

Appendix 4 Green Provider Reports



Appendix 4a Community Growth CIC GreenSPring Test and Learn Report

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Will the development and implementation of suitability criteria in collaboration with stakeholders reduce the barriers to referrals into green social prescribing projects, resulting in increased participation and improved health outcomes for patients?

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Executive Summary

Overall, the findings suggest that the suitability criteria postcard has the potential to improve efficiency, enhance client understanding, increase visibility and increase mainstream confidence in GSP. However, the idea needs to be refined in terms of both condensing language and a professional look. Further development and implementation of this tool could lead to an increase in referrals and have significant benefits for green providers, professionals and service users.

Key Insights

Based on the findings of this study the following outlines our key learning:

1. There could be a strong demand for green social prescribing among service users, who believe that doing an activity in nature can improve their mental and physical well-being. The link needs to be made between this widely held belief and GSP. There is a wide range of different green activities that can appeal to different people and this needs to be promoted.
2. However, some service users and health professionals have a negative perception of green social prescribing or don't understand what it is. OTs appear to be an exception to this rule, and this could be down to their personal experience working with patients and their training.
3. Healthcare professionals and social prescribers play a key role in promoting green social prescribing to patients and addressing these misconceptions.
4. Referral rates to green providers for green social prescribing can be low due to a lack of awareness and knowledge among healthcare professionals and social prescribers.
5. The development and use of suitability criteria has the potential to increase suitable referrals to green providers via green social prescribing. But it could be more 'powerful' and 'branded'.
6. Taster sessions can be an effective means of promoting green social prescribing to patients and healthcare professionals and result in an increase of referrals.

Recommendations

Based on these findings, recommendations to increase suitable referrals could include:

- Developing the idea of a Suitability Criteria Postcard and promoting it as a template that will become familiar with all stakeholders and improve communication about green providers and activities.
- More investment is needed to work with a professional graphic designer to refine the look, the language and the branding to make them more accessible, understandable, recognisable and powerful.
- Improving communication and collaboration between stakeholders, including better promotion and sharing of information about green activities and networks.
- Break down the wall between green providers and healthcare professionals. Particularly GP's who have access to many patients who could benefit but who evidence suggests are not currently engaging in the referral process.
- Provide opportunities for healthcare professionals to experience green activities firsthand to both benefit their own wellbeing and help effectively and authentically promote future opportunities.

Introduction

We were commissioned by the GreenSPring test and learn pilot to carry out a piece of work on the creation of an inclusion/exclusion criteria as a potential route to increasing referrals to green projects. This was soon changed to 'suitability criteria' as it was thought the word 'exclusion' was immediately off putting. As we had previously struggled to gain referrals from healthcare professionals, we were eager to see if this tool could make a difference. We worked to gather insights from healthcare professionals, service users, and green providers to co-produce the suitability criteria and then tested the criteria during five taster sessions. This included five taster sessions to test the suitability criteria and the impact it made on referrals.

Objectives:

1. To investigate the understanding and perceptions of green social prescribing among healthcare professionals, service users, and green providers. (Findings to inform design of Suitability Criteria).
2. To identify the barriers that prevent suitable referrals to green providers for green social prescribing. (Findings to inform the design of Suitability Criteria).
3. To design, test, and pilot a suitability criteria with all stakeholders to increase suitable referrals to green providers for green social prescribing.
4. To evaluate the effectiveness of the suitability criteria in increasing suitable referrals to green providers for green social prescribing.

Method

- The study attempted a 360 approach to include all stakeholders involved in the referral process, including healthcare professionals, GSP (Green Social Prescribing) providers, and patients who could benefit from GSP projects.
- We used a mixed-methods approach, including a focus group, surveys, interviews, and follow-up questions via email. Evaluation of the taster sessions were done with attendees to measure participation's impact.
- A focus group involving a group of 9 participants was consulted in the design of the suitability criteria. The focus group was made up of healthcare professionals, green providers and had a peer representative from the community.
- A survey was distributed online to all stakeholders involved in the referral process. This included our own networks and the networks of GreenSPring and its project team members, who distributed it to health professionals. It included a mix of closed-ended and open-ended questions and was used to gather quantitative and qualitative data. Survey questions are included in Appendix 2

- Semi-structured and spontaneous / informal interviews / conversations were conducted with stakeholders, including healthcare professionals, GSP providers, and patients who have been referred to GSP projects. A case study was also conducted with a service user and their OT support worker. Appendix 1
- Follow-up questions along with the example suitability criteria were sent to participants who completed the survey or participated in the focus group or interviews to clarify any issues, gain feedback, and gather additional information.
- Based on our initial findings, a suitability criteria was developed with all stakeholders involved in the referral process.
- The suitability criteria were then tested through four taster sessions advertised exclusively through health professionals to gain referrals. The taster sessions involved patients who were referred to GSP projects by health professionals and were evaluated using a feedback form.
- The feedback forms were analysed to evaluate the effectiveness of GSP projects on wellbeing, along with assessing the effectiveness of the tested suitability criteria in addressing the barriers to referrals into GSP projects.

