

## Resources for collaboration

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

*Wednesday 24<sup>th</sup> July 2024 10-11.30am*

In the last forum (on 12<sup>th</sup> June), we all shared ways in which we would like to collaborate. This document summarises the projects that people shared, including:

- [Partner updates](#)
- [Projects and ideas for further collaboration](#)
- [Groupings of similar projects who could collaborate further](#)

## Partner Updates: climate and mental health

### Projects and Contacts

#### 1. London Arts and Health (LAH)

- **Contact:** Anna Woolf, CEO
- **Details:** Interested in collaborating to advertise artist callouts to a 30k audience in London. Participating in a scaling project in SW London.
- **Contact Information:**
  - [info@londonartsandhealth.org.uk](mailto:info@londonartsandhealth.org.uk)
  - [anna@londonartsandhealth.org.uk](mailto:anna@londonartsandhealth.org.uk)
- **Resource Link:** [The Abundance Project](#)

#### 2. Stanley Arts Arcadia project

- **Contact:** Kay Michael, Freelance Cultural Producer
- **Details:** Partnering with Stanley Arts to promote under-represented voices. Information available on the Arcadia festival in April 2024.
- **Resource Links:**

- [kay@stanleyarts.org](mailto:kay@stanleyarts.org)
- [Stanley Arts](#)
- [Arcadia Festival Info](#)

### 3. Hoxton Hall

- **Contact:** Rob Callender, Head of Technical & Operations
- **Details:** Seeking environmental & climate arts practitioners for a community energy project focused on sustainability with young people.
- **Contact Information:** [rob@hoxtonhall.co.uk](mailto:rob@hoxtonhall.co.uk)

### 4. Ethical Creatives

- **Contact:** Ben, Director
- **Details:** Developing an ethics and sustainability platform to showcase projects and resources. Open to collaborations.
- **Contact Information:** [ben@ethicalcreatives.co.uk](mailto:ben@ethicalcreatives.co.uk)

### 5. South London and Maudsley NHS Foundation Trust (SLaM)

- **Contact:** Shuo Zhang, Trainee Doctor
- **Details:** Nature walks initiative led by Dr. Dan Harwood for the SLaM Recovery College.
- **Resource Link:** [Nature and Wellbeing](#)

### 6. Stanley Arts

- **Contact:** Dan Winder, Director
- **Details:** Encourages participation in Future Arts Centres and recommends contacts for collaboration.
- **Contact Information:** [kay@stanleyarts.org](mailto:kay@stanleyarts.org), [chrissy@stanleyarts.org](mailto:chrissy@stanleyarts.org)
- **Resource Link:** [Future Arts Centres](#)

### 7. Mind (Ealing, and Hammersmith & Fulham)

- **Contact:** Meg Wamithi, Strategic Programmes and Innovation Lead

- **Details:** Seeking mental health practitioners for collaboration.
- **Contact Information:** [meg.wamithi@hfehmind.org.uk](mailto:meg.wamithi@hfehmind.org.uk)

## 8. Traumascaples

- **Contact:** Laura Fischer, CEO & Founder
- **Details:** Open to discussions on synergies with their work on trauma and environmental issues.
- **Contact Information:** [laura@traumasclapes.org](mailto:laura@traumasclapes.org)

## 9. London Wildlife Trust

- **Contact:** Faye Vogely, Head of Youth Programmes
- **Details:** Interested in collaborations on London Wildlife Trust reserves.
- **Contact Information:** [fvogely@wildlondon.org.uk](mailto:fvogely@wildlondon.org.uk)

## Additional Updates and Offers

- **London Challenge Poverty Week (October 18, 2024)**
  - Focus on poverty and climate change.
  - **Resource Link:** [London Challenge Poverty Week Info](#)
- **Kooth Campaign: 'Go Somewhere Good'**
  - Encouraging young people to explore green spaces during the summer holidays.
  - **Resource Link:** [Kooth Campaign Info](#)
- **Specialist Supervisions by Miriam Taylor**
  - Focused on mental health and climate issues.
  - **Contact Information:** [joseph.barker4@nhs.net](mailto:joseph.barker4@nhs.net)
- **London Climate Resilience Review**

- A report on making London more resilient to climate change, with no focus on mental health; discussions on promoting mental health resilience, which this Forum could develop together with other key stakeholders.
- **Resource Link:** [London Climate Resilience Review](#)

## Collaborative Projects and Ideas around Climate and Mental Health

We had an amazing variety of projects shared with us for potential collaboration. All the projects are summarised below by theme.

