



NOTES AND ACTIONS FROM 24 JULY 2024 MEETING

Thrive LDN’s Climate, Environment and Mental Health Action Forum

Contents

1. Welcome and Introductions.....	1
2. Collaborating and acting together.....	2
3. In Conversation with Tracy Holtham.....	10
4. Updates from you.....	12
5. Summary and Next Steps.....	15

1. Welcome and Introductions

Ben Rossington & Joe Barker, Project Officers at Thrive LDN

Ben

- Hello, we’re really excited to see you all here at the second meeting of this Forum!
- Everyone please introduce yourselves in the chat with your name, role, and organisation
- For information, Thrive LDN is a citywide public mental health partnership to ensure all Londoners have an equal opportunity for good mental health and wellbeing. We are supported by the Mayor of London and London Health Board partners.
- Thrive LDN is guided by pursuing Equity, driving Participation, acting on the Wider Determinants of health, and working well within Complex Systems
- After speaking with many stakeholders, Thrive LDN created this pan-London space to connect individuals and communities with multi-sector organisations to enable more effective, co-produced, and joined-up action on climate, nature, and mental health.

Joe

- Feel free to share comments in the chat, any time; we will keep an eye on it
- We’ll have interactive activities involving breakout rooms, feel free to take part as much as you like; you do not have to participate in anything, you can opt out (keep camera off).

Ben

- We ask people to participate respectfully: put your (virtual) hand up if you want to make a point, and allow others to speak, and be kind and inclusive – we are all here because we care about climate-nature and mental health action!
- The meeting will not be recorded to encourage participation from all; have your camera on if you want.

Joe – Recap of the last meeting:

- We had great attendance (50+ non-Thrive LDN attendees!) and engagement and energy from you all at the last meeting

- We started to get to know each other, beginning to network across London.
- We collaboratively discussed what we wanted from the Forum and actions to help drive its work forwards
- We heard from Zarina Ahmad at the [Women's Environmental Network](#) about her background and their projects, focusing on intersectionality and climate, nature, and food injustice
- We heard from you about resources, events, and projects, showcasing what you are up to
- Some actions you said you want the Forum to help drive forwards:
 - Doing actionable research with community involvement
 - Developing & sharing educational and collaborative resources
- Overall, we started to build a space where everyone feels empowered to shape the meetings and the actions that come out of them
- We summarised the meeting outputs in the meeting 1 Notes & Resources document, which we have emailed round.

Ben – ‘You said, We did’:

- A top response in the first meeting to what you wanted from the Forum was ‘Collaboration’, so we are making collaboration the focus of this meeting.
- People wanted to map current activities underway across London on climate, nature & MH, and across the intersections between these: we will be doing interactive mapping exercises together to find opportunities to collaborate on climate, nature, and mental health action, and consider which gaps there are that we could fill in the future.
- Many of you wanted a longer meeting with more time for items to allow for more in-depth discussions: this meeting will be 1.5 hours, with more time for breakout rooms and the ‘In Conversation’ item
- People wanted a digital space where we could share resources, contact details and notes from these meetings: to start doing this, we have attached summary of our first meeting and a link to the Notes & Resources document from meeting 1 on our webpage here.
- People were keen to have an in-person meeting soon – we are planning this for the end of the summer, will keep you all posted.

2. Collaborating and acting together

Ben

- How do we want to collaborate on climate, nature, and mental health action? What mechanisms do we have?
- Joe put an initial list of mechanisms for collaboration in the chat:
 - Through this Forum:
 - Collaboration exercises
 - Meeting each other and sharing contacts
 - Hearing about what is going on across London.
 - Shared resources on our webpage
 - Directory of contacts working on MH & climate action?
- Ben asked people to share their ideas and comments both verbally and in the chat; these comments are recorded in the table below:

Summary of responses to ‘how’ we can collaborate:	
Faye Vogely, Director of Learning, Youth & Communities, London Wildlife Trust	Shared training opportunities, e.g., if there are topics, we all want to learn about, pooling resources to create bespoke training.

