



Improving Health Through Urban Green and Blue Spaces

Tuesday 19 November 2024



National Trust

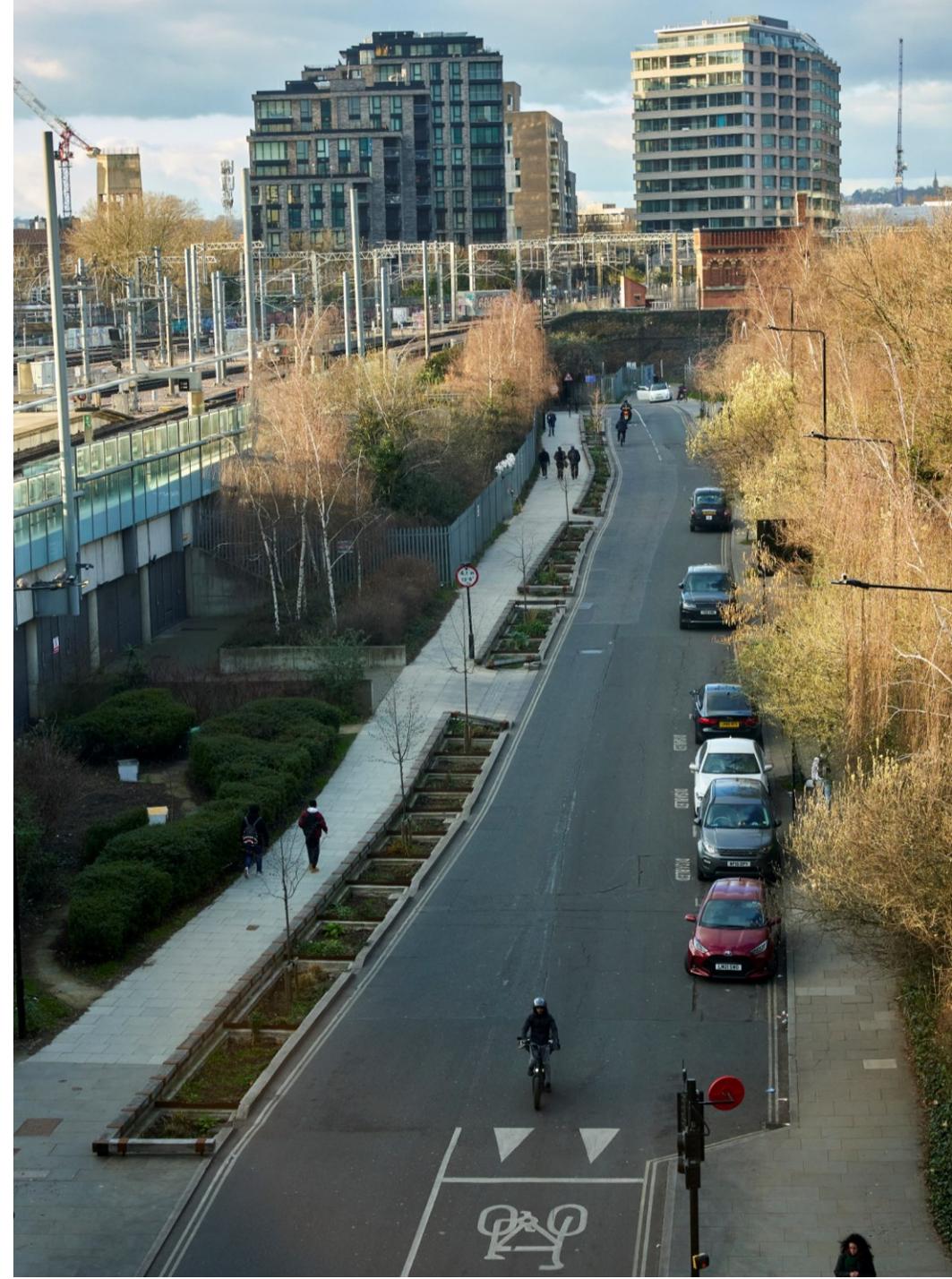


Heritage
Fund



Agenda

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- 12:30-12:35 Welcome and Housekeeping
- 12:35-12:40 Introduction to health and urban green and blue spaces
- 12:40-13:00 **South Tees:** Joint Strategic Needs Assessment
- 13:00-13:20 **Greater Manchester Combined Authority:** Green Social Prescribing
- 13:20-13:25 Break – whiteboard activity
- 13:25-13:55 Panel Discussion
- 13:55-14:00 Close and Next Steps
-



Who will you hear from

A range of speakers will be presenting today including several local authorities and programme members.



Matilda Cornwall-Jones,
Project Manager, National
Trust



Chair: Dave Bell, Principal
Officer: Health and the
Environment, Natural England



Esther Smith, Senior Officer:
Health and the Environment,
Natural England



Mark Fishpool,
Director, You've Got
This



David McAleavey,
Creating Active and
Healthy Places Lead,
Public Health South
Tees



Anna da Silva
CEO, Northern Roots



Jon Myint, Programme
Manager, NHS Greater
Manchester Integrated Care
Board

Helpful Information

- If you have any questions for speakers, please submit them using the Q&A feature throughout the presentations.
- Automatic captioning is turned on, you can adjust this in the settings at the bottom of your screen.
- If you have any technical questions or issues, please let us know the details in the chat and we can help you.
- This session is being recorded and will be available via our website in the coming days.



MiroBoard Introduction

Throughout the webinar series we will be using an interactive whiteboard to capture your ideas and thoughts.

The questions to work on together are:

What are the specific health and social care policies or strategies where green and blue spaces can be embedded?

What are the specific greenspace, nature recovery, spatial planning, policies or strategies where health can be embedded?

Improving Health Through Urban Green and Blue Spaces
1.30pm-3pm, 19 November 2024

What are the specific health and social care policies or strategies where green and blue spaces can be embedded?

What are the specific greenspace / nature recovery / spatial planning policies or strategies where health can be embedded?

You can type in your answer to this question by clicking on one of the white squares, and then start typing.

These are resources related to the webinar, that will help you dive into the material.

You can open the links by tapping once at the embedded article and press the little icon with the square and the arrow.

A tool to help assess, plan and deliver benefits for people and nature from land use change.

State of Natural Capital Report

State of Natural Capital Report for England is now published

The State of Natural Capital Report for England 2024: Quality of Life in a Green, Blue and Resilient England was published on 1 October 2024. The summary and highlights are being developed for the health of the...

Northern Roots

Home - Northern Roots

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation on most browsers. Most people aren't using About page that introduces them to potential visitors. It might say something...

