

GreenSpace

A partnership approach to Green Social Prescribing

in Nottingham and Nottinghamshire



Integrated
Care System

Nottingham & Nottinghamshire



Nottingham
Community
and Voluntary
Service

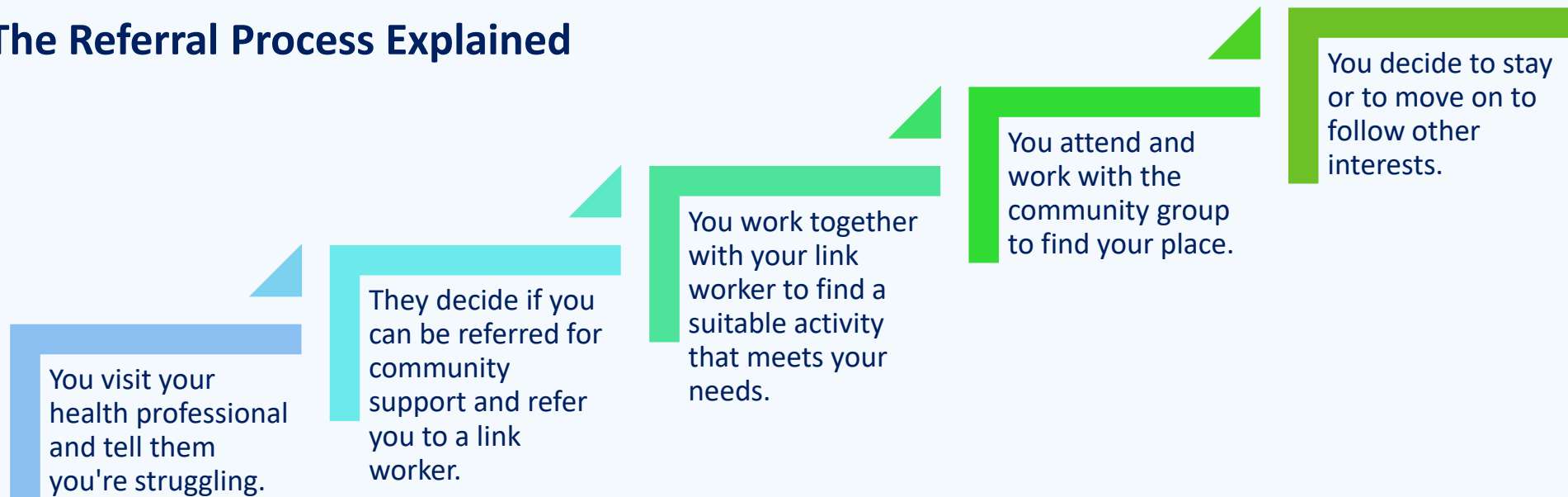
GreenSpace, a two-year test and learn programme, aims to:

- 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.

The Referral Process Explained



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.