<p>Sam Longman, Head of Sustainability and Corporate Environment, Transport for London</p>	<p>'Killer messages' – key stats based on sound evidence, which are really compelling are most helpful for making progress both internally and externally. Being able to get the list of top lines we can all draw on to make people sit up and think: e.g., the cost of recent flooding events. Having them from different angles so it's not just health outcomes but how these outcomes impact other areas that people care about: e.g., economic growth. Using this Forum as a hive mind but based on solid evidence to point back to.</p>
<p>Kate Allardyce, Operations Manager, London Thrive</p>	<p>Network events/ socials.</p>
<p>Dan Winder, Director, Stanley Arts</p>	<p>A lot of arts centres and organisations do a lot of work already on projects that sit in the environmental space, which lack consistent evidence on mental health impacts/ positive mental health impacts. Working in this Forum as a partnership to garner consistent evidence, setting up specific metrics that we can all use to measure might be helpful. A national organisation called Culture Declares Emergency, who don't sit in the mental health space but sit in the environmental space, could be an interesting collaboration as a national organisation to support some of these conversations.</p>
<p>Anna Woolf, CEO, London Arts and Health (LAH)</p>	<p>At LAH we have a newsletter and website resource as well as a map of Creative Health activity across London. We can always add and share any projects with a creative angle in this area. We also run a festival every May; we are thinking about having a real focus on one of the days next year about climate, mental health, and Creative Health.</p>
<p>Leah McNally, Head of Youth Programmes, London Wildlife Trust</p>	<p>Accessing funds for green social prescribing in London.</p>
<p>Shuo Zhang, Nature Matters Lead, at Planetary Health and the Sustainability Committee for the Royal College of Psychiatrists; Child and Adolescent trainee doctor (SLaM); PhD student at KCL (King s College London).</p>	<p>Share best practice between boroughs and strengthen networks to work together within localities. I'm hearing a lot of conversations about people working with acute mental health trusts or community mental health services who are really keen to support their patients to access the wealth of community projects – both arts and nature-based – that are available. I appreciate the delivery of routine services is stretched but are there opportunities to join up these services more?</p>
<p>Charles Ogunbode, Assistant Professor in Applied Psychology, University of Nottingham</p>	<p>We conducted some research into the mental health and wellbeing effects of the 2022 heatwave in Nottingham. I know it's not London but may be relevant to the points made about</p>

	evidence. Happy to discuss further with anyone who wants more detail regarding the research .
Rob Callender, Head of Technical & Operations, Hoxton Hall	We're keen to grow our Creative Health hub in the Hackney area providing a space for arts practitioners and creative health prescribers to collaborate and work together and with us on wide range of arts. We are also keen to work with arts practitioners who work with young people on climate and the environment.
Chris Billington, Climate & Health Lead, Association of Directors of Public Health (ADPH) London	Could run joint sessions between the ADPH climate and mental health networks. If anyone has any particular work they would like to present or distributed then please get in touch.

Miro board exercise

Attendees were asked to take part in a Miro board exercise to identify potential win-win opportunities to collaborate with others around climate, environment, and mental health, across 5 key themes chosen by Thrive LDN (based on the interest in different topics demonstrated at the first Forum meeting on 12th June).

Attendees added projects or ideas other people could collaborate with them on to the relevant theme on [the Miro Board](#). The outputs are summarised in the table below:

Themes	Project/ Idea
Intersectionality and Equity	Youth Arts @ Hoxton Hall : including a Girls Group for 10–14-year-olds A friendly space to chat, relax, make new friends, and develop confidence. Through group chats, art, and drama games, we will explore themes of identity, healthy relationships, and positive role models. To inspire, empower and celebrate.
	I'm researching how nature-based interventions work for disadvantaged groups and am looking for case studies - Michael Havard
	Women's Environmental Network's Climate Sisters project aims to make systemic change by amplifying marginalised women's voices in climate justice debates.
	Black Girls Hike : They showcase the adventures of black women hiking throughout all areas of the world. Through storytelling content and curated hiking & travel experiences, Black Girls Hike creates a community of black and brown hikers while diversifying the outdoors