Narrative review of reviews of nature exposure and human health and well-being in the UK

UK Urban Natural Capital Accounts

Urban natural capital accounts, UK - Office for National Statistics

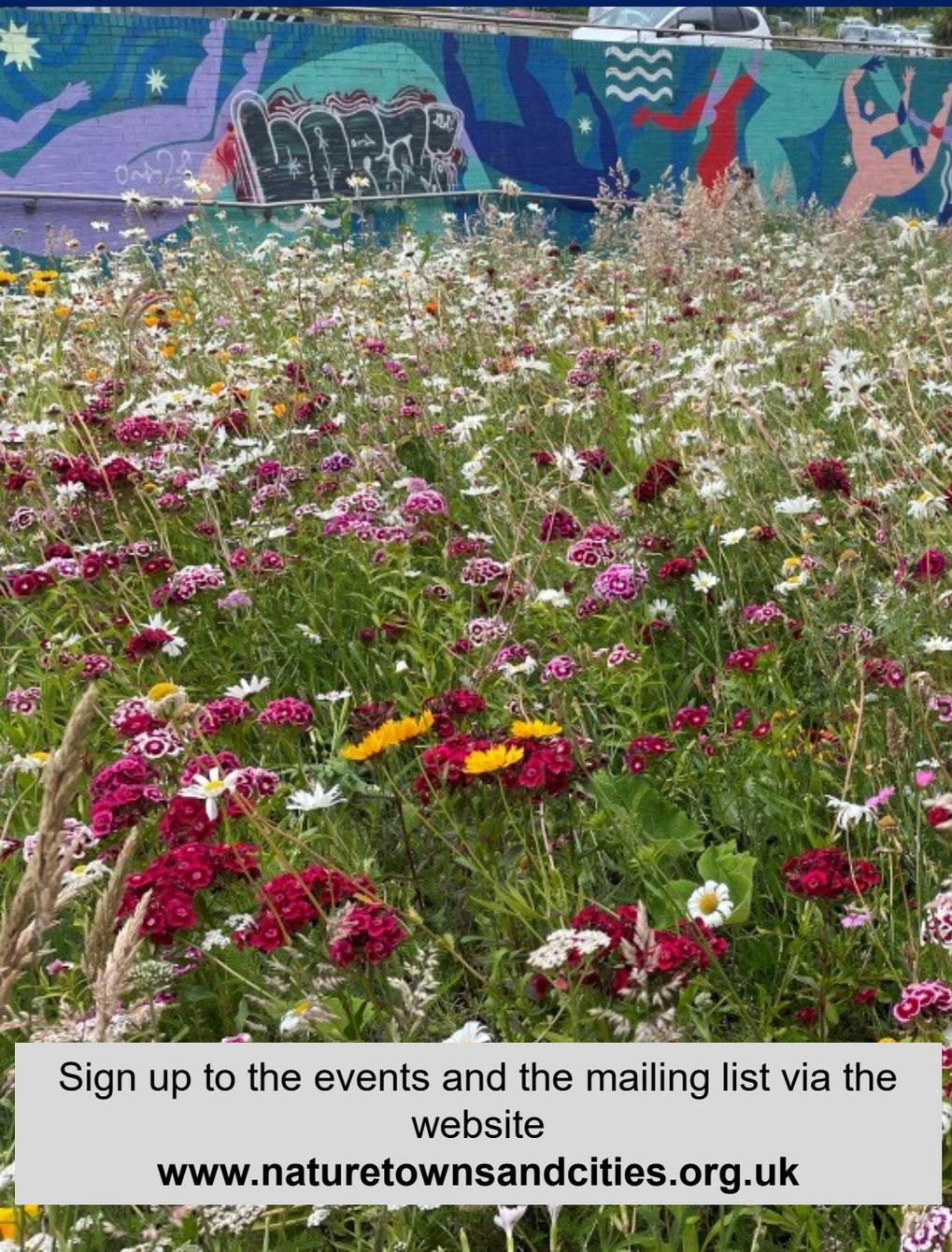
Natural capital accounts measure natural assets, including land, water, air and soil, and their value to society and the economy.

What is Nature Towns & Cities



- A programme to help 100 towns and cities across the UK transform access to green space
- Overall goal is for millions more people to be able to enjoy time outdoors in nature close to home
- Help address the challenges facing towns and cities in C21st
- Create greener, fairer, healthier and more connected towns, cities and neighbourhoods
- Access support to put green infrastructure at the heart of future plans, priorities and investment
- Unlock further investment to help councils and communities achieve their ambitions
- Founded by National Lottery Heritage Fund, Natural England & National Trust
- Working closely with NatureScot, Natural Resources Wales & Northern Ireland Environment Agency.
- This is an invitation to join in, shape it, lead for change

Inclusive Network



Designed to build confidence, capability and connection

Open to all, and free to be a member.

- Provide access to knowledge and successful solutions
- Connect with experienced professionals, range of fields
- Enable collaboration and partnership
- Access to specialist support and advice to solve problems and unlock opportunities
- Help to lead for change, tap into collective wisdom
- Part of something bigger

For local government, community organisations, charities and professionals across the UK.

You'll be helped by your peers, sharing what works and able to take part in varied programme of events, cohort activities and training, a library of resources, as well as tailored support.

This is an open invitation to join the Nature Towns and Cities Network.

Sign up to the events and the mailing list via the website

www.naturetownsandcities.org.uk

Introduction to Health and Urban Green and Blue Spaces



Green and blue spaces improve our physical health and psychological well-being

Nature activities improve physical health and mental wellbeing in children and adults

Pollution negatively impacts our health – particularly air pollution and children's health

Improving air quality leads to improvements in quality and length of life



A narrative review of reviews of nature exposure and human health and well-being in the UK

March 2024

Natural England Evidence Review NEER030

www.gov.uk/natural-england





Improving access to greenspace A new review for 2020



The evidence base linking health and greenspace is compelling and encourages fresh thinking about the way these spaces can help meet local priorities

Consider local green (and blue) space to be critical assets for maintaining and supporting health and wellbeing in local communities.

Prioritise improving access to greenspace and creating greener communities especially in areas of deprivation or where there is poor or unequal access, as part of the wider plan to reduce health inequalities locally

**YOU'VE
GOT
THIS.**

Improving Health and Wellbeing Through Urban
Green and Blue Spaces:
South Tees Joint Strategic Needs Assessment

Dr Mark Fishpool & Dr David McAleavey



#YOUVEGOTTHIS

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A Collaborative Movement

- Systems change initiative, embedding a value of physical activity deeper across organisations and communities, to shift the dial on physical inactivity – currently one of twelve across England.
- Our vision is “*Active Lives as a Way of Life*”.
- Funded by Sport England, hosted by RCBC, part of Public Health South Tees, work delivered through a partnership of organisations.
- Place-based system change, underpinned by shared purpose, collaboration, distributed leadership and insight & learning.
- A strong focus on change in policy, rethinking the physical environment as drivers of increasing physical activity.
- Creating space for collaboration and reflection.
- Recognising the role of nature in creating spaces that encourage physical activity and bring wider health benefits.
- Building on the existing relationship with the Tees Valley Nature Partnership.
- An opportunity to bring together social capital and natural capital.

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**Joint
Strategic
Needs
Assessment**

- Doing things differently – a Mission and Goals approach – more asset based.
- About the process, not just the recommendations.
- Collaborative approach to understanding the current issues and maintaining a partnership to lead the work in the future.
- Use of data, qualitative insights, interviews and workshops to underpin the development of the JSNA.

We will create places and systems that promote wellbeing.

We want to create a housing stock that is of high quality, reflects the needs of the life course and is affordable to buy, rent and run.

We want to create places with high quality green spaces that reflect community needs, provide space for nature and are well connected.

We want to create a transport system that promotes active and sustainable transport and has minimal impact on air quality.

We will support the development of social capital to increase community cohesion, resilience and engagement.

