

Hants & IoW Social Prescribing Network Webinar

Supporting Green Social Prescribing

Wednesday 16 June 2021, 1-2pm



Agenda

- **Welcome, Programme & Introductions** – *Angela Gill*
- **How Hampshire's CVS Network Supports Green Social Prescribing?**
- *Jean Roberts-Jones, One Community*
- **Active Lives** – 3 Minute Video
- **Access to Green and Natural Spaces for Health and Wellbeing Support in Hampshire** - *Dr Lizzie Moore, Public Health England South East*
- **Active Outdoors** - *Victoria Heald, Energise Me*
- Confirm date for the next Hants & IoW Social Prescribing Network Meeting –
Wednesday 15 September, 12.30-3pm, Fareham Community Church

‘How Hampshire’s Community & Voluntary Services(CVS) Network Supports the Green Social Prescribing Agenda?’

Jean Roberts-Jones

Chief Executive, **One Community**

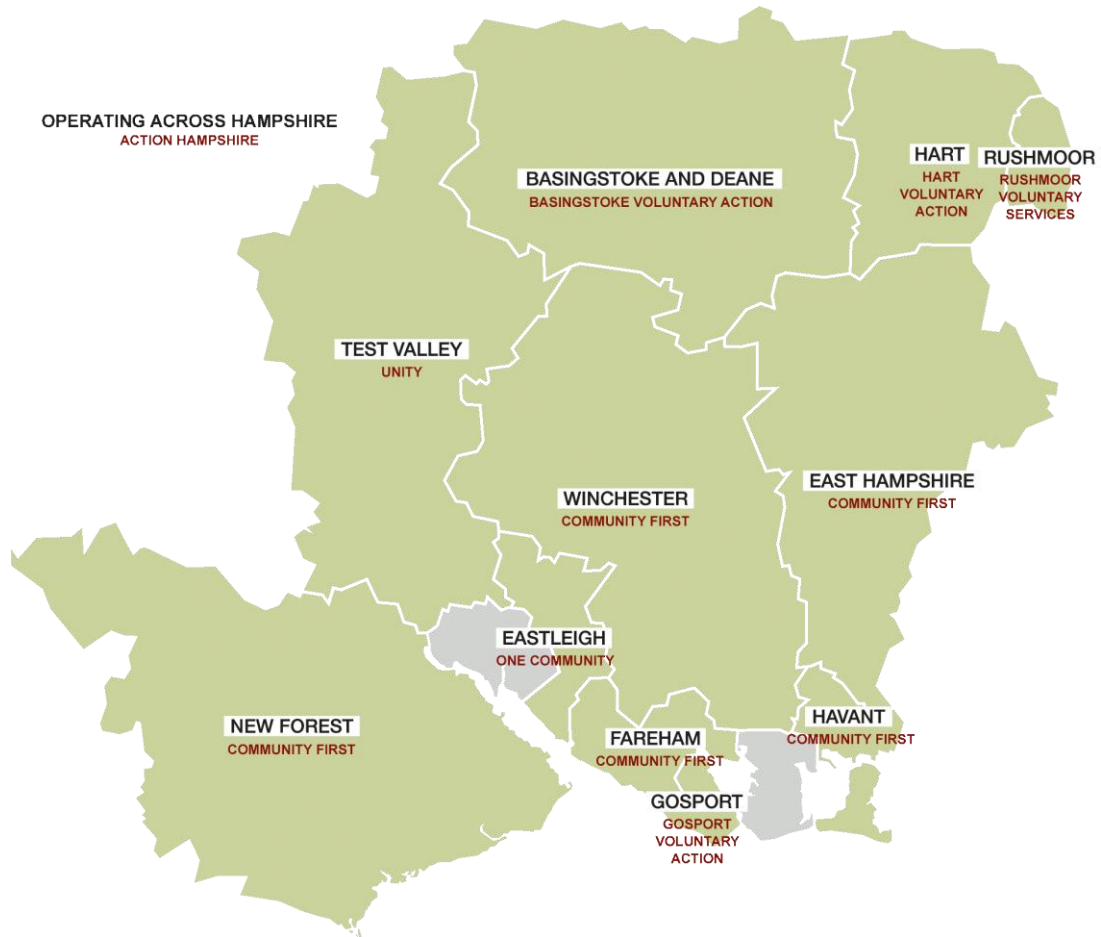
jroberts-jones@1community.org.uk





The Role of Local CVS' in the Green Agenda

Jean Roberts-Jones – Chief Executive



Community Litter Picking

- Your street
- Your park
- Your local community



Renewal

- Planting new trees
- Supporting country parks
- Keeping paths tidy
- Community gardens / share produce



Appeals to volunteers who don't like crowds

Community Pantry's

- No waste
- Support low income families
- Appeals to those on low incomes to help others in similar positions to themselves



Repair Café

- Re-use materials

Often together with recycling of:

Bottle tops, laptops, cycles,
even shredding for animal
bedding

Also teaches new skills





Healthy walks

- Cultural
- Historical
- Local duck ponds!





And many more local initiatives

Lastly, don't forget charity shops!

CVS' either run these projects or know when and where they are locally or can help get new ones up and running

We know – Regulations, how to start bank accounts

Keep safe, Keep legal



Jean Roberts-Jones
CEO
One Community

Tel: 023 8090 2400

Email: jroberts-jones@1community.org.uk



Active Lives

Programme(s):
Healthy Ageing