	<p>Chantelle Lindsay, a Wildlife Trust and CBBC presenter, and a member of Flock Together (a global outdoors movement for people of colour); also involved in Social Prescribing in Newham in green spaces.</p> <p>Kwesia (who runs City Girl in Nature) doing amazing work in this space.</p> <p>Please commission Chantelle and Kwesia!</p>
	<p>Misery Party BIPOC nature project</p>
<p>Eco Emotions</p>	<p>In April 2024, London Arts and Health ran 3 different panels and workshops looking at the intersection of climate and Creative Health. Many of us may already know that time in nature is beneficial towards our mental and physical health but how does the climate crisis, access to nature and our own nature come into this?</p>
	<p>Imperial College London's Climate Cares Centre's Eco-emotions Guided Journal project with Young People.</p>
	<p>London Wildlife Trust's Youth Board is creating eco-anxiety zines to help young people combat anxiety</p>
	<p>We are launching a project at Nottingham University looking at climate change and mental health within a context of migrant and diasporic heritages. As part of this we are exploring eco-emotions among Black and South Asian communities. Happy to explore opportunities for collaboration. Contact charles.ogunbode@nottingham.ac.uk for more information.</p>
	<p>Survey our organisations staff about their emotional outlook with regard to the climate and ecological emergency and response to personal interaction with nature. Start building our own evidence base.</p>
	<p>The Work That Reconnects is meant for anyone who longs to serve the healing of our world in a more powerful and effective way. This interactive group process was developed by Joanna Macy, in cooperation with many colleagues, over several decades. The Work That Reconnects draws on foundational teachings, including Systems Thinking, Deep Ecology and Deep Time, Spiritual Traditions and Undoing Oppression.</p>

	<p>Hampstead churches collaborating on Climate Cafes, creating a space for voicing anxiety and planning action together – Citizens UK.</p>
<p style="text-align: center;">Arts and Culture</p>	<p>The Association for Child and Adolescent Mental Health has a podcast The Anxiety and Grief of the Ecological Crisis.</p>
	<p>St Margaret's House (in Tower Hamlets): their mission is to promote positive social change by providing opportunities for people to come together and take part in their community. Their arts and wellbeing projects provide spaces to meet, learn, create, eat, shop, and enjoy a diverse cultural programme.</p> <p>Their Creative Health Tree Model champions an ever-growing relationship between cultural organisations and the health and wellbeing sector.</p>
	<p>Hoxton Hall is seeking environmental & climate arts practitioners who work with young people to collaborate on a project to tell our story on our drive for energy efficiency, sustainability & carbon emissions reductions - contact rob@hoxtonhall.co.uk</p>
	<p>Letters to the Earth - community & educational resources supporting mental health, community-building and creative advocacy in response to the climate & nature crises.</p>
	<p>Hoxton Hall - providing Creative Health hub in the Hackney area providing a space for arts practitioners and creative health prescribers to collaborate and work together and with us on wide range of arts. Contact stuart@hoxtonhall.co.uk</p>
	<p>Arts organisations/ cultural venues hosting 'Cultural Climate Assemblies' to bring diverse audiences and sectors together to meet, deliberate and imagine pathways of action: Culture Declares Emergency.</p> <p>Stanley Arts will be acting as a South London information hub for other venues, first declaring a climate and ecological at the end of the summer.</p>
<p>Creative Arts - Connecting with Nature workshop for young people aged 11 - 18 in west London by Mind Hammersmith, Fulham, Ealing and Hounslow. Using clay to explore nature and</p>	

	<p>how nature can impact our wellbeing and identity.</p>
	<p>Art groups for NHS staff wellbeing – now more groups, we did write this up in a paper here.</p>
	<p>The Women’s Environmental Network are looking at Arts as medium for policy asks in Tower Hamlets.</p>
	<p>The London Arts and Health (LAH) Website includes a dedicated ‘Environmental support/ initiatives’ sub-section on the Resources page, our newsletter features nature-based wellbeing work pan- London. Send us items: info@londonartsandhealth.org.uk</p> <p>London Arts and Health’s Creative Health City portal includes mapping functionality for green and blue spaces; working with Arts and Humanities Research Council scaling community grants in SW London to map mental health and green Social Prescribing.</p> <p>Yearly Creativity and Wellbeing Week Festival run by London Arts and Health; 2 years ago, the theme was 'Get Creative Get outdoors'; in 2025 we will have a dedicated day to nature and wellbeing.</p>
	<p>Julie's Bicycle's Creative Climate Accelerator and resources (ran in 2024, may run again in 2025?)</p>
<p>Green and Blue spaces</p>	<p>Nature in Mind is a London Wildlife Trust project providing nature-based wellbeing workshops for young people referred to the Newham Multi-Agency Collective.</p>
	<p>Tower Hamlets Food Partnership: network building a better food system in Tower Hamlets; Women's Environmental Network food projects.</p>
	<p>The Women’s Environmental Network deliver a project, Soil Sisters which uses green space, horticultural therapy to help women in Refuges</p>
	<p>Happier Outdoors - project to help as many Londoners as possible to have a chance to feel good for free in nature.</p>
	<p>Idea: understanding relationship between access to nutritious food and autonomy over production/ consumption and link to Mental</p>

