

# Have you heard about Manor Woods Valley?

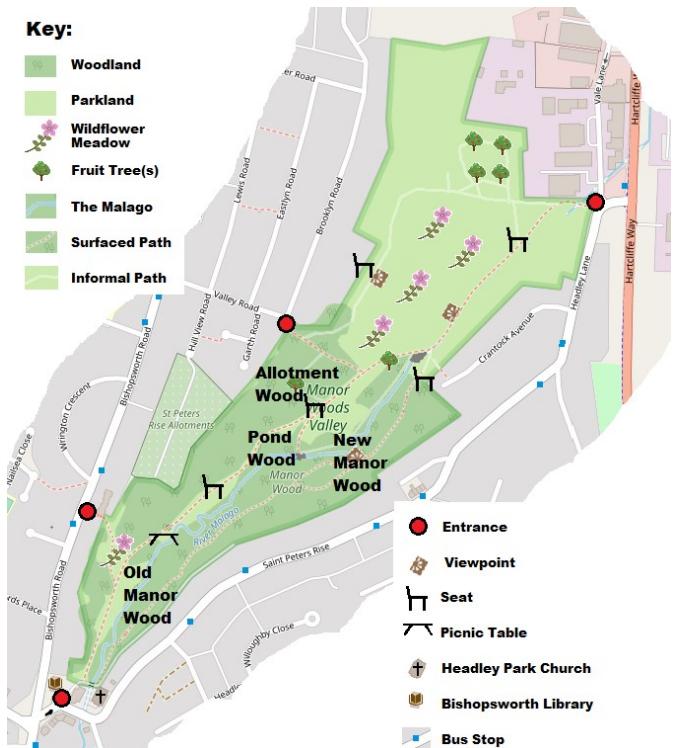
Time spent in nature is conducive to improved mental and physical health and wellbeing. During the Covid-19 pandemic and in the years to follow, there is likely to be an increase in demand for health services. Green spaces can and should play an important part in the long-term recovery to good health. In addition, purposeful time spent in nature has the potential not only to bring health benefits to those involved but also to increase biodiversity and aid the recovery of nature. The Forest of Avon Trust's wellbeing courses that have been running in Manor Woods Valley in recent years prove this point.



summer's day, sit or lie in the large Wildflower Meadow to appreciate the colourful flowers that are alive with the buzzing of bees and chirring of grasshoppers.

## Tranquillity

Despite its location, mainly surrounded by housing, it is easy to find still and peaceful areas in Manor Woods Valley. Some of the quietest places are in the clearings in Allotment Wood. Practicing mindfulness or meditating in these areas can be calming and connect you with nature, and yourself.



## Being with nature

Manor Woods Valley abounds with wildlife for you to enjoy; squirrels scamper up and down the trees, Sticklebacks dart along the Malago, butterflies flutter over the meadows and thrushes feast on fallen apples in the orchard; while Ravens call overhead. On a sunny



## Nature's scents

In spring the air in the woodlands hangs heavy with the smell of Wild Garlic and the orchard air is sweet with the scent of apple blossom. Summer flowers and tree leaves release mood boosting terpenes. The evocative aroma of autumn leaves reminds us that they are returning to the earth to feed next year's growth. The cold and damp of winter air is refreshing after hours spent indoors.

## Water therapy

Watching and listening to gently flowing water can be very relaxing. The Malago runs through part of Manor Woods Valley. It has deeper calmer stretches, rocky babbling shallows and cascading weirs. Sit and watch and let the water transport your mind to another place. After rain, the Malago can turn into an exciting, noisy, raging, torrent that stimulates the senses – but keep a safe distance.



## Volunteering

Manor Woods Valley Group helps to increase the wildlife value of the site and increase its attractiveness to the local community. The group offers volunteering opportunities to people of all ages, abilities and backgrounds. It is a friendly and supportive group that allows people to work at their own pace yet achieve visible and useful results that help tackle the climate and ecological emergencies

## Keeping fit

For those seeking physical fitness, Manor Woods Valley has a network of paths for all weather exercise; either walking, running or cycling. There is a series of self-guided walks leaflets and information sheets available from the Manor Woods Valley Group website.



## What some of the users of Manor Woods Valley say...

“...I discovered Manor woods during lockdown and was previously unaware of it...”

“...Thank you for all you do to look after and develop the Manor Woods Valley, it's helped keep me sane during lockdown...”

“... I walk my dog there everyday and always appreciate how clean and lovely it is and notice how much care is taken in its upkeep. My mental health has taken a dive during lockdown and visiting the woods always cheers me up...”

## Manor Woods Valley's importance

Bristol declared a Climate Emergency in November 2018 and an ecological emergency in February 2019, and health and equality issues have come to the fore during 2020. Manor Woods Valley Group is working to ensure that Manor Woods Valley contributes to solutions to these issues.



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