Participation

Surveys were sent out to a wide network of stakeholders. In response we had submissions from 10 Health Care Professionals, 17 Green Providers and 14 Service users.

The focus group was made up of 2 NHS Social Prescribers, 2 Occupational Therapists (OTs), 1 DVA link worker, 1 Occupational Therapist Assistant, 1 representative from Mind, 2 Green Providers and 1 Service user.

Conversations were carried out with participants during the taster sessions and semi structured interviews were carried out with OT's who also attended the sessions. Telephone interviews were also carried out with 2 Green Providers.

After all the taster sessions had been delivered a follow-up email went out to 30 individuals who gave their email addresses and indicated they would be interested in further discussions. In total we had 5 responses. Note that due to the timescale of the pilot, only a short window of 3 days was given to reply.

Learning and Discussion

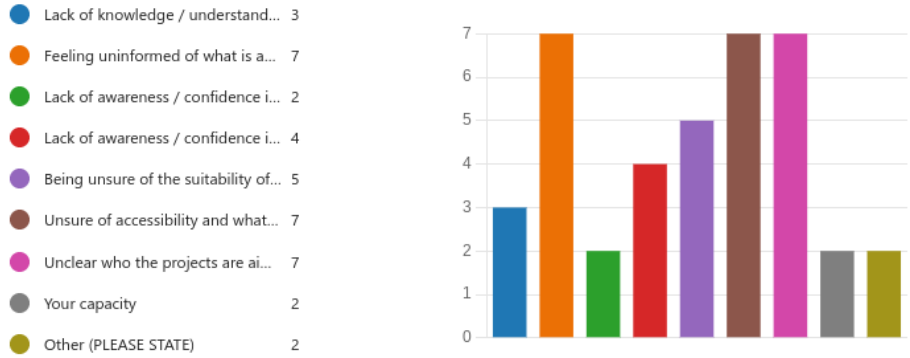
For us to test the effectiveness of the suitability criteria, we needed to understand what factors were currently contributing to the low number of referrals to green providers. The results suggest that there is a lack of awareness and understanding of Green Social Prescribing (GSP) among service users, with only 21% reporting that they had heard of it. Even among those who had heard of GSP, their understanding was limited, with only a small proportion able to provide a clear

description. This lack of awareness and understanding may contribute to the low uptake of GSP, with only 23% of service users having accessed a GSP or outdoor project to address their wellbeing.

Social prescribers reported that the perception of GSP among service users was not entirely positive, with many associating it with highly physical activities and a 'hippy' culture. Specifically, around activities such as 'Forest Bathing.' As these are the people making referrals it is of the utmost importance that a better understanding is necessary to increase referrals. This may indicate a need for more education and promotion of GSP to shift these perceptions and make it more appealing to a wider range of service users. Giving Social Prescribers the opportunity to experience green projects and feel the benefits for themselves may also aid a solution.

Barriers to suitable referrals

Figure 5: What barriers may currently prevent you from referring your patients? (Health Professionals Survey)



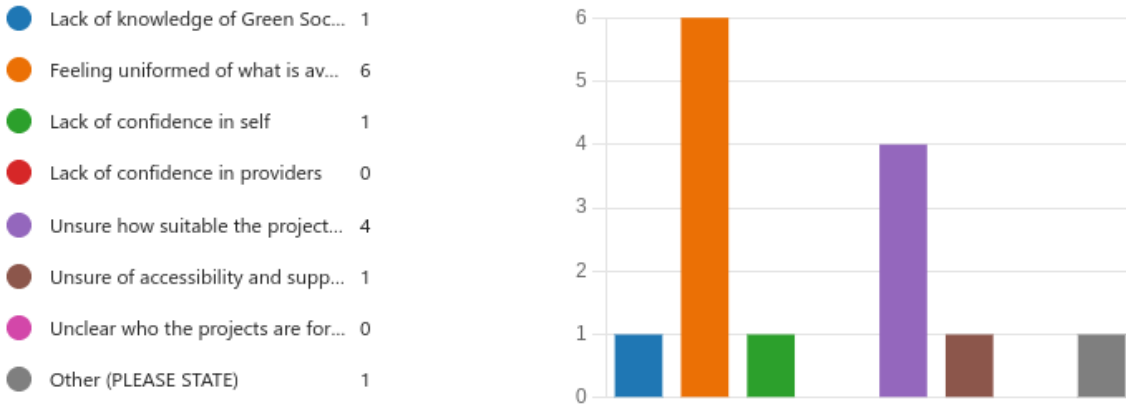
Health Care Professionals were asked what barriers may currently prevent referrals to Green Providers. Multiple options were listed, and they were asked to tick all that apply.