### Intersectionality and Equity

- **[Youth Arts @ Hoxton Hall](#):** Girls Group (10-14 years) for exploring identity, relationships, and role models through arts and drama.
- **Nature-Based Interventions Research:** Seeking case studies on how these interventions benefit disadvantaged groups.
- **Women's Environmental Network – [Climate Sisters](#):** Amplifying marginalized women's voices in climate justice.
- **[Black Girls Hike](#):** Community building and diversifying the outdoors through storytelling and hiking.
- **Chantelle Lindsay & [Flock Together](#):** Promoting Social Prescribing in green spaces; collaboration recommended.
- **[City Girl in Nature](#):** Kwesia's work in engaging communities in nature-based activities; recommended for commissioning.
- **[Misery Party](#) BIPOC Nature Project:** A focused initiative on nature engagement for BIPOC communities.
- **London Arts and Health Panels & Workshops:** [Discussions on climate, nature, and Creative Health intersections.](#)

### Eco Emotions

- **Imperial College – [Eco-emotions Guided Journal](#):** Supporting young people in managing eco-anxiety.
- **[London Wildlife Trust - Youth Board](#):** Creating zines to combat eco-anxiety.

- **[Nottingham University Project](#)**: Exploring climate change, mental health, and eco-emotions in migrant communities.
- **Staff Climate Surveys**: Building an evidence base on emotional responses to climate and ecological crises.
- **[The Work That Reconnects](#)**: Interactive group process for healing and ecological resilience.
- **Climate Cafes** (Hampstead Churches; [Citizens UK](#)): Providing space for discussing climate anxiety and planning actions.
- **[The Association for Child and Adolescent Mental Health Podcast](#)**: Exploring anxiety and grief related to the ecological crisis.

## Arts and Culture

- **[St Margaret's House \(Tower Hamlets\)](#)**: Arts and wellbeing projects fostering community engagement and positive social change.
- **[Hoxton Hall](#)**: Seeking climate arts practitioners for collaborative storytelling on sustainability.
- **[Letters to the Earth](#)**: Educational resources supporting mental health and creative advocacy for climate action.
- **Creative Health Hub @ [Hoxton Hall](#)**: A collaboration space for arts practitioners and prescribers.
- **Cultural Climate Assemblies**: Hosted by arts venues to discuss and imagine climate action pathways.
- **[Stanley Arts](#)**: Acting as a South London hub for climate and ecological action.
- **Creative Arts Workshop** ([Mind Hammersmith, Fulham, Ealing, and Hounslow](#)): Using clay to connect young people with nature.
- **NHS Staff Wellbeing Art Groups**: Expanding art groups for mental health support; academic paper on this [here](#).
- **[Women's Environmental Network](#) - Arts for Policy**: Utilizing arts as a medium for policy advocacy in Tower Hamlets.
- **[LAH Website & Newsletter](#)**: Sharing nature-based wellbeing resources and mapping green/blue spaces across London.
- **[Creativity and Wellbeing Week Festival](#)**: A dedicated day to nature and wellbeing in 2025.

- **[Julie's Bicycle's Creative Climate Accelerator](#)**: Resources for arts and cultural organizations engaging in climate action.

## Green and Blue Spaces

- **[Nature in Mind \(London Wildlife Trust\)](#)**: Nature-based wellbeing workshops for young people in Newham.
- **[Tower Hamlets Food Partnership](#)**: Building a sustainable food system; Women's Environmental Network's food projects.
- **[Soil Sisters \(Women's Environmental Network\)](#)**: Horticultural therapy for women in refuges using green spaces.
- **[Happier Outdoors](#)**: Project encouraging Londoners to experience nature for mental well-being.
- **Food & Mental Health Research**: Exploring the connection between nutritious food access and mental health.
- **Outdoor Immersion Experiences**: Solo and group activities to deepen connection with nature.
- **Mental Health Ward Gardens**: Improving hospital gardens, but lacking maintenance support.
- **London Clean Air Projects**: [Parklets](#) in Camden and [Earthfest](#) for promoting sustainable businesses.
- **Gardening Projects**:
  - **Stanley Arts' Social Gardening Club**: [Stanley Arts](#)
  - **Mind's Garden Fundraising Tips**: [Mind Hammersmith, Fulham, Ealing, and Hounslow](#)
  - **Gardening for Mental Health Recovery**
  - **Therapeutic Horticulture**
  - **Green Social Prescribing Funding**
  - **Community Gardens on TfL (Transport for London) Estate**
  - **Mind and Soil Project (Heathrow)**: Psychoeducation and gardening for children's mental health in the Heathrow area.