Prior to the Covid-19 pandemic most adults 65+ were physically inactive, experienced numerous health problems, which could be prevented/ reduced with increased physical activity. Wessex approaches to getting older people active only reached 1% of the Wessex population over 65, 592 781 people (Office of National Statistic's 2018) which will increase to 21% by 2030 (approx. 717, 0000).

During the pandemic, the advice for many has been to stay home and shield. There is concern that this more sedentary, socially isolated way of living, has caused loss of strength and balance to individuals in higher risk groups who may have already been at risk of, or already living with some degree of frailty.

What is Active Lives?

Active Lives, is a theory and evidence-based, physical activity digital tool, designed for those 65+. The tailored programme helps improve physical activity levels easily and safely, helping individuals stay mentally sharp, active, fit and healthy by:

- Increasing moderate activity (like walking)
- Increasing strength and balance

 **FEATURED VIDEO**



Dermicus on BBC South Today

[BROWSE ALL VIDEOS](#)

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Active Lives – <https://wessexahsn.org.uk/projects/374/active-lives>



HAMPSHIRE & IOW SOCIAL PRESCRIBING
NETWORK meeting 16th June 2021

SUPPORTING GREEN SOCIAL PRESCRIBING

Lizzie Moore, PHE South East

Access to Green and Natural Spaces for Health and Wellbeing

Outline

- Defining green and natural spaces
- Health and wellbeing benefits of the natural environment
- Health inequalities and the role of green and natural spaces
- Nature-based interventions
- What is needed
- Questions

Defining green and natural spaces?

- Greenspace/green and blue space/natural environment/nature/green and natural spaces
- Green physical activity
- Nature based interventions



25 Year Environment Plan

“Spending time in the natural environment – as a resident or a visitor – improves our mental health and feelings of wellbeing. It can reduce stress, fatigue, anxiety and depression. It can help boost immune systems, encourage physical activity and may reduce the risk of chronic diseases such as asthma. It can combat loneliness and bind communities together.”