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**Joint
Strategic
Needs
Assessment**

What we discovered

- Passion from those engaged in the development of the JSNA for their work and the importance and value that green and blue spaces have in South Tees.
- Whilst there are many committed partners contributing to the green and blue space agenda locally, often the efforts are not well coordinated.
- There is significant information available on the types and designated use of spaces, but limited insight available regarding how communities use them and the barriers to their use.
- Differences in the value placed on the green and environment by some decision-makers.

What we plan to take forward

- Building a value of green and blue spaces locally to improve physical and mental health and wellbeing, addressing and mitigating the climate crisis and creating liveable neighbourhoods.
- Promote a greater level of strategic coordination to green and blue space provision across South Tees.
- Increase local social capital and community power in relation to the goal.
- Improve on the current level of provision by planning for future developments to increase the amount and diversity of green space available.

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Creating Active and Healthy Places Lead



The key aspects of my post (and why):

- Neighbourhood design: impact on our day-to-day decisions and therefore have a significant role in shaping our health behaviours.
- Healthy homes: living in good quality and affordable housing is associated with numerous positive health outcomes for the general population and those from vulnerable groups.
- Healthier food and the food environment: emerging review level evidence on the influence of the food environment on health and well-being outcomes.
- Transport including active travel infrastructure and public transport: active travel can increase physical activity levels and improve physical and mental well-being.
- **Natural and sustainable environment: contact and exposure to the natural environment has implications for improved health and well-being.**

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**Creating Active
and Healthy
Places Lead**



Protecting and improving the nation's health

Spatial Planning for Health
An evidence resource for planning
and designing healthier places

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Creating Active and Healthy Places Lead



Natural & Sustainable Environments

Quality of Evidence:

- ▲ Improved
- ▼ Reduced
- ▶ High Quality
- Medium Quality
- Low Quality
- NR (Not reported):

Methodological quality of the original research is unclear and should be treated with caution.

Association between a health impact & health outcome not obtained as part of the umbrella review.

Best Available Evidence:
 * In some instances, more than one piece of review-level evidence reporting on the same health impacts and/or outcomes was identified as part of this umbrella review. In such instances this table highlights findings of the review(s) which reported evidence of the best methodological quality.

Population Groups:

- General Population
- Older Adults
- Children & Adolescents

Disclaimer:
 This diagram has been produced as part of a wider evidence resource, commissioned by Public Health England and developed by the University of the West of England. Please see the document Spatial planning for health: an evidence resource for planning and designing healthier places for further information.

Planning Principles



Reduce exposure to environmental hazards

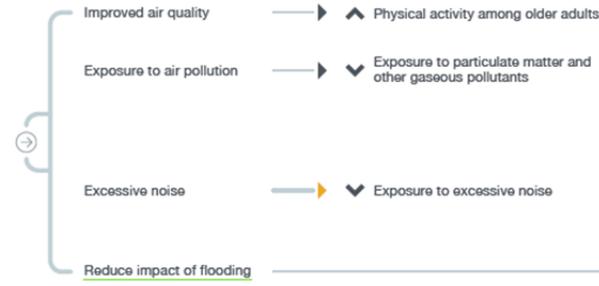


Access to and engagement with the natural environment

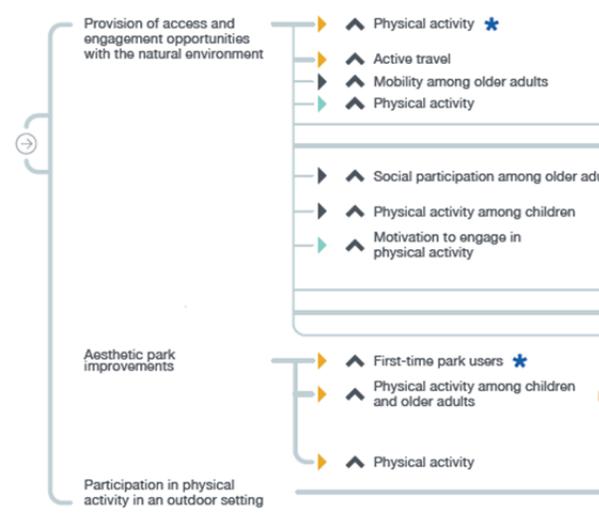


Adaptation to climate change

Modifiable Features



Impact



Health Outcomes



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**Joint
Strategic
Needs
Assessment**



SOUTH TEES
JSNA
Joint Strategic Needs Assessment

MISSION

We will create places and systems that promote wellbeing.

GOAL

We want to create places with high quality green spaces that reflect community needs, provide space for nature and are well connected.

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**Joint
Strategic
Needs
Assessment**

What we plan to take forward

- Building a value of green and blue spaces locally to improve physical and mental health and wellbeing, addressing and mitigating the climate crisis and creating liveable neighbourhoods.
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Nature, Health & Wellbeing Group



Nature, Health & Wellbeing Group Meeting Agenda 10.00am 7th June 2024

Teams: [Click here to join the meeting](#)

Invited	Joel Brookfield , North York Moors National Park Auth; Scott Godfrey , Teesside University; Beverley Hall-Jones , Public Health, Hartlepool; Emma Howitt , Middlesbrough & Stockton Mind; Esther Smith , Natural England; Barry Tolchard , Teesside University; Lauren Perkin , You've Got This; Mandy Roberts , Nature North, Mark Fishpool , You've Got This; Simon Nott , The Junction Foundation; Claire Matthews , DHSC; Sarah Perks , Teesside University; Carys Fieldson , National Trust; Lorna Routledge , Forestry England; Robin Bedford , Tees Valley Sport, Joe Dunne , Middlesbrough Environment City
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Building a value of green and blue spaces locally to improve physical and mental health and wellbeing, addressing and mitigating the climate crisis and creating liveable neighbourhoods

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Middlesbrough GBI Strategy



Promote a greater level of strategic coordination to green and blue space provision across South Tees.

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Middlesbrough GBI Strategy



Theme 1: Regeneration, heritage and 'sense of place'

Objective 1.1: To enable the GBI network to underpin Middlesbrough's ambitious regeneration schemes, 'urban living' agenda and the revival of the Borough's high streets and local centres.

Objective 1.2: To ensure that an enhanced GBI network both 'frames' and connects Middlesbrough's historic environment, and helps to boost the local visitor economy.



Theme 3: Reconnecting communities with nature

Objective 3.1: To help narrow the gap between the health and wellbeing of Middlesbrough residents and the rest of the UK through the provision and maintenance of a strong, connected and truly accessible green and open space network.

Objective 3.2: To support and enhance the efforts of numerous local community groups working on GBI initiatives.

Objective 3.3: To unlock land for community scale food growing initiatives, in order to support community cohesion, tackle physical and mental health challenges and to nurture 'locally grown' approaches to food provision.



Theme 5: The blue network and waterfronts

Objective 5.1: To improve the relationship between the town and the River Tees by mending links between urban areas waterfronts, while respecting the integrity of sensitive habitats.

Objective 5.2: To maximise the potential of Middlesbrough's Beck Valleys as green corridors and high quality multifunctional GBI assets.

Objective 5.3: To shift perceptions of the role that sitting water can play in Middlesbrough's landscape when pursuing nature-based and SuDS solutions to long-term flood risk management across a variety of green and blue spaces.



Theme 2: Biodiversity and geodiversity

Objective 2.1: To provide a diverse, expansive and well-connected ecological network as a foundation for the Borough's Nature Recovery Network and to enable greater resilience to the effects of, climate change.

