



Lancashire,  
Manchester &  
N Merseyside



Lancashire &  
South Cumbria  
NHS Foundation Trust



## Free Virtual Myplace Sessions available now.

Myplace is an ecotherapy offer run by Lancashire Wildlife Trust in partnership with Lancashire and South Cumbria NHS Foundation Trust. We work with anyone aged 16 years and over, that is feeling anxious, isolated, or has poor mental health, and lives in Lancashire or Greater Manchester.

Originally Myplace happened outdoors to help people connect with nature. Due to the current lockdown we have moved online.

Virtual Myplace sessions now take place weekly. We offer small groups of people the chance to learn about nature and wellbeing alongside our trained team. For example, we might make bird feeders, sketch from nature, or learn to connect to the 5 Ways of Wellbeing.

Myplace aims to help you feel better connected, meet new people, learn about nature, improve your wellbeing and start to look positively to the future.

Connecting people to nature and improving our wellbeing is at the core of what we do.

To find out more about our free session call 07738 102 274; or email [myplace@lancswt.org.uk](mailto:myplace@lancswt.org.uk); or sign up by completing the online referral form found at: <https://www.lancswt.org.uk/our-work/projects/myplace>

### Frequently Asked Questions

*How long are the sessions?* The sessions run once a week, and last an hour and half. Currently you can join these sessions for up to 3 months. This might be extended.

*How much does it cost?* It's free. We are funded by Our Bright Future, Reaching Communities and The European Social Fund through More Positive Together. We are a partner of Lancashire and South Cumbria NHS Foundation Trust.

*Is it safe?* Yes, it is. Only people registered can join the online sessions. No personal details are passed to anyone else. Every session is delivered by experienced staff and volunteers. All the staff that run the sessions are fully trained to provide a safe, nourishing environment. Steps have been taken to reduce the risks interacting with the virtual world can bring, you will never be on your own with someone during a session.

*How big are the groups?* There are never more than 8 participants in a session, there may also be up to 2 volunteers and there is always 1 member of staff present. The groups are no larger than 8 people. We make sure the groups are very friendly and supportive.

*How does it work?* We use an online platform called "Goto Meetings". To join a session people are sent an email with a link, they simply click on the link and this will take them to the session.

Participants do not have to have their camera or microphone on if they don't want to be seen or heard.

*I am interested but very nervous about signing up.* That's ok, most people are. It is fine to come along and not participate in everything that is going on and allow yourself to gradually build up more confidence.

*I'm retired. Can I join?* Yes, anyone that is retired, unemployed, employed or furloughed and feeling isolated can join. Anyone aged 16 years or above, that lives in Lancashire or Greater Manchester, can access this service.

*My child is under 16 can they join?* We currently can only take young people under the age of 16 that have been referred to us via another agency, such as CAMHs. This is because we do not have the capacity to work with all young people currently not in school and is not designed to be an alternative education curriculum. Our service is focused on people struggling with poor wellbeing. If in doubt you can give us a call.

*Are the Myplace staff working outdoors?* No. All Myplace staff are currently working from their homes, as in line with current government guidelines, our online delivery has been designed to support people to remain well while observing social distancing and isolation.