Health outcomes associated with exposure to green and natural spaces

- lower incidence of cardiovascular mortality
- lower incidence of type 2 diabetes
- lower levels of physiological stress
- healthier weight and improved obesity-related health outcomes
- higher life satisfaction, reduced mental distress, improved self-rated mental health and reported stress
- reduced levels of depression, anxiety and fatigue
- improved mental wellbeing, overall health and cognitive development in children

Positive health and wellbeing outcomes of exposure to green and natural spaces



Contact and connectedness



SCIENTIFIC REPORTS

OPEN

Spending at least 120 minutes a week in nature is associated with good health and wellbeing

Mathew P. White¹, Ian Alcock², James Grellier^{3,4}, Benedict W. Wheeler⁵, Terry Hartig⁶, Sara L. Warber^{4,7}, Angie Bone⁸, Michael H. Depledge¹ & Lora E. Fleming³

Received: 8 May 2018

Accepted: 8 May 2019

Published online: 13 June 2019

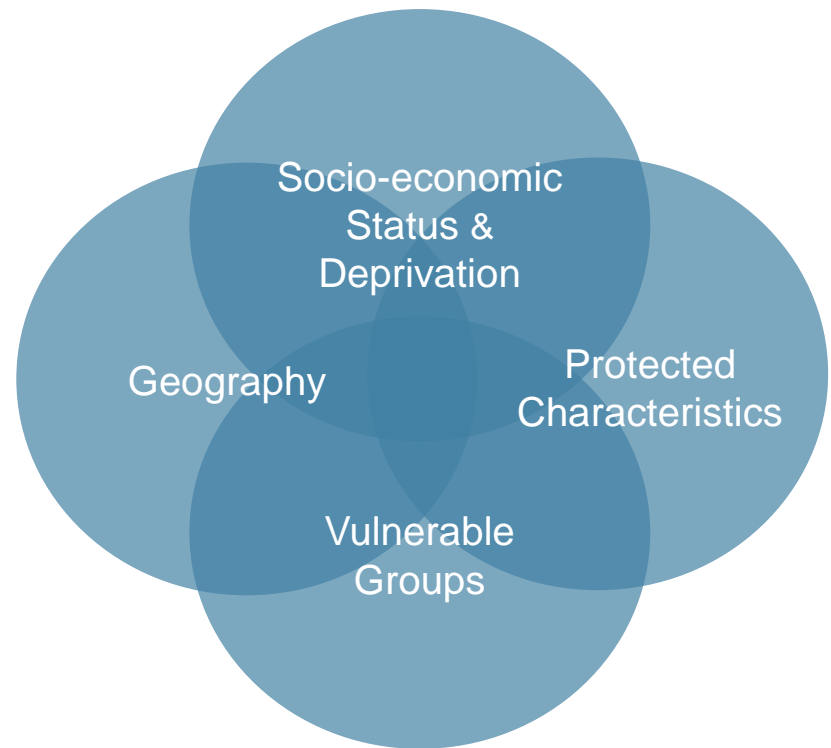
Spending time in natural environments can benefit health and well-being, but exposure-response relationships are under-researched. We examined associations between recreational nature contact in the last seven days and self-reported health and well-being. Participants ($n = 19,806$) were drawn from the Monitor of Engagement with the Natural Environment Survey (2014/15–2015/16); weighted to be nationally representative. Weekly contact was categorised using 60 min blocks. Analyses controlled for residential greenspace and other neighbourhood and individual factors. Compared to no nature contact last week, the likelihood of reporting good health or high well-being became significantly greater with contact ≥ 120 mins (e.g. 120–179 mins: ORs [95%CI]: Health = 1.59 [1.31–1.92]; Well-being = 1.23 [1.08–1.40]). Positive associations peaked between 200–300 mins per week with no further gain. The pattern was consistent across key groups including older adults and those with long-term health issues. It did not matter how 120 mins of contact a week was achieved (e.g. one long vs. several shorter visits/week). Prospective longitudinal and intervention studies are a critical next step in developing possible weekly nature exposure guidelines comparable to those for physical activity.