	Health and wellbeing, with a lens on sustainability and environment.
	Outdoor nature immersion experiences to connect with and learn from nature - solo and group experiences (Letters to the Earth)
	Lots of mental health wards trying to improve their gardens, but no one to look after them!
	London Clean Air run a project where we install parklets along various streets in the borough of Camden.
	Creating a regional park and need to set KPIs.
	Integrating community mental health into London nature-based solutions funds / accelerators (which are seeking private finance)
	London Clean Air run an event called Earthfest in, which brings together hundreds of sustainable businesses to show off their product and give lectures on sustainability
	<p>Gardening projects & ideas:</p> <ul style="list-style-type: none"> - Stanley Arts' Social Gardening Club - Mind's Garden Fundraising tips - Gardening for [mental health] recovery in South London; - therapeutic horticulture; - Greater funding for green social prescribing; - Community gardens on TfL (Transport for London) estate.
<p>The Mind and Soil project has been designed in collaboration with Heathrow Airport with the purpose of connecting children around the Heathrow area to get involved with gardening and nature. The focus is primarily working on establishing the link between psychoeducation, gardening, and nature and their mental health.</p> <p>This project entailed an intensive 6-week programme with 5 in-school workshops comprising of psychoeducation and gardening activities. The programme ends with out-of-school trip to one of London's local botanical gardens, Fulham Palace Gardens.</p> <p>Mind Hammersmith, Fulham, Ealing and Hounslow</p>	
Direct mental health impacts (e.g., of flooding or heatwaves)	London Climate Resilience Review just published - how can we shape Londoner's resilience to the MH impacts of climate change?

	<p>Reducing the impact of increased heat on Londoners:</p> <ul style="list-style-type: none"> - Protection of street trees that provide crucial cooling in heatwaves. - Urban planning of green spaces and built environment that minimises urban heat effects. <p>The Women's Environmental Network are in the process of collaborating with interested parties on pursuing a litigation case against UK Government on the impact of Climate Change on Women's health.</p>
<p>Other opportunities and ideas</p>	<p>Ethics & Sustainability media showcase platform to promote environmental and social impact projects (in development by Ethical Creatives - ben@ethicalcreatives.co.uk for more info).</p>
	<p>The Women's Environmental Network's JustFACT programme is a transformational food and climate Tower Hamlets-wide project with 26 partners and an outcome that is being measured directly in terms of health and wellbeing, so during our evaluation period it would be good to collaborate and measure this with partners.</p>
	<p>Need a space for any creative health or environmental project in Hackney or east/north London? Hoxton Hall is keen to collaborate - contact stuart@hoxtonhall.co.uk</p>
	<p>London Wildlife Trust can give access to our 35 reserves for collaborative events and projects; get in touch! fvogely@wildlondon.org.uk</p>
	<p>Training Young Champions from a mental health charity in Islington in Community Organising to do listening with their peers to identify issues – Citizens UK.</p>
	<p>Integrating young people's mental health into the Mayor of London's Net Zero in Schools agenda</p>
	<p>Influence civil emergency response (London/ Local Authority-level) to be trauma-informed/ support mental health and wellbeing equitably.</p>
	<p>Our Annual Public Health Report this year is about the impact of the physical environment on health. Climate change is one of the chapters.</p>
	<p>Using the Association of Directors of Public Health London's Mental Health Network/ Climate and Health networks to share work. Contact chris.billington@adphlondon.org.uk</p>

	Public health - how can we identify local needs?
	Collaborate with Forum members on a joint research project.
	How can we help people setup simple processes to evaluate their projects?