As the graph clearly shows, the greatest barriers from the perspective of Health Care Professionals are: 'feeling uninformed of what is available,' 'unsure of accessibility and support provided' and 'unclear who the projects are aimed at,' with 70% choosing these options.

Another barrier highlighted through follow up questions referred specifically the issue of funding;

"They (service users) won't be able to go along to sessions unless adult social care can increase their funded 1:1 support hours, to enable a support worker to go with someone to a session."

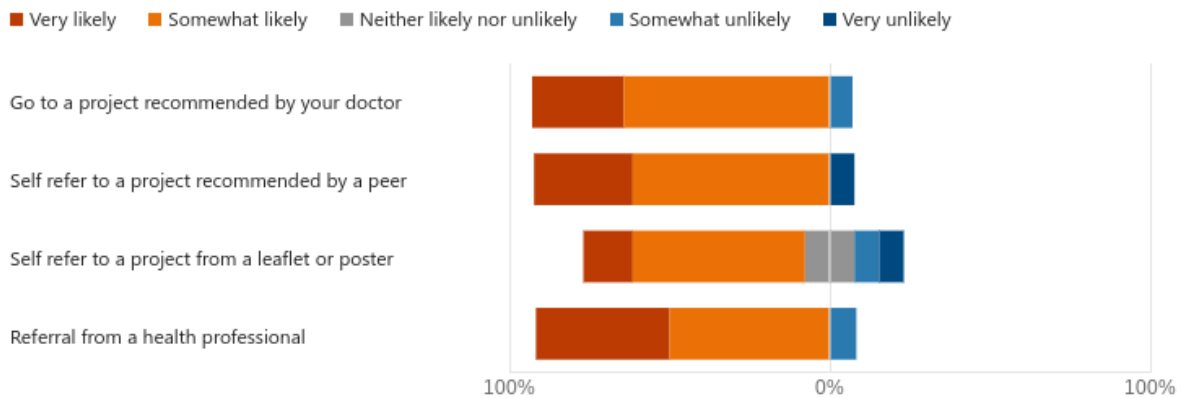
Figure 6: What barriers may currently stop you from accessing projects in your area? (Service user Survey)



The same question was put to the Service users. Figure 6 shows that ‘Feeling uninformed of what is available’ is the biggest barrier from the perspective of Service users, with 43% giving this as an answer. 29% felt that they were ‘unsure of how suitable projects were for them’.

Other barriers that were identified during conversations with service users included; transport – getting there, not having 1:1 support to go with them, especially for the first time. Dips in mental health, crisis, money, and family matters were also highlighted as potential barriers.

Figure 7: How likely are you to do the following? (Service user Survey)



When service users were asked about referrals, the results show they are more likely to go to a project recommended by a health professional, GP, or peer than to self-refer from a poster or leaflet. This confirms the importance of health professionals understanding more about GSP, what opportunities are available in their area and who they are suitable for.

We asked the same question of Green Providers although instead of multiple choice this was asked as an open question. (APPENDIX ii).

35% cited the biggest barrier is getting their project known to the right people.

For those that have managed to get their projects into GP surgeries this is not yet translating to referrals via this route.

Indeed, carrying out this study has given us further insight as to the difficulty networking with GPs and other healthcare professionals. Out of 6 GPs contacted to be a part of this study only one was willing to talk to us and this contact was gained through an introduction from GreenSPring. Initial conversations were promising, and the GP was particularly interested in working with children and families suffering from Obesity. As we were commissioned to test a suitability criteria for referrals, this was an ideal relationship to build. In the end talk of further collaboration all boiled down to funds, the surgery needed us to find funds to make their project happen. They wanted the service, however knowing how to pay for the service proved a barrier to taking this any further. Regarding the study, our GP contact was getting us a date to present at one of the surgery staff meetings so that all GPs could be involved in it. Unfortunately, before this date was made the GP left the surgery. We contacted the Practice Manager who told us there was no one else there that was able to help.