[Applying the Pathways to Nature Connectedness | Finding Nature](#)

[Nature connectedness among adults and children in England - JP032 \(naturalengland.org.uk\)](#)

Health inequalities

Avoidable, unfair and systematic differences in health between different groups of people





Social determinants account for around 50% of the variation in health outcomes between the most and least deprived areas

Source: Barton, H. and Grant, M. (2006) A health map for the local human habitat. *The Journal of the Royal Society for the Promotion of Health*, 126(6), pp252-253.

Health equity in England

- Life expectancy stalled since 2010 and the health gap between the most and least deprived is widening
- Under 75s 3x more likely to die in the poorest 10th of the country than in the richest 10th
- Recommendations:
 - Give every child the best start in life
 - Enable all children, young people and adults to maximise their capabilities and have control over their lives
 - Create fair employment and good work for all
 - Ensure a healthy standard of living for all
 - **Create and develop healthy and sustainable places and communities**



Equality



The assumption is that everyone benefits from the same supports. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because the cause(s) of the inequity was addressed. The systemic barrier has been removed.

Unequal access to green and natural spaces

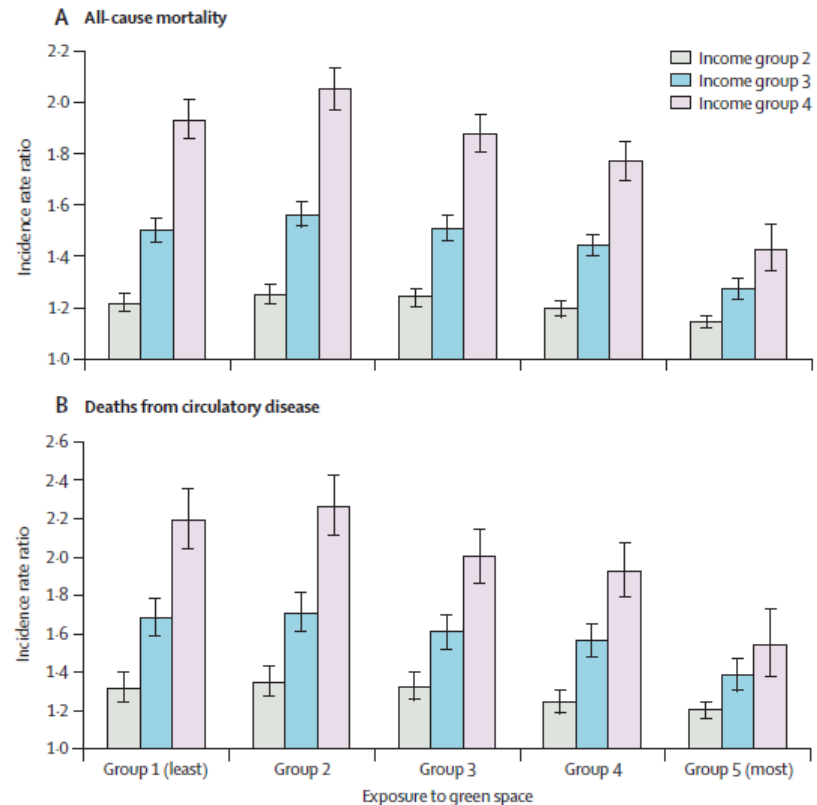
- One in eight households has no access to a private or shared garden
- In England, Black people are nearly four times as likely as White people to have no access to outdoor space at home
- Almost 40% of people from ethnic minority backgrounds live in the most greenspace deprived areas, compared to 14% of White people
- People on low incomes are less likely to live within a 5 minute walk of a green space
- Barriers are not just physical



[The People and Nature Survey - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
[Out-of-Bounds-equity-in-access-to-urban-nature.pdf \(groundwork.org.uk\)](https://groundwork.org.uk)

Green and natural spaces are equigenic

- Disadvantaged groups gain a larger health benefit and have reduced socioeconomic-related inequalities in health when living in greener communities
- → Greenspace and a greener urban environment can be used as an important tool in the drive to build a fairer society

