



## Connecting people for greater wellbeing, making the most of our shared outdoors

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**Islington Giving** believes everyone has something to give to their local area. They raise funds and partner with individuals, businesses and the public sector to address inequalities in Islington. They do this by supporting a range of local projects and community organisations doing amazing work across the borough.

They support local groups that

- ensure young people can access activities and opportunities
- improve people's mental health and wellbeing
- engage families without support networks, and
- connect with isolated older residents.

Despite being a borough with some fantastic green spaces, canals, parks and community gardens, did you know that Islington has the least amount of green space per head of population of any UK local authority, and is the most densely populated borough in London? What's more, a lack of space and access to nature can have serious impacts on our mental and physical health. Islington Giving are proud to support local projects doing their bit to make Islington a more sustainable place to live, highlighting the importance of the local environment for people's mental and physical wellbeing.

You can help them support groups such as [Global Generation](#), [Freightliners Farm](#) or Yes Outdoors, just to mention a few, all of which do invaluable work connecting people and communities with the natural world and local surroundings, ensuring that Islington can look forward to a more sustainable future.

To find out more about the ways you can contribute to community projects in your area please get in touch with Anu Liisanantti: [anu.liisanantti@islingtongiving.org.uk](mailto:anu.liisanantti@islingtongiving.org.uk)

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