Objective 2.2: To provide clear context for the delivery of locally-appropriate Biodiversity Net Gain (BNG) in new development.



Theme 4: A resilient landscape

Objective 4.1: To boost the resilience of Middlesbrough's landscape to the impacts of climate change, including flood risk and increasing temperatures.

Objective 4.2: To enable Middlesbrough's landscape to play a key part in mitigating against the effects of climate change by expanding the Borough's 'carbon sink'.

Objective 4.3: To increase tree canopy cover across the Borough in line with national targets.



Theme 6: Walking and cycling

Objective 6.1: To support the Borough's 'modal shift' ambitions toward active travel by creating attractive walking and cycling routes, and better connecting the town's network of greenways.

Objective 6.2: To integrate 'urban greening' features fully into active travel infrastructure schemes and the design of future streets.

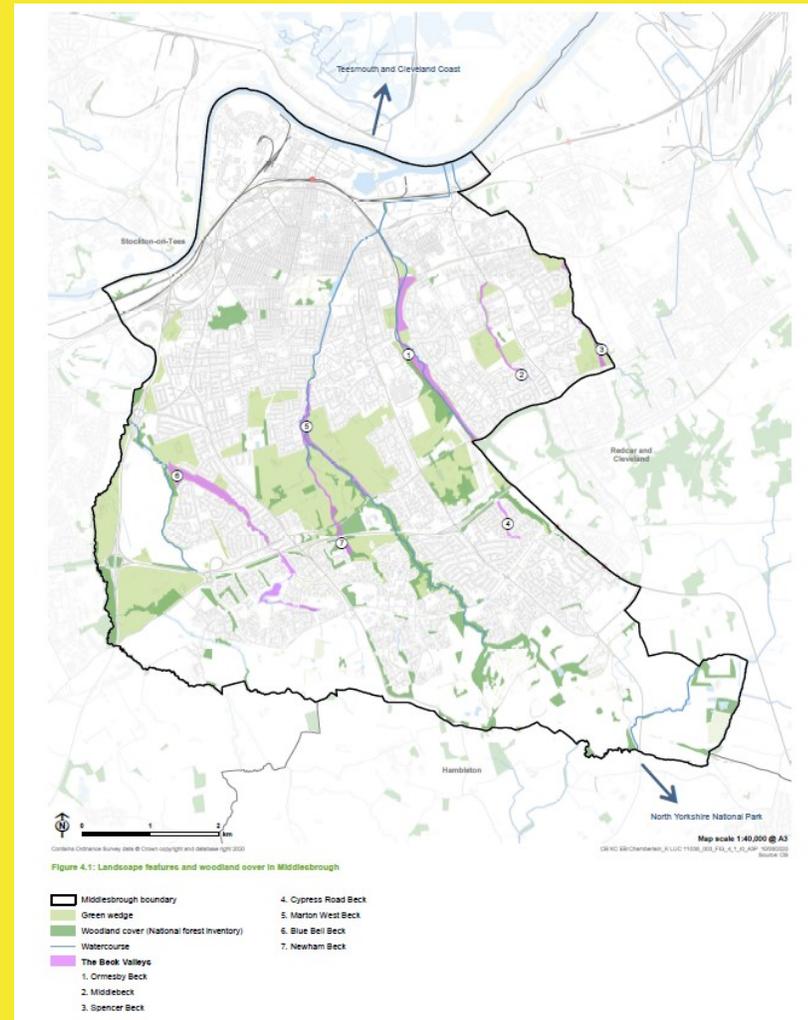
Promote a greater level of strategic coordination to green and blue space provision across South Tees.

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Middlesbrough GBI Strategy



Promote a greater level of strategic coordination to green and blue space provision across South Tees.

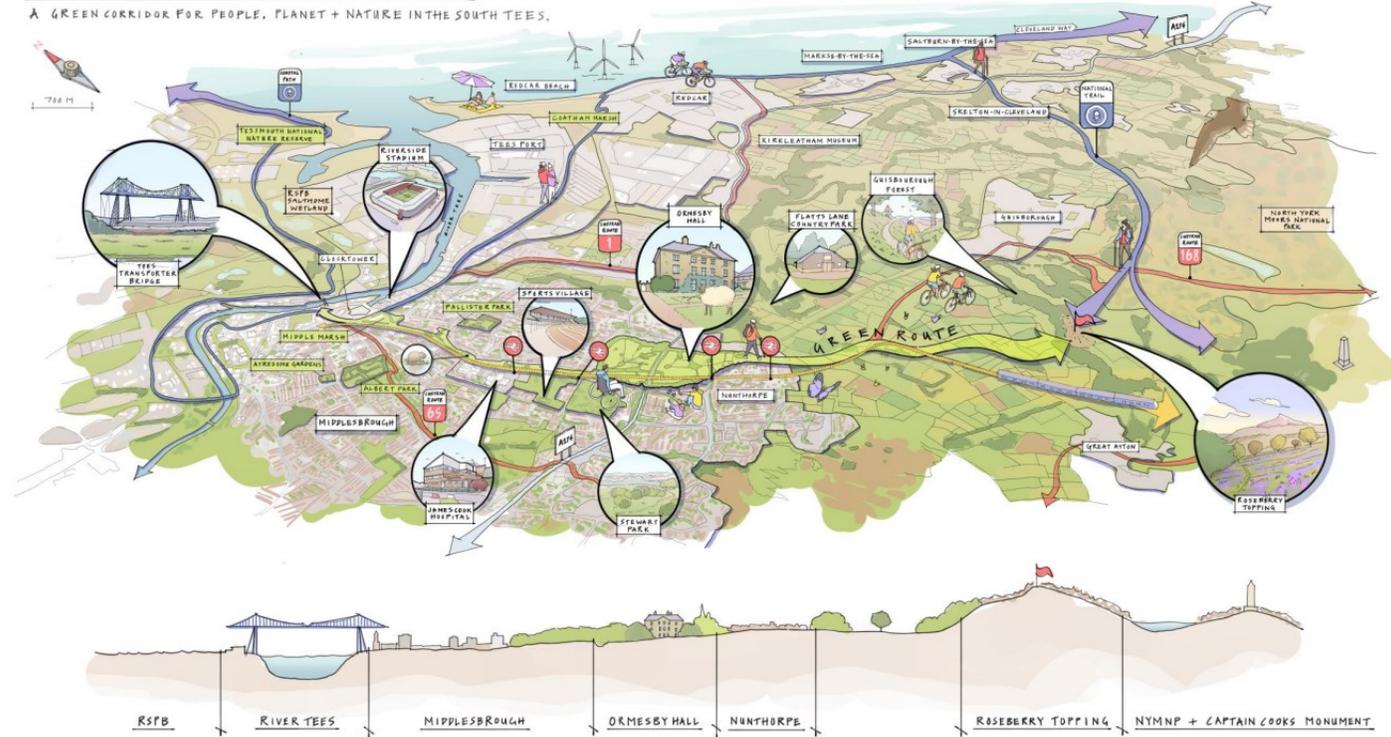
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Creating Active
and Healthy
Places Lead

FROM THE TEES TO THE TOPPING

A GREEN CORRIDOR FOR PEOPLE, PLANET + NATURE IN THE SOUTH TEES.