SPECIALIST

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

*Sporty stuff like
football or
paddleboarding*

*Nature
appreciation*



TARGETED

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

Activities provided by
network of Trusted Green
Providers

Conservation work

Horticulture

*Community
gardening*

*Arts,
photography,
woodworking*



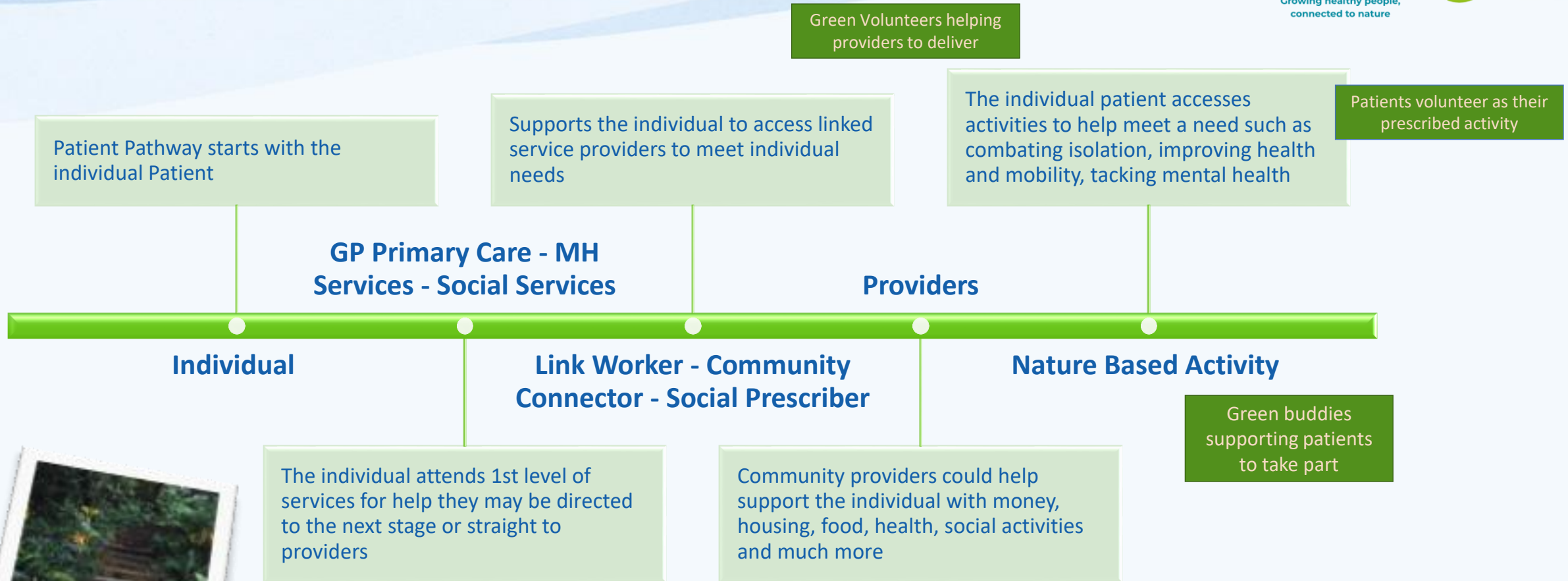
UNIVERSAL

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

*Farming and
environment
activities*

Walking + cycling

Green Social Prescribing Pathway



Why Nature Connectedness Matters - People

- Systematic review of 50 studies (n = 16,396) shows nature connection related to **feeling good & functioning well**.

Vitality

Meaning & Purpose

Life Satisfaction

Happiness

Personal Growth

Lower Anxiety

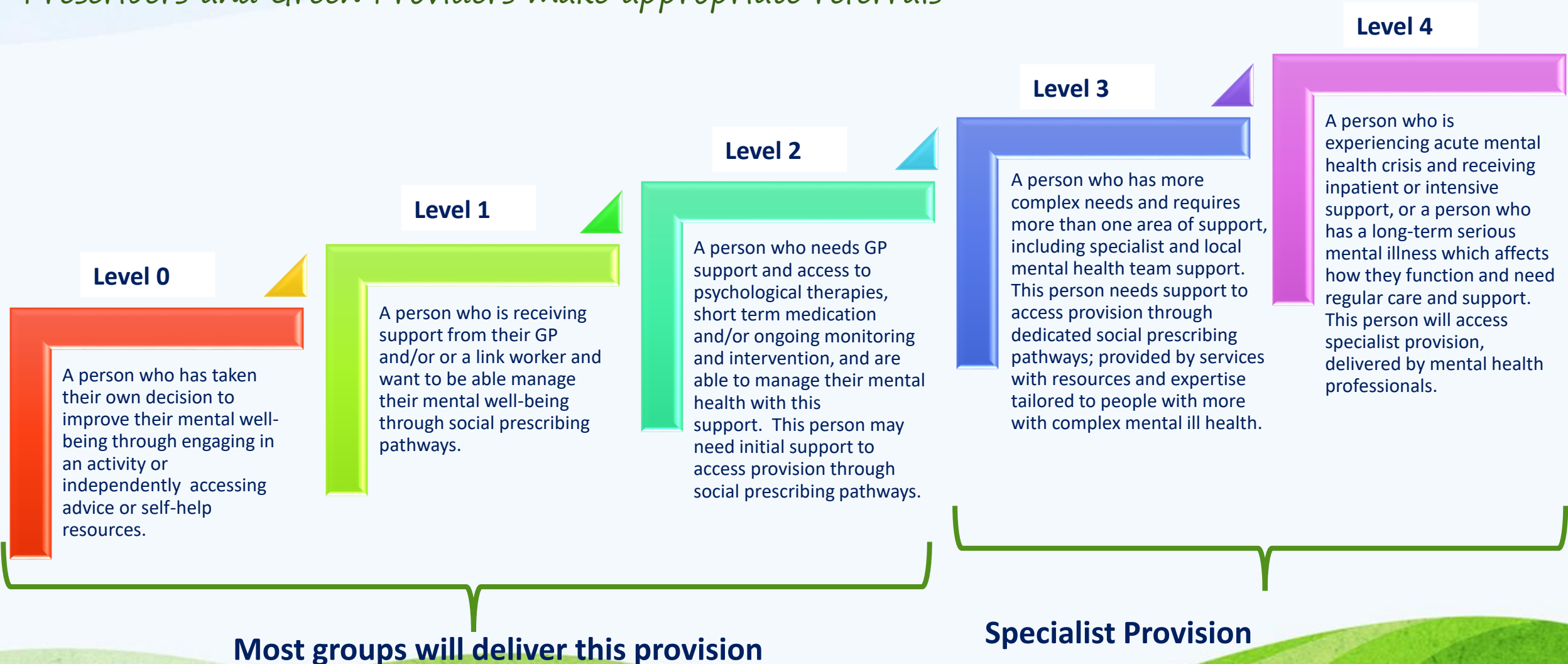
Pro-social Behaviour

Body Image



Green Social Prescribing linking into Mental Health Pathways

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



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.