Interviews with Social Prescribers and Participants following the taster sessions identified that the name of some activities, such as 'Forest Bathing' and 'Bushcraft' can be off-putting to some. These discussions confirmed that not understanding the concept, transport, not being familiar with new places, and lack of someone to go to session with were the main difficulties when gaining referrals to projects. As this project took place during the winter months, it was thought that the time of year and cold temperatures was also a major barrier to engagement.

Learning and Discussion

From the perspective of health care professionals, the greatest barriers were feeling uninformed about what is available, unsure of accessibility and support provided, and unclear who the projects are aimed at. This suggests that health care professionals need more information about green providers, the opportunities available in their area, and who they are suitable for. In addition, being unsure of the suitability of projects for individual patients was also a significant barrier.

Regarding service users, feeling uninformed about what is available was the biggest barrier. Also, they were unsure of how suitable projects were for them. Other barriers identified during conversations with service users included transport, not having 1:1 support to go with them, dips in mental health, crisis, money, and family matters.

Green providers cited the biggest barrier as getting their project known to the right people. Getting known in the right places and not being widely known were also mentioned. Although green projects had been introduced into GP surgeries, this had not translated into referrals via this route.

Suitability Criteria – Test and Learn Pilot

The Design Process

We addressed the main barriers to referrals highlighted during our study and worked with our focus group, and with the GreenSPring project officer, to develop and test an initial ‘Suitability Criteria.’ This would be a standard set of information that could be provided to healthcare professionals and service users so they could easily identify who the ‘project’ would be suitable for. This would accompany the usual marketing (posters etc.) but would have the potential to become a recognisable resource in a format that is easy to read. It was also thought that if all green providers were providing information in a familiar format, associated with GSP, which was not too lengthy and detailed, healthcare professionals may be more inclined to pick it up, read it and most importantly act. While if Green Providers were supplied with a template in an adaptable format, they could easily change it to suit their project, with prompts to ensure all relevant information was included. Something easily recognisable and familiar for healthcare professionals to refer to, they may be more inclined to use it. Our discussions resulted in the following information being highlighted as critical or valuable to include: general information, and three further categories - people, environment, and activities (PEA). Example below:

Example Suitability Criteria Postcard

We wanted to make the information easily digestible and not overwhelming. Our research found that presenting information in an aesthetically pleasing way and with fewer options may increase engagement and stick in people's minds. Therefore, it was decided that presenting key messages in a postcard-sized format may be effective for this type of communication.

 <p>THE GROWTH PROJECT - OUTDOOR WELLNESS</p> <p>BUSHCRAFT - SUITABILITY</p> <p>Further Information</p> <p>This is an outdoor session and could benefit;</p> <ul style="list-style-type: none"> • Anyone living in the community who could benefit from a friendly, creative group activity in a green space. • Due to our staff limitations participants should be ready to engage or are welcome to join us with their own support. Please note that unfortunately, due to resources, support staff / friends will be able to join in but will not be able make their own fire. • This will be a small group of up to 8 people (some with support) although we may get visitors throughout the session. • You will make a fire using primitive techniques and prepare and cook a group dish that will be cooked over the campfire. • The session is led by Natalie and Donna and you can contact us with any questions/concerns or to book your place on 07955671685 / 07861728368 	<p>PEOPLE</p> <ul style="list-style-type: none"> • Group of up to 8 • Book on to take part • One Peer Support Worker on staff • Ready to engage or supported • Arrive at start time, if you can, but free to leave when you like • This is a new group • Let us know about any allergies or special requirements upon booking • Wear appropriate clothing & footwear! 	<p>ENVIRONMENT</p> <ul style="list-style-type: none"> • In a woodland - It will be beautiful and wild, but COLD! - Wrap up warm. • Easy to get to - directions & bus routes given upon booking. • Plenty of parking • Toilets available • Uneven ground, plants, insects, shaded etc • Food and drinks provided 	<p>ACTIVITY</p> <ul style="list-style-type: none"> • Free Activity / No Cost • Learn how to build a fire and light it using primitive techniques • Prepare a meal and cook on the fire. Eat together as a group around the campfire. • Relaxed and fun • All equipment and materials provided • Structured session - fully facilitated • Flexible / adaptable
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Figure 8: Example GSP Suitability Criteria Postcard

We designed a series of 4 Taster Sessions to test the referral process using this new tool. The postcard along with supporting posters were distributed to healthcare professionals via the GreenSpring project officer. This included the social prescribing team in Chesterfield, made up of 8 Social Prescribers, each working with around 25 to 40 patients each. The postcard was also sent out to all healthcare professionals that were a part of our focus group and who helped to design the content of the suitability criteria.