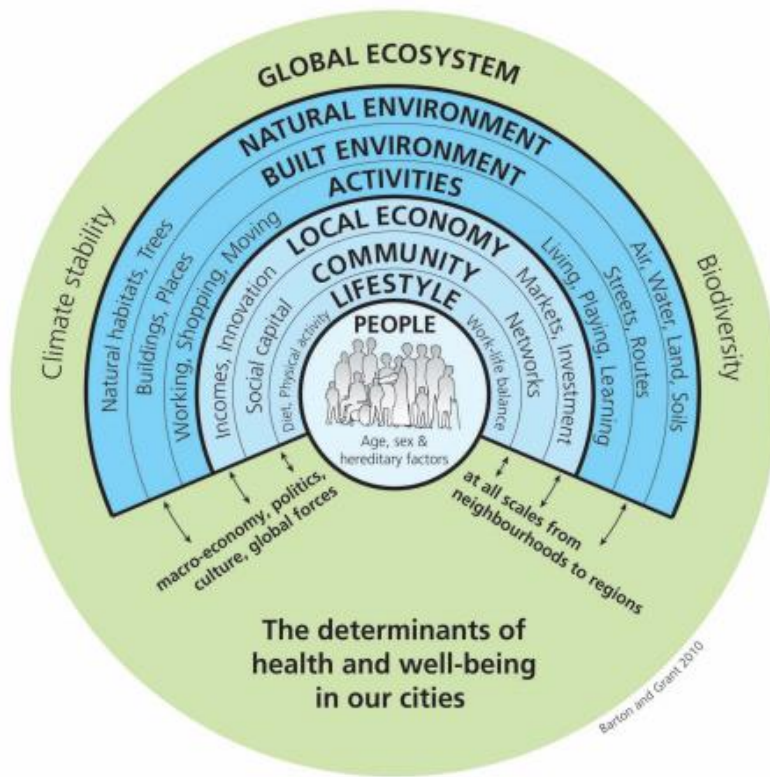


[Effect of exposure to natural environment on health inequalities: an observational population study - PubMed \(nih.gov\)](#)



Nature based interventions

- Activities and programmes to promote HWB that include exposure to nature as a core element
- One of four core 'zones' of social prescribing
- Complex interventions
- Could include...
 - conservation, wilderness-focused, horticulture and gardening, care farming, exercise/sport focused activities, creativity-focused, integrating talking/alternative therapies, etc.



Sustainable health and wellbeing solutions?

- Triple bottom line:
 - Socially inclusive
 - Low environmental impact
 - Low cost
- Positive impact on pro-environmental behaviour and wider social attitudes towards nature and the environment

What works and why?

- Currently limited but growing evidence base
- Effective approaches are characterised by:
 - theory based design
 - building on best practice
 - targeting
 - engaging communities
 - flexibility
 - embedding within wider provision
 - behaviour change approaches
 - settings based interventions

Conclusions

- Access to green and natural spaces is an important social determinant of health but is unequally distributed
- Greater exposure to green and natural spaces enhances health and wellbeing for children and adults through multiple complex pathways
- More disadvantaged groups have more to gain from improved contact and connectedness with green and natural spaces
- The evidence base on specific nature-based interventions is limited but growing
- Systems based approaches are needed to support well designed, implemented and evaluated interventions targeting specific underserved populations

Resources and links

- [PHE 2020: Improving Access to Greenspace](#)
- [What Works briefing on natural environment based health interventions: DEFRA Research briefing](#)
- [Nature on Prescription Handbook - European Centre for Environment and Human Health | ECEHH](#)
- [Beyond Greenspace | University of Exeter research on relationships between natural environments, health and wellbeing](#)
- [Nature Connectedness Research Group - Research centres and groups - University of Derby](#)
- [Nature Health Network | Bournemouth University](#)