Attendees then joined breakout rooms focused on each of the themes listed above; each room had a facilitator from Thrive LDN to help guide conversations. People were given 10 minutes to discuss the opportunities on the Miro board that most interested them, and then 10 minutes to discuss actions they could take to begin collaborating on projects – if collaboration didn’t seem viable now, then they were to consider why not and what could be done to overcome challenges. The facilitator in each room then fed back key points of discussion to all attendees in the main room.

Joe highlighted the rich variety of collaboration opportunities this exercise had showcased, encouraged attendees to get in touch with each other to take work forward, and invited people to present back to the Forum on progress with any projects. Joe thanked all for their contributions and reminded all that Thrive LDN would collate and share the information gathered with all invited to the Forum to help enable collaboration.

3. In Conversation with Tracy Holtham

Led by Sumaty Hernandez, Project Officer at Thrive LDN.

Sumaty – Tell us a little about yourself, what you do and what brings to you to the forum?
<p>Tracy – I am an interdisciplinary artist and gardener. What that means is that mental health is a cornerstone of everything that I do. It’s something that I have been aware of from quite a young age, and I’ve always been interested in looking into therapeutic ways of dealing with emotions.</p> <p>Whether picking roses, making perfume out of them, going to gardens and parks whilst I was growing up to now working in green spaces. I’ve always created collages; I like putting things together on paper. I take a lot of photographs; I utilise video and I write as well. In the pandemic I wanted to change my career and do something where mental health and my artistic practice could be the foundation, and I also want to be outside getting that natural vitamin D, and I found gardening. I’ve been working in it for the past couple of years.</p>
Sumaty – Would you be able to tell us a bit more about your work at Stanley Arts and how your interdisciplinary artist and gardening tools feeds into that work?

Tracy – My work started at Stanley Arts a couple of years ago when I was looking at getting into gardening. I saw they were running a herb workshop, they had a herb garden and this really fascinated me as I love herbs! So, I contacted them and started by watering the plants and then as my skills built up, I started doing more and more. Recently, I have run several half-day workshops over the last year as part of the social gardening club for the local community and beyond for people to get into gardening. Every month I ran it with a different theme, the last one was on hand tools. The workshops are approachable, down-to-earth, friendly, using language that people can relate to and speaking about my own experience with mental health and how gardening and being in nature has really helped that. We've had a lot of interest; we have different volunteers who come each month. I've learned a lot from them. We always say there's always something new that can be learned. Also, in the realm of mental health, I'm always learning about that. It's been really humbling. I'm very grateful to Stanley Arts for giving me this opportunity to create this community based around gardening, mental health, and art.

Sumaty – Are there any other projects that you are working on at the moment, or are exploring for the future?

Tracy – Yes, I would really like to work with an immersive experience. Recently I have been researching places in London who have green spaces or want to have a green space that would really benefit from art or nature or both. I'm looking to setup a gardening and art group, create a safe space to explore art and try different artistic mediums and explore art or gardening and see if they like it. This is so that people can see the energy a green space can bring to an activity: for example, if you have a sketch book. I know people find it hard to open it up and use the first page, it can be scary for people. I want to help people overcome their fear and create a space where people can share their experiences.

Sumaty – Is there anything else that you have discovered on your journey or making this connection that has fed into your work? Or anything else you would like to explore further?

Tracy – definitely community gardens and liaising more with them and seeing the whole process from: how to liaise with local councils to utilising local spaces to seeing how the community develops. I'm really into journaling/ art journaling. Running workshops around writing would be a really empowering process to support those with eco-anxiety. It doesn't just have to be via the written word but could be done via audio, or through pictures. I am really interested in gardening activities that have inclusivity at their heart.

Sumaty - What reflections or what have you learnt from people volunteering?

Tracy – people have a lot of courage, whether it's people not knowing anyone and coming to the space to deciding to want to do something for themselves – such as giving themselves the gift of being in nature – or sharing their stories.

Sumaty – Is there anything else you would like to showcase or feature?

Tracy – I will share my email address: tracyholthamstudios@gmail.com. I am really open to having conversations about climate issues and art and therapeutic ways of navigating these areas as well as ways of creating artwork and running gardening workshops.