Note that due to this project's short timescale, only a short window of time was given to Healthcare Professionals to recruit potential participants, and this will undoubtedly have impacted the results. We purposely did not advertise the sessions through our usual networks, as these are made up of past participants who already know and understand our work. To test the Suitability Criteria Postcard, we limited our marketing to these new referral channels only.

Results

Agencies that have referred to all taster sessions (including self-referral)	Number of referrals that resulted in attendance
Derbyshire County Council Community Connector	1
Derbyshire Voluntary Action	4
SPLW	6
Occupational Therapists (Early Intervention)	11
Self-referral 2	2

Taster Session 1 – Environmental Craft – Christmas Wreath Making Workshop

Two sessions were carried out in December leading up to Christmas. These sessions were held in the Victorian Greenhouse at Queens Park and although undercover it was very cold. This was included on the Suitability Criteria Postcard (Figure 8), and we informed people to wrap up warm. These sessions started at 11 and finished at 1pm. We provided a variety of natural materials and shared how to make your own wreath. All participants left with their handmade wreaths.



We had a high turnout for these sessions and all participants attended via our referral channels as identified in the table above. Most of the referrals for this session came from DVA (4) and Occupational Therapists from the Early Intervention Team (4). We also received 2 referrals from SP Link Workers and a further referral from a DCC Community Connector.

8 people and 4 support workers arrived at the start time. We had an additional 3 people join us independently throughout the sessions, who had not officially booked on. We asked both support workers and the participants for feedback on the Suitability Criteria Postcard. The consensus was that it was helpful in deciding who the professionals recommended the project to and it helped service users decide if the session was for them.

"I thought it was really good. Really helpful. I was able to print it off and when I talked to my clients about it, I could leave that with them, and it answered a lot of their questions."

The postcard mentioned 'all sexes welcome'. Feedback from professionals was that this could be removed and unless the project was aimed at a specific demographic such as women, men, LGBTQ etc then it could be assumed that the group would be mixed.

Participants appreciated the picture of the greenhouse as they knew exactly what they were looking for once they got to Queens Park.

It was also agreed that the postcard was clean and pleasant to look at, easy to read, concise and nobody felt the need for any additional information to be included.

"Yes, the info on the card (my OT) gave me about today definitely helped and made it clear to me what I was coming to. It got rid of some of my concerns and answered a lot of my questions. I was also able to take it home with me. I haven't really been out of the house for 3 years and I had always wanted to make my own wreath, it was an ambition of mine. I really wanted to come and (My OT) really encouraged me to come and said she would come with me."

Taster Session 2 – Bushcraft

This session was carried out at the end of January and was held outdoors at Tapton Farm woodland. It was very cold. These facts along with the environment and facilities were included on the Suitability Criteria Postcard (Figure 8), and again we informed people to wrap up warm. The session started at 11 and finished at 1pm. We prepared a joint meal together and cooked on an open fire. Participants also learned to start a fire using a fire rod and steel. We finished the session by eating together and reflecting by the fire.



We had a lower turnout for this session although once again all participants attended via our referral channels as identified in the table above. Most of the referrals for this session came from Occupational Therapists from the Early Intervention Team (3). We also received 2 referrals from SP Link Workers and 1 self-referral. We had no further referrals from DCC Community Connectors. We were also informed that our link to DVA had left her post and we received no further referrals via this route. All participants who attended other than the self-referral, also attended the Christmas Wreath Workshop.

We asked both support workers and the participants for feedback on the Suitability Criteria Postcard. Again, it was agreed that the information provided was relevant, helpful and concise. However, one SP felt that directions to the farm were missing from the postcard. When designing the card there was quite a lot to fit into a small space and still make it readable. For this reason, we decided to leave it out of the information that goes out to everyone and just provide the directions to people when they book on. More consideration could be given to this suggestion in future designs and improvements of this resource.

Participants and professionals both said that they had no idea what bushcraft was. It was the description on the postcard that stated they would be learning to light a fire, preparing and cooking a meal to eat together that made her want to come.

OT's and SP both told us there is a decline in their clients' willingness to participate throughout January. This they feel is down to a change in mood and *'just getting over Christmas'*. They also felt that it was extremely cold and *'(the low turnout) was just down to the time of year. If it was in the Spring or Summer, we could have filled it'*.

Before the professionals had experienced the session, they had no real idea about what to expect from the day or the impact it would have on the people they were supporting. Following the session debrief the professionals stated how valuable it had been to “*experience the session and witness firsthand what it was all about*” They explained how much difficulty they had promoting it because they “*didn’t really know what it was or what it would be like*”. This lack of knowledge and confidence when speaking about the session to their clients will have contributed to the lower turnout.