For more information:

Carys Fieldson, Project Manager: carys.fieldson@nationaltrust.org.uk

Gail Buzzard, General Manager: gail.buzzard@nationaltrust.org.uk

Promote a greater level of strategic coordination to green and blue space provision across South Tees.



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Eston Recreation Ground

- Significant under-used urban open space, impacted by a range of external issues, including antisocial behaviour.
- Opportunity through external capital funding and YGT's revenue resources to reimagine the site and increase usage.
- First stage of the process was an extensive community consultation – which included on-site sessions, meeting residents in community venues, building on insight collected through Sentiment Analysis and Storytelling.



Increase local social capital and community power in relation to the goal.



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**Eston
Recreation
Ground**



Increase local social capital and community power in relation to the goal.



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**Creating Active
and Healthy
Places Lead**



**Health Impact
Assessment
(HIA) for
planning tool**



Improve on the current level of provision by planning for future developments to increase the amount and diversity of green space available.

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Creating Active
and Healthy
Places Lead



[Back to Air Quality and Noise](#)

Deficiency of public open space

Public open space deficiency can be measured in many ways; however, a useful rule is to consider both population density and access to parks and natural spaces. Natural England's Green Infrastructure mapping tool includes a layer highlighting *accessible natural greenspace inequality and population density – local buffer coverage*. Areas within the Middlesbrough that have notable public open space deficiencies are:

[Ayresome](#) - Ward 2,
[Berwick Hills and Pallister](#) - Ward 3,
[Brambles and Thorntree](#) - Ward 4,
Central - Ward 5,
Hemlington - Ward 7,
Kader - Ward 8,
[Linthorpe](#) - Ward 10,

Longlands and Beechwood - Ward 11,
Newport - Ward 14,
North Ormesby - Ward 15,
Park End and [Beckfield](#) - Ward 18,
[Trimdon](#) - Ward 20.

Addressing this deficiency is important as people living in areas with sufficient public spaces are more likely to be physically active and lead healthier lives.

[View the Natural England Green Infrastructure mapping tool online \(external link\)](#)

[View Middlesbrough Council's Open Space Needs Assessment online](#)

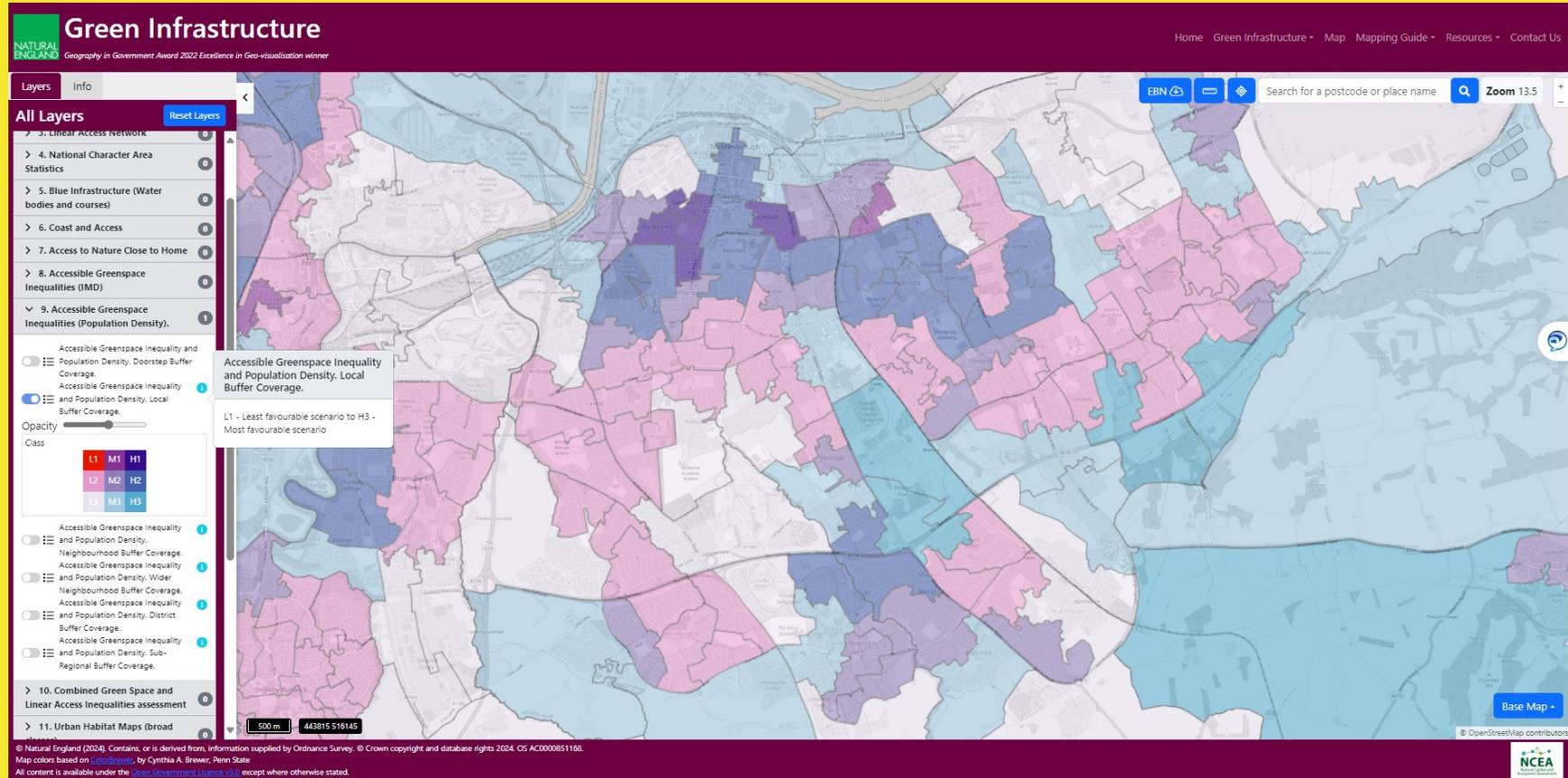
[Back to Movement M4 - Physical Activity | Quality Public Spaces](#)

Improve on the current level of provision by planning for future developments to increase the amount and diversity of green space available.

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Creating Active and Healthy Places Lead



Improve on the current level of provision by planning for future developments to increase the amount and diversity of green space available.

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**Creating Active
and Healthy
Places Lead**



Environment EN4 - Natural Environment

Examples of positive and negative aspects

Tick where relevant. Aspects will contribute to positive and negative health impacts

Will contribute to positive impacts:

- Green space is protected, and new green space is described in detail. For example, instead of 'POS', specify, 'parks', 'woodland', 'allotments', 'wildflower meadows'
- Biodiversity is strengthened by connecting existing and new habitat areas, and existing wildlife corridors are protected.
- Valued landscapes including (but not limited to) waterways, forests, hedgerows, and other vegetated areas are protected and enhanced
- Nature based features are incorporated into design. For example, tree-lined streets, rain gardens, shaded recreation areas, community growing areas, and green roofs
- Valued landscapes are within the public realm,
- Landscape edges that blend into surrounding environments
- Other positive aspects (please specify):

Will contribute to negative impacts:

- Green space is lost or compromised
- The function of new green spaces is vague and not clearly defined
- Existing habitat areas are damaged or left unconnected
- No efforts made to increase habitat areas
- A [biodiversity net-loss](#) (cleared natural features and habitats for the development without any offsets or replacements) on site
- Valued landscapes are lost or compromised
- Valued landscapes are transferred into private management and located on private land
- Design without any natural features, for example, through the use of artificial landscaping
- Other negative aspects

Remember:
Acknowledging negative aspects is an important part of the HIA process. It is unrealistic to claim a proposal is 100% positive.

