their names?
- EAT YOUR WEEDS** Look for self-heal, dandelions, hairy bittercress and ground elder for teas and salads.
- LOVE YOUR MUD** Soggy ground? Some plants love to have wet feet, so create your own bog garden!
- OPEN A HOTEL** Insects need safe places to live. The Wildlife Trust's website tells you how to help them out.
- GROW FLOWERS** Flowers feed insects and there's a bloom for all seasons, so keep that colour coming!
- TAKE PICTURES** Record your garden. Swap photos with a friend or share them on social media.
- EAT OUT MORE** Breakfast with the birds? Picnic in the park? Garden BBQ? Toasted marshmallows? Yum!
- ... AND RELAX** Pick up a book, pop on a podcast, listen to music, or just enjoy birdsong, peace and quiet.

Get smart outdoors: There's an app for that

Nature ID

- Picture This: A botanist in your pocket
- Smart Bird ID: ID birds with camera or mic
- Night Sky: Discover the sky at night
- iNaturalist: Search, ID, share flora and fauna

Get active

- Couch to 5k: Coaching for new runners
- Strava: Record and map rides and runs
- Go Jauntly: Discover walks near you
- Map My Walk: Find and create maps for walks

Have fun

- Geocache: Join a massive treasure hunt
- Pokemon Go: Augmented reality game
- Suggestions?: Which apps make you 'appy'?

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

Exploring our local heritage: How many can you find?

With huge thanks to the Council for British Archaeology for allowing us to use their stunning Explorer's bingo and to cheekily make a few changes to suit our local area.

GRAFFITI	Animal as decoration	Plant or flower as decoration	Name and Location of a manufacturer
Evidence of repair work or patching	BUILDING WITH STRUCTURAL TIMBERS	GHOST SIGN	WAR MEMORIAL
UNUSUAL SHAPE OR SIZE OF WINDOW	MURAL	ACCESSIBILITY ALTERATIONS	Structure connected to water
BENCH WITH A COGNACIAL PLANT ON IT	Rooftop Weather Vane	Cobbled surface	1879 HOPPER AT THE TOP OF A DOWNPIPE WITH DATE ONLY
Building with a construction date on it	Horse mounting steps	LISTED BUILDING	DAMAGED BUILDING
UNUSUAL HOUSE OR BUILDING NAME	FAMOUS PERSON'S GRAVE	SCAFFOLDING	Stained Glass

Council for British Archaeology

Working throughout the UK to involve people in 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

OUR GREEN CHORLTON

Where we live is very special: we have woodlands and wetlands, waterways and wide open spaces - all on our doorstep.

Open me up for a map of places to explore and things to do in and around Chorlton!

- Learn about wildlife and how to care for it.
- Discover activities for adults and children in your garden, in parks and in wildlife areas
- Volunteer with your community
- See how nature is good for your health
- Play archaeology bingo on Chorlton's streets
- Discover, explore, enjoy... get out there!

@ourgreenchorlton
ourgreenchorlton.org.uk

Join in outside in your neighbourhood

active in the community

- Green up your alleyway
- Guerrilla garden small spaces
- Help with a local litter pick
- Plant up your tree pits
- Swap surplus plants & seeds
- Join a Friends of park group
- Craft a campaign
- Join Chorlton Open Gardens

entertainment

- Try a themed walking group
- Participate in a street party
- Go on a guided tour
- Join our arts & book festivals

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
- & Gardening Advice
- Chorlton Wildlife group
- Chorlton Wombles
- Friends of Beech Road Park
- Friends of Chorlton Meadows
- 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 Oswald Road Pocket Park
- Friends of Ryebank Fields
- Friends of Southern Cemetery
- Friends of Turn Moss

Get active!

- Chorlton Runners
- Manchester Wild Swimmers
- Ramblers Association
- Trafford Watersports Centre
- Velo Times (bike hire)

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!

...and beyond

- The Conservation Trust
- Greater Manchester Orienteering Activities
- Greater Manchester Walking
- Greater Manchester Wildlife (wildlife record centre)
- Groundwork Trust
- Manchester's Green Trail, for district to district walks
- MCRactive
- Sow the City
- RHS - Royal Horticultural Society
- RSPB - birds and wildlife
- Transpennine Trail - for walkers, cyclists and horse riders
- Walk Ride GM
- Wildlife Trust for Lancashire, Manchester & North Merseyside

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

ourgreenchorlton.org.uk

NEXT STEPS

We hope you feel inspired to enjoy Chorlton outdoors in lots of ways: caring for your own green space and its wildlife, making the most of our parks or exploring our special wildlife areas and nature reserves.

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: @ourgreenchorlton

Facebook: @ourgreenchorlton

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.

WELCOME TO OUR GREEN CHORLTON

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 activities to enjoy here.

You'll find ideas for learning about and caring for wildlife, new places to investigate for walks, cycles or runs, tips for going outdoors whatever the weather and however you feel, outdoor hobbies to try and lots more.

We couldn't fit in everything we'd like to share about Chorlton outdoors, and the map is not intended to be completely to scale. We did our best to draw 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 Chorlton.

Anna, Danielle, Linsey and Claire

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