Microsoft Teams chat messages (suggestions for Tracy)

From Zarina Ahmad at the Women’s Environmental Network (WEN): ‘contact Barbican they've been very supportive in bringing in different ways of being, thinking in an ARTS space!’

From Zarina Ahmad: ‘at WEN we facilitate the Food Growers Network, and we have our quarterly gathering coming up on the 30th of July would love to see you there.’

<https://www.wen.org.uk/events/>

4. Updates from you

Name	Notes	Resource weblinks and/ or contact details
Anna Woolf, CEO, London Arts and Health (LAH)	<p>If anyone ever wants to advertise a call out for artists, please do send us your projects, we email our database, which has a reach of 30k people across London.</p> <p>We are part of this project taking place in SW london which looks at scaling.</p>	<p>info@londonartsandhealth.org.uk or please email me anna@londonartsandhealth.org.uk</p> <p>https://www.arts.ac.uk/colleges/chelsea-college-of-arts/research-at-chelsea/research-projects/the-abundance-project</p>
Dan Winder, Director, Stanley Arts	<p>'Stanley Arts is one of South London’s premiere arts and performance venues, providing our local community with a vital home for cultural expression and discovery. As a radically inclusive space we seek to foreground under-represented voices, providing artists of colour and LGBTQ+ creatives with a platform to reach out to audiences across South London and beyond.'</p>	<p>https://stanleyarts.org/</p> <p>Info about the Arcadia festival in April 2024 here: https://stanleyarts.org/event/arcadia-the-future-is-now/</p>
Rob Callender, Head of Technical & Operations, Hoxton Hall	<p>As part of our Hackney Community Energy Fund project, Hoxton Hall is seeking environmental & climate arts practitioners who work with young people (7-16) to collaborate on an autumn term project to tell our story on</p>	<p>contact rob@hoxtonhall.co.uk</p>

	our drive for energy efficiency, sustainability & carbon emissions reductions - with eco-emotions also in mind as part of the project.	
Ben, Director, Ethical Creatives	Early stages of development - we are building an ethics and sustainability platform to showcase sustainability and social impact projects and maybe helpful guides (jargon-busting etc.); would love to hear from anyone who would be interested to collaborate.	ben@ethicalcreatives.co.uk
Shuo Zhang, Child and Adolescent trainee doctor (SLaM)	One of our psychiatrists, Dr Dan Harwood, has started doing nature walks for the South London and Maudsley NHS Foundation Trust (SLaM) Recovery College.	https://www.slamrecoverycollege.co.uk/nature-and-wellbeing.html
Dan Winder, Director, Stanley Arts	Rob Callender - Hoxton Hall: You should get Hoxton Hall part of Future Arts Centres - you don't need to be National Portfolio Organisation to join	https://futureartscentres.org.uk/about-us/ Also talk to kay@stanleyarts.org about practitioners and chrissy@stanleyarts.org London Action on Creative Health: https://londonartsandhealth.org.uk/portfolio-item/london-action-on-creative-health-lach/
Meg Wamithi, Strategic Programmes and Innovation Lead, Mind (Ealing, and Hammersmith & Fulham)	Regarding [mental health] practitioners, please email me.	meg.wamithi@hfehmind.org.uk
Joe Barker, Project Officer, Thrive LDN	Recommended a book called <i>Deepening Trauma Practice: A Gestalt Approach to Ecology and Ethics</i> by Miriam Taylor: a British Gestalt psychotherapist, supervisor and international trainer. With nearly 30 years' experience of working with trauma, her work is supported by her embodied relationship with the natural world.	https://blackwells.co.uk/bookshop/product/9780335249770
Laura Fischer, CEO & Founder, Traumascapes	Lots of synergy [in discussions here] with our work at Traumascapes – please email me.	laura@traumascapes.org