Taster Session 3 – Forest Bathing



This session was carried out at the beginning of February and took place at Tapton House Gardens and in the surrounding woodland. It was still very cold and so we informed people to wrap up warm. Again, we included all relevant information on the Suitability Criteria Postcard (Figure 8), The session started at 11 and finished at 1pm. This was a gentle walk around the woodland and connecting with nature.

We had an even lower turnout for this session. All participants that attended did so via our referral channels as identified in the table above. We had one lady who contacted us to ask if she could attend. She was a health professional and felt she would benefit as her own mental health wasn't great, in the end she cancelled the morning of the workshop. Despite 5 initial bookings for the session only 2 attended. We had 2 cancellations via email prior to the day and one lady who called in the morning and couldn't come due to a family emergency.

Other than the Postcard other factors need to be considered when analysing the effectiveness of them on referral rates. A major factor was the lack of availability of the professional staff on the day of the session. This made 2 participants decide the week before that they would not be coming.

Professionals reported that they had no idea what Forest Bathing was and displayed a nervousness when talking about it. SPs at the focus group meeting did mention their concerns about the name of this session and felt it could be off putting to some of their clients. We decided to stick with the name and test it. However, it's fair to assume that the personal opinions of those promoting the session would impact on the likelihood of their clients taking up the opportunity.

The professional that did attend was an OT Assistant and her client was very keen to come to the session with her support. However, it was evident that this professional was also very much on board with the concept of Forest Bathing and its potential benefits. Feedback from her was that this was not an attitude that was *'necessarily shared'* across the board. However, after experiencing the session she was left without a doubt that it was something that should be accessed by her clients and that it was an effective treatment for mental and physical wellbeing. She said it was a *'shame more of (her) colleagues were unable to experience it'* as she feels it would have *'helped to dispel any concerns they had about promoting it in the future'*.

Follow-up conversations with professionals aired their concerns around the name and suggestions were made to give the session a different title for introductory sessions. It was thought this may help to ensure people's own prejudices did not create a barrier to them accessing an activity. They felt that if they could get them there, they would benefit from it.

Taster Session 4 – Environmental Craft – Weaving natural materials

The final session was carried out in mid-February and took place back at the Victorian Greenhouse at Queens Park. It had started to warm up slightly but was still cold. Again, we included all relevant information on the Suitability Criteria Postcard (Figure 8), The session started at 11 and finished at 1pm. We explored the properties of a variety of natural materials including New Zealand Flax, Willow, and Cordyline. We discussed their cultural significance and

learned how to process and prepare them for weaving projects. We made flax bracelets and weaved a freestyle fish from the variety of materials on offer.



We had a low turnout for this session with 3 of the 8 places filled. All participants that attended did so via our referral channels as identified in the table above and all had been along to previous sessions. Despite **5 initial bookings for the session only 3 attended**. Again, we had 2 cancellations via email prior to the day. Again, we had a phone cancellation on the day of the workshop due to the family crisis. The lady was apologetic and wanted it to be noted how valuable she had found previous sessions and how keen she was to take part in any future opportunities.

Both referrals attended with support. We were also joined by a student OT who had heard about the sessions through her colleagues and was keen to experience them for herself. We asked the support worker and the participants for feedback on the Suitability Criteria Postcard (Figure 8). Again, it was agreed that the information provided was relevant, helpful and concise. They did not feel that anything needed to be added or changed for this activity.

Additional Feedback

After the final taster session, we sent out questionnaires to the professionals and green providers for their opinion on the postcard.

"I think it was very helpful and especially the way it was described and laid out. It was ideal, it fit on a postcard and was easy to give out. Nice posters and definitely had an outdoor feel."

"Yes, it gave all the key information is given. I like the categories (Person Environment Activity - PEA).

Easy to understand. I liked the green colours, the pictures were good and explained what was happening."

When asked if the postcards contained all the information they needed. They all felt it did. However, one SP did suggest 'directions could be included' if there was room.

We asked if the postcard format could be useful as a framework for all green activities and it was thought that it was useful and worth developing further.

"I really think it could be a useful tool. It would be familiar and answer a lot of the questions we get asked when promoting activities. I think it could be useful especially to social prescribers"

They also confirmed their thoughts on the names given to sessions.

"I didn't use the words create and meditate when I was promoting it for a reason. I did like the name, Food, fire and focus for the bushcraft session."

