

GreenSpace, a two-year test and learn programme, aims to:

- improve the mental health and wellbeing of communities, in particular those hardest hit by the Covid-19 pandemic and those experiencing the greatest health inequalities,
- by
- connecting local people with nature-based activities and green community projects and initiatives in Nottingham and Nottinghamshire.

and

• embedding green social prescribing into local health systems as an intervention of choice

What is Social Prescribing?





Social Prescribing connects a person with a Link Worker who works across a Primary Care Network (PCN) who can spend time with them discussing their needs, focusing on what matters to them, and then helping them to create a personalised care and support plan, which may include connecting the person to community groups and agencies for practical and emotional support.



What is Green Social Prescribing?





Green social prescribing refers people to local, non-clinical, nature-based activities to help improve their physical and mental health.



For people with multiple + complex mental health needs Framework's Nature in Mind



TARGETED

Referrals through Social Prescribing Link Workers, Community Connectors, Health Professionals and Mental Health services

Activities provided by network of Trusted Green **Providers**

Sporty stuff like football or

Horticulture

Conservation work

Community gardening

Arts, photography, woodworking



Self-referral Raising awareness of nature connectedness and its benefits, local green assets and activities Signposting, marketing, encouraging proenvironmental behaviours such as Active Travel

> Farming and environment activities

paddleboarding

Nature appreciation Walking + cycling

Green Social Prescribing Pathway





Green Volunteers helping providers to deliver

Patient Pathway starts with the individual Patient

Supports the individual to access linked service providers to meet individual needs

The individual patient accesses activities to help meet a need such as combating isolation, improving health and mobility, tacking mental health

Patients volunteer as their prescribed activity

GP Primary Care - MH Services - Social Services

Providers

Individual

Link Worker - Community
Connector - Social Prescriber

Nature Based Activity

Green buddies supporting patients to take part

The individual attends 1st level of services for help they may be directed to the next stage or straight to providers

Community providers could help support the individual with money, housing, food, health, social activities and much more









Green Social Prescribing linking into Mental Health Pathways

Level 1

pathways.

Level 0

A person who has taken

improve their mental well-

being through engaging in

independently accessing

their own decision to

an activity or

resources.

advice or self-help





Mental health levels – developed with Mental Health Trust – help Social Prescribers and Green Providers make appropriate referrals

Level 4

Level 2

A person who is receiving support from their GP and/or or a link worker and want to be able manage their mental well-being through social prescribing

A person who needs GP support and access to psychological therapies, short term medication and/or ongoing monitoring and intervention, and are able to manage their mental health with this support. This person may need initial support to access provision through social prescribing pathways.

A person who has more complex needs and requires more than one area of support. including specialist and local mental health team support. This person needs support to access provision through dedicated social prescribing pathways; provided by services with resources and expertise tailored to people with more

with complex mental ill health.

Level 3

A person who is experiencing acute mental health crisis and receiving inpatient or intensive support, or a person who has a long-term serious mental illness which affects how they function and need regular care and support. This person will access specialist provision, delivered by mental health professionals.

Most groups will deliver this provision

Specialist Provision

What has been achieved so far...





- Delivery of Framework's specialist Nature in Mind programme up to December 2021 reaching over 168
 unique participants with serious and complex mental health needs
- Delivery of water-based activities in city on canal with Canal & River Trust (288 participants to date)
- Co-production workshops with Link Workers and other social prescribers to help design effective and appropriate referral pathways
- Relationship building between Link Workers and Green Providers development of community gardens, co-location of SPLWs, trust building
- Network of around 30 Trusted Green Providers in city that provides a 'menu of choice' for referrals and meets needs of Social Prescribers
- GreenSpace support for NCC Active Travel successful bid to DfT GP Prescribing Pilot for walking and cycling – feasibility stage
- · Hosted GSP National Advisory and Project Board visit to St Ann's Allotments

What has been achieved so far...





- Green buddy scheme set up in partnership with National Association of Social Prescribing (NASP) and Natural England – developed as a toolkit to be shared nationally
- Prescription pathway enablers: Shareware/Rohan clothing schemes, community transport, access issues to parks and open spaces, making it easy and equitable
- Digital hubs to support Green Providers, SPLWs and other referral partners
- Engagement across Mental Health services to understand how and when GSP can be part of the patient pathway
- Walking for health/wellbeing walks collaboration across city and county
- Turning Blue Monday Green in January MH awareness and confidence sessions launched a
 community of practice across the system
- · Green conference in partnership with Notts Healthcare Trust planned for 29 March 2022
- Plans being developed for expansion of GreenSpace into the county

Key learning to date...





- Mental health driving significant number of referrals to Social Prescribing Link Workers
- Value of nature connectedness recognised by many health professionals
- A referral is not enough the system needs to support the patient to take part is required specifically
 the journey from prescription to participation
- Relationship building and understanding needs to be continually built between health and VSCE sector to
 ensure safe and successful referrals especially for those with mental health issues
- · Wealth of green and nature-based assets in the city available to support people
- Link Workers and other Social Prescribers need resources in their hands that they can share with patients to help explore what is right for them: where ,what, who, how
- Hyper-local provision essential on my doorstep but safety, equitable access, anti-social behaviour and lack of toilets barriers to entry for green spaces
- Strategic investment into the VCSE required and involvement of this sector fully in discussions around sustainability, investment and outcomes

How to link into GreenSpace





- Visit: https://www.nottinghamcvs.co.uk/greenspace
- Follow us on Facebook: GreenSpace Nottingham NCVS
 https://www.facebook.com/GreenSpace-Nottingham-NCVS-110566331566865/
- Sign up to our GreenSpace e-bulletin email: greenspace@nottinghamcvs.co.uk
- Watch our video here about our partnership work with Nottinghamshire Healthcare Trust: https://www.youtube.com/watch?v=cYpc-XJZiC4





The Health and Wellbeing Board is asked to:

 recognise the value of green social prescribing as a social intervention that can significantly contribute to addressing health priorities in the city

and

 consider how green social prescribing can be sustainably embedded into local strategy, processes and working practice for the benefit of the mental health of city residents.