## Direct Mental Health Impacts

- **[London Climate Resilience Review](#)**: Strategies to build resilience against mental health impacts of climate change.
- **Reducing Heat Impact:**
  - **Street Trees Protection:** Ensuring cooling during heatwaves.
  - **Urban Planning:** Integrating green spaces to mitigate urban heat effects.
- **[Women's Environmental Network](#) Legal Action:** Exploring a litigation case on the impact of climate change on women's health.

### Other Opportunities and Ideas

- **Ethics & Sustainability Media Showcase:** Platform to promote environmental and social impact projects.
- **[WEN - JustFACT Programme](#):** Measuring the impact of climate and food projects on health and wellbeing in Tower Hamlets.
- **Creative Health Spaces:** [Hoxton Hall](#) offers space for creative health or environmental projects in Hackney/east/north London.
- **[London Wildlife Trust](#) Reserves:** Available for collaborative events and projects.
- **Training Young Champions ([Citizens UK](#)):** Teaching community organizing to address mental health issues.
- **[Mayor of London's Net Zero Programme for Schools](#):** Integrating young people's mental health into the agenda.
- **Trauma-Informed Emergency Response:** Ensuring mental health support in civil emergencies.
- **Annual Public Health Report:** Focus on the physical environment's impact on health, including climate change.
- **[ADPH London](#) Networks:** Sharing work through mental health and climate networks.
- **Public Health Needs Identification:** Collaborate on research projects to address local needs.
- **Project Evaluation Support:** Helping organizations set up simple processes to evaluate their projects.

## Collaboration Clusters

Forum members said they wanted to be connected to other people. Here, we cluster projects around themes that could lead to further collaboration.

### 1. Youth Engagement and Creative Health

Projects in this cluster focus on engaging young people through creative, arts-based activities and fostering mental health awareness.

- **Youth Arts @ Hoxton Hall:** Girls' Group (10-14 years) exploring identity and mental health.
- **Creative Health Hub @ Hoxton Hall:** Collaboration space for arts practitioners and creative health prescribers.
- **Imperial College – Eco-emotions Guided Journal:** Supporting young people in managing eco-anxiety.
- **Creative Arts Workshop (Mind Hammersmith, Fulham, Ealing, and Hounslow):** Connecting young people with nature through art.
- **Mind and Soil Project (Heathrow):** Gardening and psychoeducation for children's mental health.
- **Hoxton Hall – Seeking Environmental & Climate Arts Practitioners:** Collaborative storytelling project for young people.
- **London Wildlife Trust - Youth Board:** Eco-anxiety zines created by youth.
- **Training Young Champions (Citizens UK):** Community organising skills for mental health advocacy among youth.
- **Integrating young people's mental health into the Mayor of London's Net Zero in Schools agenda:** Opportunity to align with education and youth-focused environmental initiatives.

**Potential Synergy:** These projects could collaborate on creating a comprehensive youth engagement programme that integrates creative arts, nature-based interventions, and mental health support. This could lead to joint workshops, shared resources, and broader community outreach.

### 2. Nature-Based Interventions and Mental Health

This cluster revolves around utilising green and blue spaces to support mental health, with a focus on underrepresented groups and ecological well-being.



- **City Girl in Nature (Kwesia):** Engaging communities in nature-based activities.
- **Misery Party BIPOC Nature Project:** Nature engagement for BIPOC communities.
- **Nature in Mind (London Wildlife Trust):** Wellbeing workshops for young people.
- **Soil Sisters (WEN):** Horticultural therapy for women in refuges.
- **Outdoor Immersion Experiences (Letters to the Earth):** Solo and group experiences in nature.
- **Mental Health Ward Gardens:** Improving hospital gardens.
- **Gardening Projects:**
  - **Stanley Arts' Social Gardening Club**
  - **Mind's Garden Fundraising Tips**
  - **Gardening for Mental Health Recovery**
  - **Therapeutic Horticulture**
  - **Green Social Prescribing Funding**
  - **Community Gardens on TfL Estate**
- **Happier Outdoors:** Encouraging Londoners to experience nature for mental well-being.