Active Outdoors

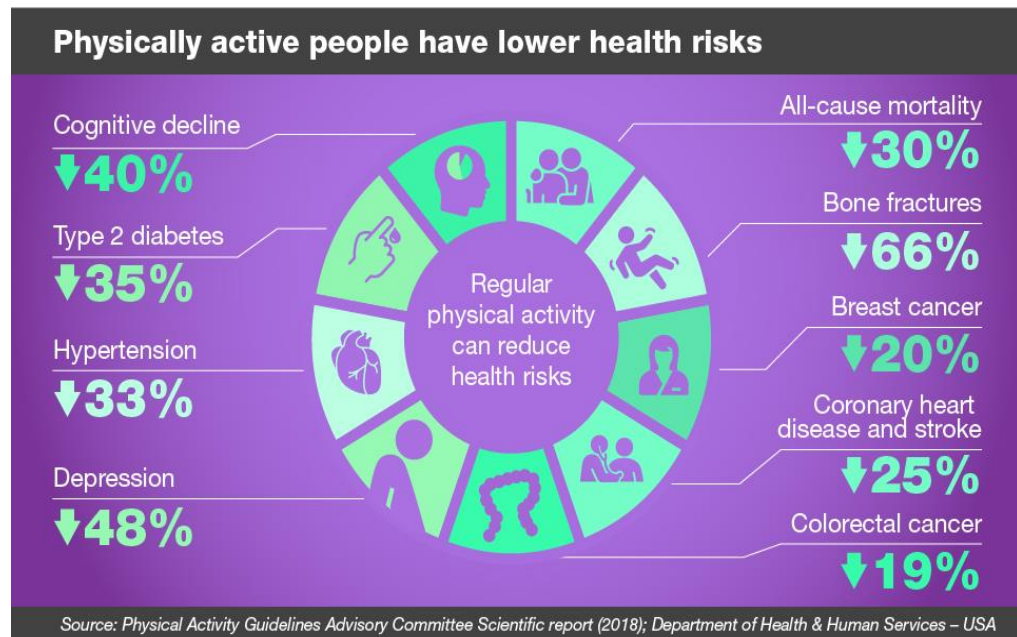


Benefits of being active

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

UK Chief Medical Officers, 2019*

*Source: Department of Health. UK Chief Medical Officers' Physical Activity Guidelines. 2019; London: Department of Health and Social Care.



LEAST ACTIVE



Those living with a disability or long-term health condition are 2 x more likely to be inactive than those without.



Women are less likely to be active than men. Although the gender gap is closing there is still work to be done.



57.4% of children in Hampshire and the Isle of Wight are not meeting the recommended level of 60 minutes of activity per day.



National data shows that ethnicity can have an impact on activity levels.

Hearing from those who find it difficult to be active

Green social prescribing

Green and Blue Social Prescribing: Specifically designed interventions for people with a defined health need delivered by trained/qualified practitioners.

NATIONALLY



Green social
prescribing
pilots

REGIONALLY

Natural England
– regional leads

Thriving
Communities

HAMPSHIRE



Thriving
Communities





Cliff, 75



Cliff has Chronic Obstructive Pulmonary Disease and was struggling with breathlessness.

Through social prescribing, he joined a local walking group, and 2 years later, **he no longer needs to use one of his inhalers and has lost 21 lbs in weight.** He has improved his mental health and has made dozens of friends.

Wellbeing Walks take place all over Hampshire and Isle of Wight. To find walks visit

www.walkingforhealth.org.uk



nct Walk&Talk Romsey

Are you a new mum looking for a way to meet other mums and get out of the house?

After parents joined a Walk and Talk:

93%

felt less
isolated

94%

felt their mood
had improved

89%

felt part of a
community

70%

felt less
anxious

"We shared stories and anxieties, things that had worried me I realised I wasn't alone about" Sally, Birmingham

[Search Romsey NCT on Facebook to find out more.](#)



The local Walk & Talk groups in the Romsey area are run by NCT Winchester & District in partnership with Energise Me. The groups are run under the Gov exemption for charities supporting new parents and our volunteers follow strict Safe Operation Procedure and risks assessments.