1. Considering the positive and negative aspects listed in this section, what will the health impact be?

Positive Negative Neutral Unsure

2. Based on the positive and negative aspects identified, describe how the health impact has been assessed and summarise the key findings of this assessment.

Consider the certainty, severity, and/or balance of the positive and negative impacts and aspects.

3. List ways that the scheme can minimise any negative health impacts and maximise any positive impacts.

Outline recommendations for amendments to the scheme or summarise improvements that have already been made.

4. Including the recommended action(s), how well does the scheme improve public health?

Very well (considerable net gain) Well Neither well nor poorly Poorly Very poorly (considerable net loss)

Improve on the current level of provision by planning for future developments to increase the amount and diversity of green space available.

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Contact:

Mark.Fishpool@YOUVEGOTTHIS.ORG.UK

[David McAleavey@middlesbrough.gov.uk](mailto:David_McAleavey@middlesbrough.gov.uk)

Read the South Tees JSNA:

[South Tees Joint Strategic Needs Assessment \(JSNA\)](#)
[| Middlesbrough Council](#)



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OLDHAM'S
NATURAL
HEALTH
SERVICE

Jon Myint

& Anna da Silva

NORTHERN
ROOTS

A stylized logo in a light green color is positioned over the word 'ROOTS'. The logo consists of a central vertical stem with several horizontal branches, resembling a tree. Below the stem are several concentric, rounded rectangular shapes that represent roots. The logo is semi-transparent, allowing the background image of a pine branch with a cluster of small, light-colored flowers to be visible through it.



CREATING THE UK'S LARGEST URBAN FARM & ECO PARK

- **For People:** by producing healthy food, supporting physical activity, promoting connection with nature and community, and enhancing health and wellbeing
- **For Planet:** by managing and improving the landscape to build biodiversity, capture carbon, enhance water quality and increase ecosystem service value
- **For Place:** by generating training, education, jobs and business opportunities, attracting new visitors and investors to Oldham, and enhancing civic pride

THE EVIDENCE FOR GREEN SOCIAL PRESCRIBING

“URBAN GREEN SPACE IS A NECESSARY COMPONENT FOR DELIVERING HEALTHY, SUSTAINABLE AND LIVEABLE CITIES. URBAN GREEN SPACE INTERVENTIONS CAN DELIVER POSITIVE HEALTH, SOCIAL AND ENVIRONMENTAL OUTCOMES FOR ALL POPULATION GROUPS, PARTICULARLY AMONG LOWER SOCIOECONOMIC STATUS GROUPS. **THERE ARE VERY FEW, IF ANY, OTHER PUBLIC HEALTH INTERVENTIONS THAT CAN ACHIEVE ALL OF THIS.**”

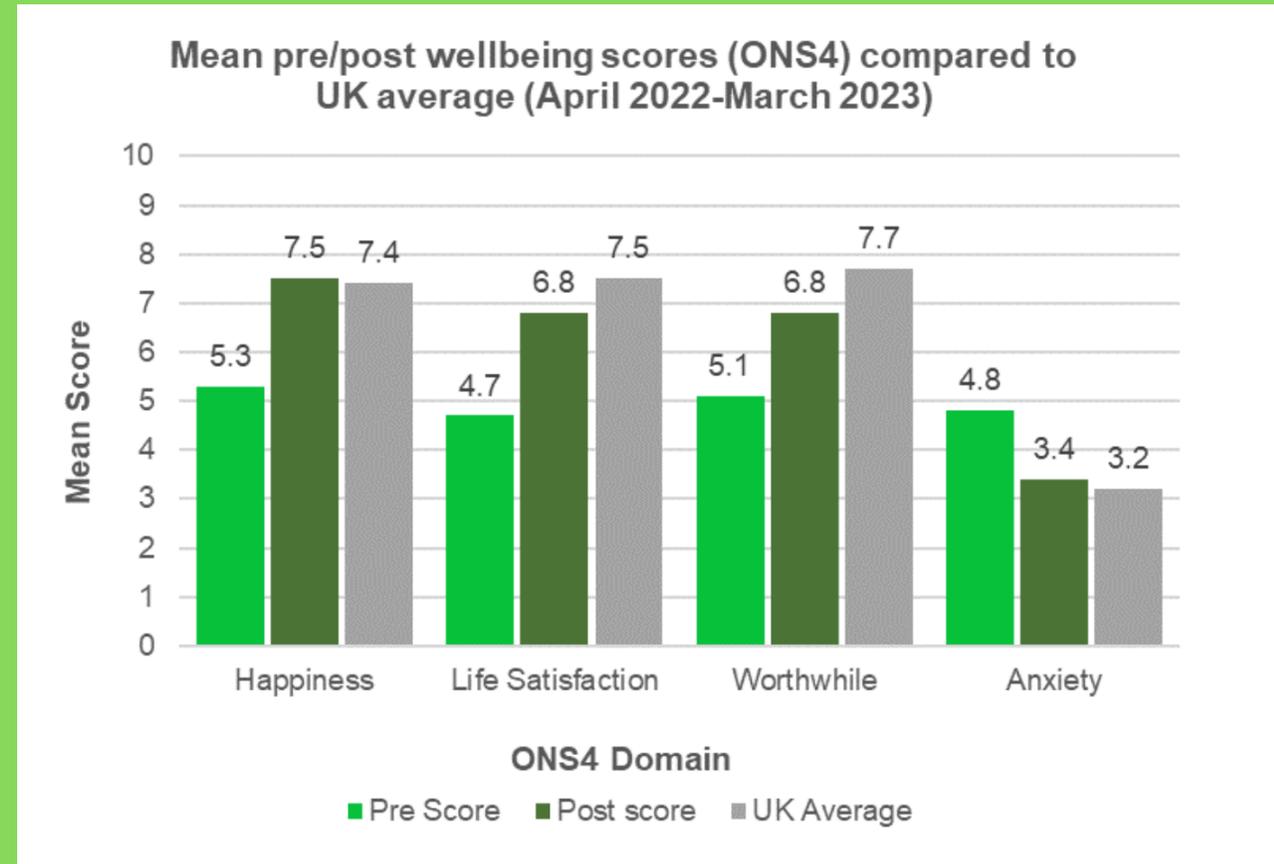
WHO, 2017

“THE RESULTS EXCEEDED OUR EXPECTATIONS, DEMONSTRATING HOW **GREEN SOCIAL PRESCRIBING CAN SIGNIFICANTLY IMPROVE PEOPLE’S MENTAL HEALTH OUTCOMES, HELP REDUCE HEALTH INEQUALITIES AND MODERATE DEMAND ON THE HEALTH AND SOCIAL CARE SYSTEM.** GIVEN THE QUALITY OF EVIDENCE AND POSITIVE IMPACTS FROM THIS WORK, OUR HOPE IS FOR PROGRAMMES OF THIS TYPE TO BE ROLLED OUT ACROSS ALL LOCAL HEALTH SYSTEMS IN THE COMING YEARS”

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING, LAST WEEK

Impact of Green Social Prescribing

- With an **average cost of £507 per participant**, Green Social Prescribing is a **cost-effective method of supporting people across a wide spectrum of mental health needs**. This is compared to other interventions, such as Cognitive Behavioural Therapy (CBT), behavioural activation, and early intervention for psychosis and collaborative care for depression.
- We were able to **reach a broader range of people** compared to many other social prescribing initiatives, including children and young people aged under 18, ethnic minority populations (21%), and people from socioeconomically deprived areas (57% IMD deciles 1-3)
- The estimated social return-on-investment of the GSP project was **£2.42 per £1** invested.
 - Separate LWT research of GM programme found £2.16 return in costs saved treating mental ill-health
- Improvements in the ONS4 outcome measures →
- [Link to full report here](#)



Timeline of GSP activity in Greater Manchester



April 2021

Start of 2-year national GSP programme

- GM one of seven regional test-and-learn sites to understand how to scale up GSP.
- 2-year funded programme.