**Potential Synergy:** These initiatives could collaborate to develop a network of nature-based mental health programmes across London, sharing best practices, metrics, and resources. They could also work together to secure funding and raise awareness of the benefits of green social prescribing.

### **3. Climate Justice, Intersectionality, and Advocacy**

Projects here focus on empowering marginalised communities, amplifying voices in climate justice, and using arts and media for advocacy.

- **Women's Environmental Network – Climate Sisters:** Amplifying marginalised women's voices in climate justice.
- **Black Girls Hike:** Diversifying the outdoors and creating a community for black and brown hikers.
- **Chantelle Lindsay & Flock Together:** Social Prescribing in green spaces for people of colour.

- **The Women's Environmental Network's JustFACT Programme:** Measuring health and wellbeing impacts of climate and food projects.
- **WEN Legal Action:** Exploring litigation on climate change impacts on women's health.
- **WEN – Arts for Policy:** Using arts as a medium for policy advocacy.
- **Letters to the Earth:** Community and educational resources for creative climate advocacy.
- **ACAMH Podcast:** Exploring ecological crisis anxiety and grief.
- **Influence civil emergency response to be trauma-informed:** Advocacy for mental health support in emergencies.

**Potential Synergy:** These projects can join forces to build a comprehensive advocacy platform that highlights the intersection of climate justice, mental health, and marginalised communities. They could organise joint campaigns, workshops, and policy advocacy initiatives to drive systemic change.

#### 4. Environmental Arts and Community Wellbeing

This cluster focuses on using arts and cultural activities to promote environmental awareness, community building, and mental health.

- **St Margaret's House (Tower Hamlets):** Arts and wellbeing projects fostering community engagement.
- **Cultural Climate Assemblies (Culture Declares Emergency):** Bringing diverse audiences together to discuss climate action.
- **Stanley Arts - South London Hub:** Information hub for climate and ecological action.
- **Julie's Bicycle's Creative Climate Accelerator:** Supporting cultural organisations in climate action.
- **Yearly Creativity and Wellbeing Week Festival:** Dedicated day to nature and wellbeing.
- **London Arts and Health Website & Newsletter:** Sharing nature-based wellbeing resources.
- **LAH Panels & Workshops:** Intersection of climate, nature, and Creative Health.
- **Hoxton Hall:** Seeking climate arts practitioners for collaborative storytelling.

**Potential Synergy:** These projects could collaborate to create a city-wide network of environmental arts initiatives, providing platforms for public engagement and community collaboration. Joint festivals, exhibitions, and workshops could amplify their impact.

## 5. Research and Evidence-Based Approaches

This cluster is centred around building evidence bases, conducting research, and sharing insights on the intersection of environment, health, and social equity.

- **Researching Nature-Based Interventions** (Michael Havard): Case studies on disadvantaged groups.
- **Nottingham University Project:** Research on climate change, mental health, and eco-emotions in migrant communities.
- **Staff Climate Survey:** Building evidence on emotional responses to climate crises.
- **London Climate Resilience Review:** policy recommendations need to be interpreted to address the mental health impacts of climate change.
- **Public Health Report:** Impact of the physical environment and climate on health.
- **Collaborate on Joint Research Projects:** Identifying local needs and evaluating projects.

**Potential Synergy:** These projects could form a collaborative research consortium focused on the intersection of climate change, mental health, and social equity. By pooling resources, they could develop robust evidence that informs policy, practice, and community initiatives.

## 6. Green Infrastructure and Urban Planning

This cluster includes projects focused on enhancing green infrastructure and integrating mental health considerations into urban planning and resilience.

- **London Clean Air – Parklets and EarthFest:** Promoting sustainability and green infrastructure.
- **Creating a Regional Park:** Setting KPIs for green spaces.
- **Urban Planning for Heat Mitigation:** Protecting trees and designing heat-resilient environments.
- **Integrating Community Mental Health into Nature-Based Solutions Funds:** Connecting mental health services with green infrastructure projects.

**Potential Synergy:** These projects could work together to advocate for and implement green infrastructure solutions that prioritise mental health and community well-being. They could also collaborate on securing funding and developing policy recommendations for urban planning.