For more information
contact Juliette Green

juliette.green@energiseme.org

The PEDALL project

- Inclusive cycling using a diverse fleet of specialist cycles with 3 or 4 wheels as well as 2-wheel bikes.
- Rides are done off road so are safe and amongst the nature of the New Forest National Park
- Previously focussed on young people with additional needs now much wider remit including confidence rides on 2-wheel bikes
- 25 volunteers that work with them (including a GP who sits on the board) provides work experience and apprenticeships for people of all abilities
- Delivers 2,500 rides a year- in the future the hope is this will be 3-3.500
- For more information visit www.pedall.org.uk or you can contact the PEDALL team on info@pedall.org.uk or call 01590 646640



"Cycling makes me feel liberated, accepted, normal, like anybody else."

Photo Credit: Donna Neseiyif (Inclusive Cycling Project Manager)



2

National Parks

3,000

miles of footpaths, bridleways
and byways



Green and blue space

Opportunities to be active outdoors in Hampshire

- **Adore your outdoors-** Forest Bathing across Hampshire and Berkshire:
www.adoreyouroutdoors.co.uk
- **Natural Wight-** young volunteers (16-25) who take part in wildlife conservation, walks and other nature related activities across the isle. It offers a fun and unique blend of practical conservation days and walks for young adults as well as creative nature-related community activities and events for people of all ages and abilities:
<http://naturalwight.co.uk/about-natural-wight/>
- **Rushmoor Healthy Living:** We have a proven track record of delivering successful effective projects, many of which continue to be sustainable long after funding has finished. Examples include our 30 active Rushmoor Cancer Ambassadors, our Diabetes Self Help Group, Cancer Self Help Group, social sessions, and several walking groups that we set-up which are still functioning today; run by the participants themselves:
<https://www.rhl.org.uk/about.php>
- **Community First Directory:** Hampshire County Council:
<https://helpandsupport.cfirst.org.uk/>

- **Get Active** - <https://getactive.io>
- **Hampshire and Isle of Wight community directories** - www.connecttosupporthampshire.org.uk/ <https://islefindit.org.uk>
- **Thriving Communities Fund** - <https://socialprescribingacademy.org.uk/thriving-communities/thriving-communities-fund/projects/>

Self-led activity:

- - **NHS Couch to 5k** – helps people gradually work up towards running 5km in just 9 weeks www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k
- **Explore the countryside** - www.hants.gov.uk/thingstodo - range of walking and cycling routes
- **We Are Undefeatable** – <https://weareundefeatable.co.uk/ways-to-move> ideas on how to move more for people with long term health conditions

THANK YOU

Victoria.heald@energiseme.org

www.energiseme.org



Thank you!

- **Thank you** to all our presenters, Lin and the audience too!
- **If** you didn't have time to ask your question please email the presenter
- **Please feedback** via 'Chat' or to Lin by email. Thank you for your Social Prescribing Webinar theme ideas to date, please continue to share these
- This **Webinar**, the **PowerPoint** and corresponding documents will be available via the **Community First** and **Gosport Voluntary Action websites** by end of play on **Wednesday 23 June 2021**

Hants & IoW SP Network 2021/22 Dates...

- Wednesday 15 September, 12.30-3pm (Fareham Meeting!)
- Wednesday 8 December, 1-2pm (Webinar)
- Wednesday 2 March 2022, 12.30pm-3pm (Meeting)



Wishing you all a Happy and Healthy Summer!

Website Addresses:

- ✓ **Community First:-** www.cfirst.org.uk
- ✓ **Gosport Voluntary Action:-** www.gva.org.uk

HSPN:- Lin Dudman - Lin.Dudman@cfirst.org.uk