"The names could put off people that don't have any prior knowledge or understanding of what is on offer. Bathing is an issue for some people. For recruiting new people to the project don't use the word 'bathing'. Once known it wouldn't matter what name you used"

When the healthcare professionals were asked if experiencing the sessions themselves had increased the likelihood of them referring clients to green activities the answer was a resounding "Yes! Definitely!"

"100% now I know what the activities are, it's made it easier to understand what happens. Taster sessions and getting to know the providers and the other Su made a huge difference. I know what to expect. I will open it up to more people."

When asked why the numbers for some sessions were so low, SPs expressed 'difficulty promoting it' and 'time of year'. Stating;

"Staff have promoted the events; however, some patients have been resistant, not ready, not confident."

We also asked the service users who attended about the suitability criteria postcard, and they all felt it was helpful in answering a lot of the questions that may affect their decision to go to a session or not. Such as having access to a toilet or that the activity was free. Things they may not have had the confidence to ask about so being given the information unprompted was helpful.

We sent the postcard to green providers for feedback -

"Nice and clear, in easy language. I like it and think it would be useful for SPs"

However, it was thought that work needed to be done to refine the presentation and give it a professional look, improve brevity and create a recognisable branding for GSP. Whilst agreeing the concept is a good idea, one Green Provider gave the following feedback;

"I think this postcard is much too text dense and lacks brevity for an 'at a glance' resource. It is not visually communicating much either - so both of these elements may be a barrier to many.

As a marketing tool, sadly I think the postcard is inaccessible and amateur.

To give more confidence to providers/participants/professionals - it could be more powerful and 'branded'.

This is supported by our research into marketing techniques which informed us that people are more likely to engage with and retain information presented in an aesthetically pleasing way. Additionally, a study found that people are more likely to make choices when presented with fewer options (Lyengar & Lepper, 2000). So, being concise and only including relevant information became a key aim.

Learning and Discussion

The results indicate that the Suitability Criteria Postcard was found to be helpful in deciding who to recommend the project to and for service users to decide if the session was for them. Participants appreciated the clean and pleasant design of the postcard, as well as the pictures that made it easy to find the location and visualize the environment they were coming to. It was seen as a positive step towards improving communication and referral rates for green activities.

Summary and Conclusion

The learning around perceptions of GSP and barriers to suitable referrals identified a lack of awareness and understanding of Green Social Prescribing (GSP) among service users and healthcare professionals. Service users reported feeling uninformed about what is available, and healthcare professionals cited feeling unsure about accessibility and support provided, as well as being unsure of the suitability of projects for individual patients. Green providers, on the other hand, cited getting their project known to the right people as the biggest barrier to gaining referrals. These issues were addressed in the design and development of the Suitability Criteria Postcard (SCP).

The study also highlighted the need for the public and professionals to be more informed about GSP and its associated benefits. A media campaign could help dispel the misconceptions of green social prescribing and increase referrals, by educating the public and service users about the range of activities and opportunities available through GSP. By showcasing a variety of activities that are suitable for different levels of ability and interests, the campaign could demonstrate that GSP is not just for people who enjoy extreme outdoor activities or adhere to a certain belief structure or lifestyle.

The study suggests that a lack of information and knowledge about what green projects are available is a common barrier. It also suggests that 1:1 support by healthcare professionals is vital for many new referrals to green providers, especially for the first visit. New channels and tools need to be found to increase awareness of green projects, especially among healthcare professionals. Factors such as resistance from some patients, illness, family matters,

perceptions, difficulties in promoting the events, and limited funding for 1:1 support and availability of professional staff may have played a role in the attendance rate of our taster sessions.

We also found that the perceptions of green social prescribing among service users and healthcare professionals were not entirely positive. We found limited research that looks to identify popular misconceptions and stigma associated with green social prescribing. Conversely, we found that service users generally agreed that doing an activity in nature would improve their mental and physical well-being, indicating a demand for green social prescribing if more understanding was provided.

Overall, the suitability criteria postcard has the potential to improve efficiency, enhance client understanding, increase visibility of GSP, and provide flexibility. However, the idea needs to be refined. Further development and implementation of this tool could lead to significant benefits for both professionals and service users.

Challenges and Limitations

Although the postcard was deemed helpful and worth further development, we acknowledge the limitations of our study. For instance, we may have produced similar referral results even without the postcard. The absence of a baseline and the identification of other contributing factors, such as new networks and links to professionals, may have impacted the study's findings.

Despite our best efforts, no GPs participated in the study.

Finally, it is important to consider that many who participated in the taster sessions may have already been 'converted to the cause', potentially giving an unintentional bias. However, it is clear from the findings that this was not always the case with all healthcare professionals prior to their engagement on this project.