March 2023

End of national programme

- Over 1300 participants on a GM GSP programme.
- Over £750k of funding put into community organisations.
- Over 70 organisations involved in delivery.

April 23 – March 24

Nature-for-Health working group continued

- Continued to seek out further funding.
- Sharing learning, skills resources.

May 24 – March 25

NHS GM successful in applying for extension funding

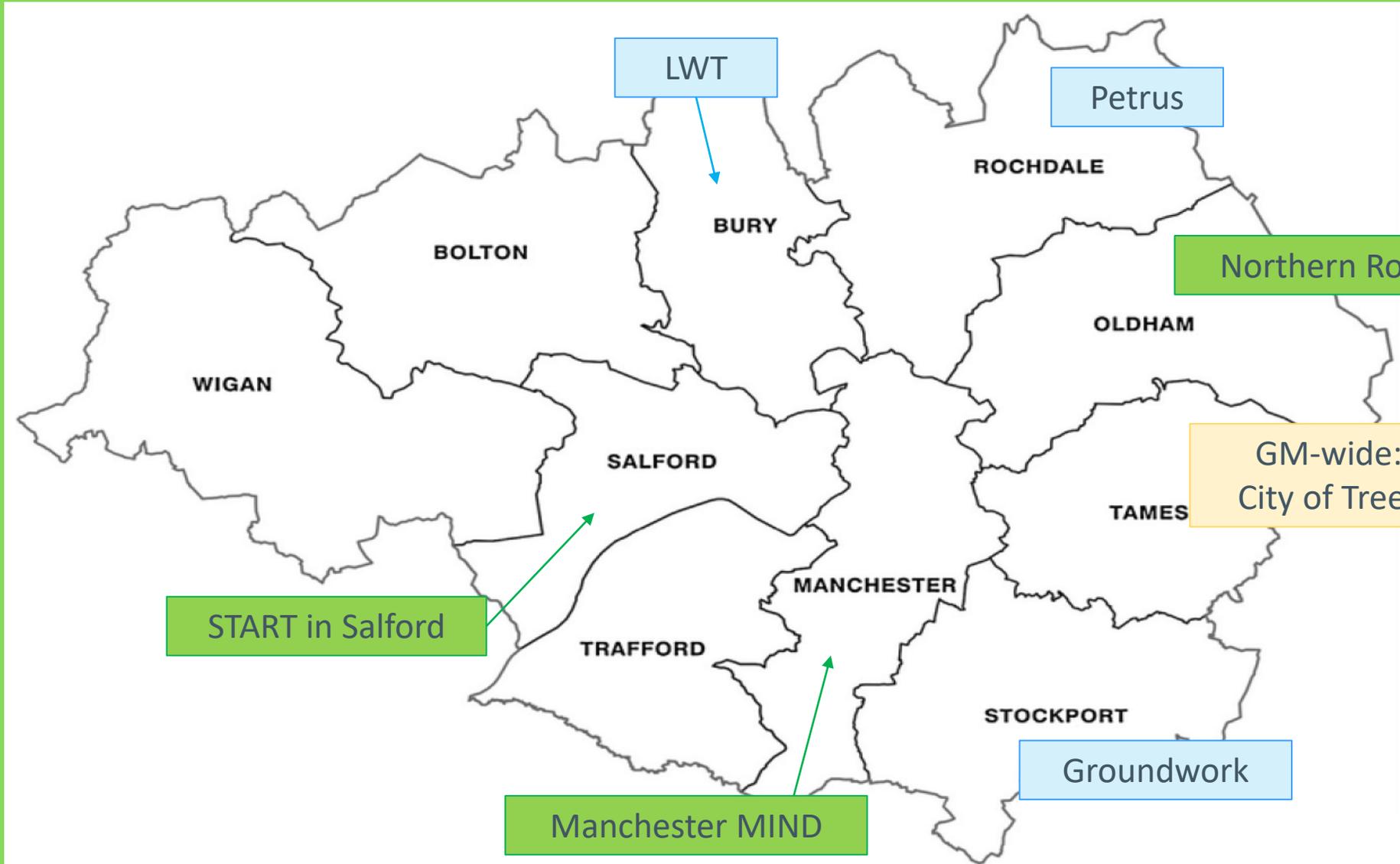
- National NHSE & Defra teams successful in securing additional funding to “extend the original” GSP programme
- **£354k** of funding to deliver programme over 10-month period

Beyond March 25

We seek to:

- Embed GSP and nature-based interventions into health policy
- Sustainable funding going into referring into GSP interventions and destinations providing services