<p>Kay Michael, Freelancer Cultural Producer</p>	<p>[Regarding] how we measure the impact of therapeutic practices, especially in the cultural and artistic space on eco anxiety & Mental Health.</p> <p>Does anyone know anyone doing this measurement in research? Is there an opportunity to collaborate? To measure some projects?</p>	<p>From Anna Woolf (London Arts and Health): 'I would look at University of the Arts London, Kate Pelan particularly'.</p>
<p>Faye Vogely, Head of Youth Programmes at London Wildlife Trust, London Wildlife Trust</p>	<p>Once more, if anyone is interested in collaborating with us on any of our London Wildlife Trust reserves, do let us know [by email].</p>	<p>fvogely@wildlondon.org.uk</p>
<p>Various updates/ offers from Thrive LDN</p>	<p>Ben – London Challenge Poverty Week is coming up in October. On Friday 18th October, the theme is Poverty and climate change. The effects of climate change have a disproportionate impact on those living on the lowest incomes. Addressing and adapting changes to our climate must go hand in hand with tackling poverty and inequality. Are any of you aware of this coming up and/ or doing anything for it? Although it's a London-wide event, it's also a national and global event: 17th October is the UN's day for eradication of poverty.</p> <p>Ben – Kooth, an online platform to help young people with their mental health and wellbeing, has launched a new campaign called 'Go Somewhere Good', which is encouraging young people to get away from screen and out and about (e.g., to green spaces) in the summer holidays to improve their mental health. We're sharing on behalf of Kooth, who can't attend the Forum meeting today – please share details of the campaign with interested friends and colleagues.</p> <p>Joe – Miriam Taylor, a psychotherapist who came to the first Forum meeting, is offering specialist supervisions to anyone in the Forum on mental health and climate, considering activism, grief,</p>	<p>https://londonchallengepovertyweek.org.uk/wp-content/uploads/2024/07/Why-get-involved-in-London-7.pdf</p> <p>https://explore.kooth.com/go-somewhere-good/</p> <p>joseph.barker4@nhs.net</p>

	<p>and denial as responses to the climate crisis. Please contact Joe for more details.</p> <p>Ben – the final version of the London Climate Resilience Review has just been published; there are 50 recommendations, but none on mental health. After reading it and digesting the findings, we may want to think about how this Forum can influence the implementation of resulting actions across London of the Review by promoting mental health resilience at a population-level in the face of climate change.</p>	<p>https://www.london.gov.uk/programmes-strategies/environment-and-climate-change/climate-change/climate-adaptation/london-climate-resilience-review</p>
--	--	--

5. Summary and Next Steps

Attendees were asked which actions they would after this meeting, especially to start collaborating with others:

Summary from the comments / chat.	
Sumaty Hernandez	Attend events on climate change to keep learning and make the connection to mental health.
Joe Barker	Putting together a map of resources for other people to connect on.
Angela Burns	Learn more about eco-emotions and interventions.
Dan Winder	Connected with Anna and attending London Action on Creative Health event.
Chris Billington	Revisit the Miro board and look for items to bring to future Association of Directors of Public Health London meetings.
Kate Dean	Connect with Anna from London Arts and Health .
Shuo Zhang	Have emailed Meg [from HFEH Mind] already about amazing young people projects and will email colleagues in south london about Faye [from the London Wildlife Trust]!
Tracy Holtham	I would like to reach out to organisations in relation to art, horticulture, mental health and climate anxiety, and set up conversations and connections about collaborations.

Chrissy Jay	Read Work That Reconnects [by Johanna Macy]; and explore opportunities to collaborate with London Wildlife Trust.
Rob Callender	We've got a few contacts made to contact and hopefully build a collaboration with on our own projects at Hoxton Hall – and we are open to approaches for anyone looking for spaces who we can collaborate with whether arts or otherwise; contact stuart@hoxtonhall.co.uk
Kay Michael	With my Letters to the Earth hat on I'm keen to explore partnerships for creative experiences in green spaces to support eco-emotions.
Marian Hoffman	Connect with Tracy Holtham to see if she can contribute to our events [at Sustainable Thornton Heath].
Ben Wright	Love the idea of a mind map of organisations / projects getting involved.

The next meeting will be **on 2nd October 10-11.30am** via Microsoft Teams. An invite will be sent out, please signpost colleagues to this. We would like more community representatives involved in this space.

Please email **Ben Rossington** benjamin.rossington@nhs.net or **Joe Barker** joseph.barker4@nhs.net or respond to the email sent out if you would like to get in touch.

ACTION – Thrive LDN will be sharing key notes and resources with all Forum invitees.