GM's GSP extension programme delivery partners



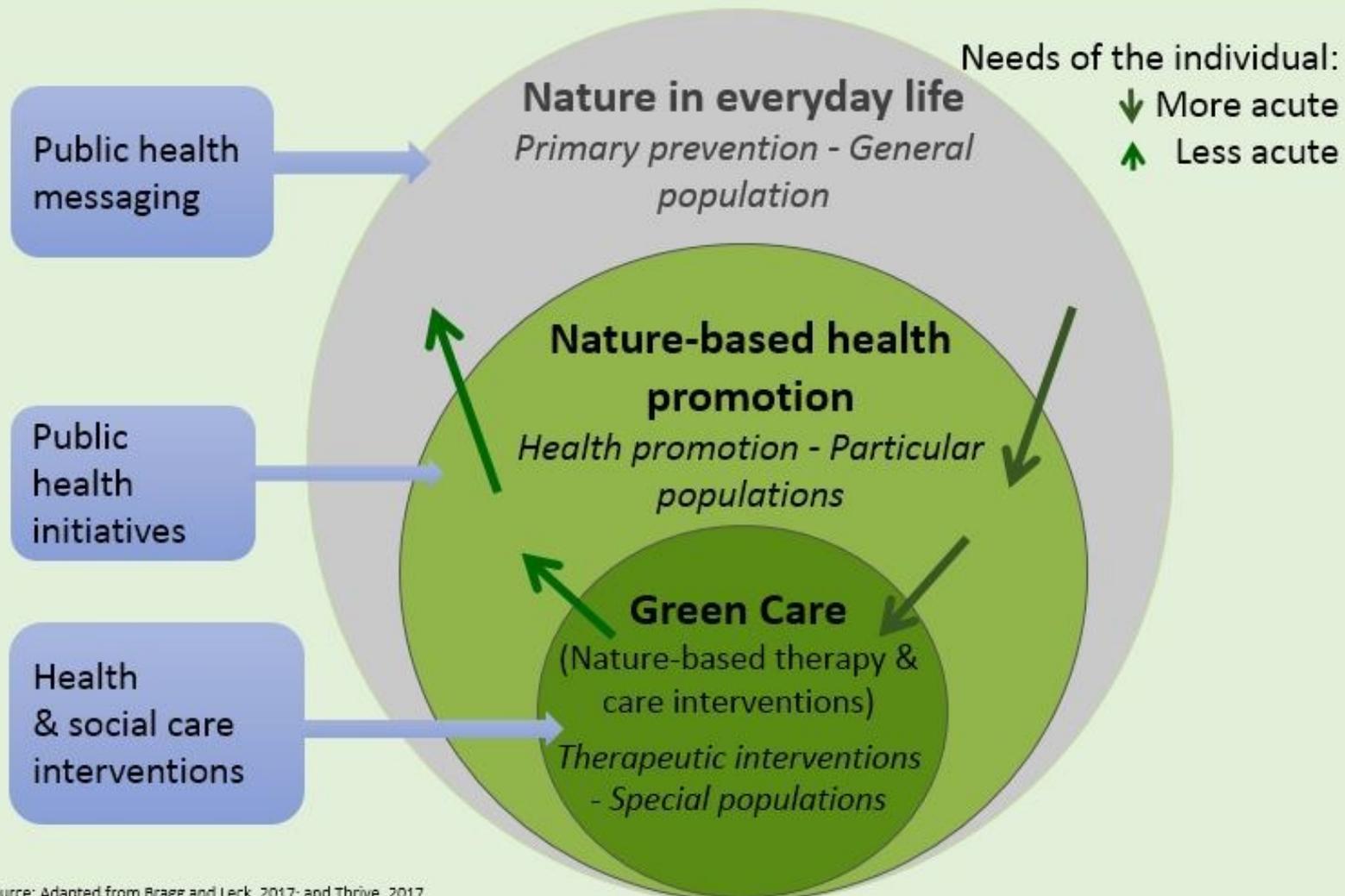
Colour index:

Pennine Care (SMI)

Health Inequalities

Learning Network

THE ROLE OF GREEN SOCIAL PRESCRIBING



Source: Adapted from Bragg and Leck, 2017; and Thrive, 2017

THE STORY OF THE NATURAL HEALTH SERVICE SO FAR

- **Sept 2023** – Pilot Referral Partnership with **Hilltop GP Surgery**, funded by **NLHF**, focus on Diabetes and Mental Health.
- **January 2024** – **Get Oldham Working** employability programmes, funded by **SPF**
- **May 2024** – **Turning Point** drug and alcohol recovery group, funded by **OPH**
- **July 2024** – Wellbeing volunteer sessions, self referral
- **Sept 2024** – **EU Horizon Green Me** Urban Case Study
- **Sept 2024** – **Health Inequalities** GSP Project, focus on mental health amongst ethnic minorities, funded by **NHSE**

Total participants so far: 102



THE NATURAL HEALTH SERVICE APPROACH

- Highly person-centred and flexible referral process and programme
- Variety of Groups: Wild Wanderers, Nature Guardians, Thursday Treks, Wild Women, Feel Good with Food
- Wide range of activities to suit all interests and abilities: Mindfulness, Growing and Eating, Foraging, Creativity, Physical Activity and Play, Nature Connection.
- All against the backdrop of nature, and within a warm and supportive community



THE IMPACT

We are using 5 (+3) Ways to Wellbeing, SWEMWBS, Qualitative Participant Feedback and Data from Referring Partners to assess impact. NHS Health Inequalities Project also focussing on Health Economics Impact.

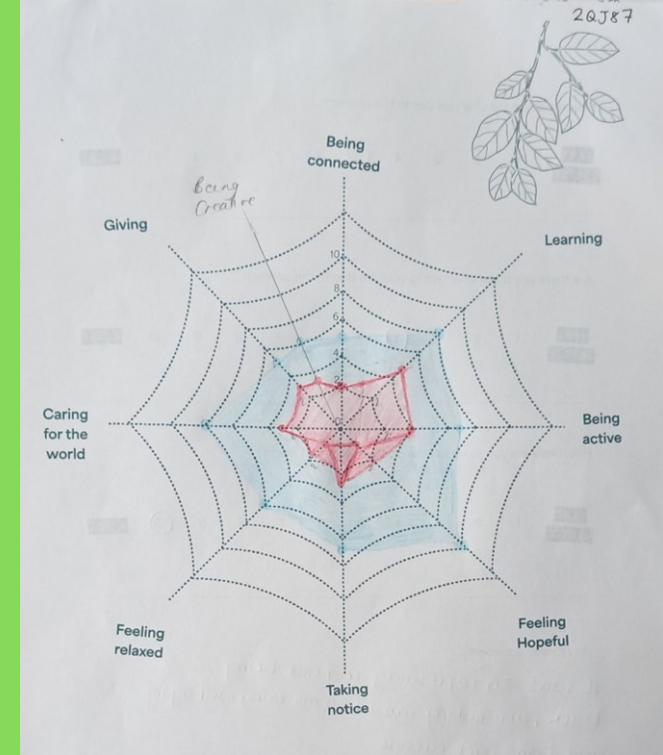
'This is a new world where we can leave everything stressful behind and have some time for us.'

'When you first talked to us about letting go, I didn't believe it was possible. But I do now.'

'Coming here is already making a difference. When I feel worked up at home, I think about when we're here in the trees and I put my hands on my stomach and say, 'take a deep breath.'

***'I was blown away when one of my patients, who before never left the house, told me he even went to the Northern Roots Christmas party. I haven't seen another patient, who came to me with anxiety, since she was referred to Northern Roots 4 months ago.'* Dr. Clare Reeder, Hilltop Surgery**

further comments:
Thankyou very much for making my life
a whole lot better.



NEXT STEPS

- As buildings and infrastructure develop, huge capacity to expand. Scope for a dedicated Natural Health Service facility at Northern Roots, sharing knowledge & skills
- Opportunity to roll this approach out Borough Wide – in green spaces, schools, NHS Estate
- Nature-based interventions can be used for treatment as well as prevention
- Address health inequalities AND the environmental crisis together
- What are the opportunities to use nature-based interventions and green social prescribing in your areas of work?
- Be aware of and open to the growing body of evidence
- Commission more of this!





ANY QUESTIONS?

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@NorthernRootsCoop
@northernrootsoldham



Panel Discussion

Please use the Q+A feature to ask your question.



Dave Bell, Natural England, Chair



Esther Smith, Senior Officer: Health and the Environment, Natural England



Mark Fishpool, You've Got This



David McAleavey, Public Health South Tees



Anna da Silva, Northern Roots



Jon Myint, Greater Manchester Combined Authority

A woman with long, curly hair, wearing a denim jacket over a red patterned dress, stands on a decorative white metal bridge in a lush green park. The bridge has ornate railings. In the background, there are many trees and other people walking. A man in a red shirt and cap is walking away from the camera on the bridge. The scene is bright and sunny.

Thank you!

Sign up to the mailing list to be the first to hear more information about the programme including resources and events via the website: naturetownsandcities.org.uk

If you want to get in touch, please email info@naturetownsandcities.org.uk