Evaluation and Impact of Taster Sessions

Feedback from Healthcare Professionals

We used our own 360-degree evaluation process, allowing all participants in the project to evaluate themselves, the facilitators and the activities provided.

The feedback we received from both occupational therapists (OTs) and Link workers who attended the sessions was overwhelmingly positive. We asked a series of questions to gather information on the benefits they observed in their own mental wellbeing and that of the individuals they worked with during the sessions. The OTs who participated in the sessions experienced significant improvements in their own mental wellbeing. One OT praised our approach, highlighting that there is no hierarchy in our delivery.

It was evident through conversations that professionals working in this field often neglect their own wellbeing as there is simply '*no time to think about ourselves*'. We have personally

experienced the negative impact of this and understand the importance of prioritising staff well-being.

The Growth Approach

Our approach during these taster sessions has been appreciated by the participants, with one person stating that the approach was *"spot on, person-focused from beginning to end"* and *"informal and authentic."* Another stated that the project has allowed individuals to explore their emotional vulnerability and learn that they are not alone in their fears.

When asked why they thought the sessions worked, the OTs emphasized the importance of it taking place outdoors, the use of natural materials, nature and its therapeutic benefits. They enjoyed creating something with new materials and learning about their history and cultural significance, connecting to the materials and their environment in a new inspiring way. The sessions confirmed to the OTs that nature can be used as a powerful tool for therapy, and they expressed a desire for the sessions to continue.

When asked if the experience has increased their confidence in green therapies, the response was an enthusiastic and absolute *"100% no hesitation."* This professional had now witnessed firsthand the effectiveness of our nature-based sessions, which they believed had been more successful than some of the psychiatry they had seen.

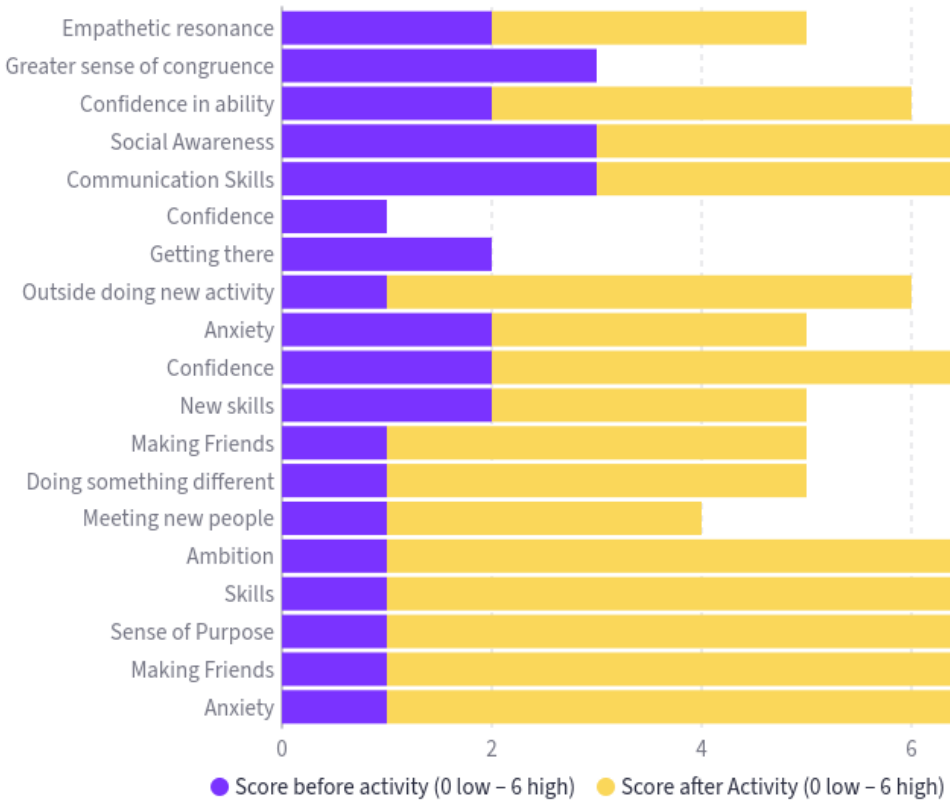
Impact on Participants Wellbeing

Feedback from the service users was collected in a wide range of mediums, such as informal conversation, filling out evaluation forms and gathering comments whilst we did the activities. During the Bushcraft session we were able to use our Growth Evaluation Tree and gather some more in-depth data about how people felt on arrival compared to when they were leaving the session. This session in particular lent itself to this kind of evaluation.

Results of Growth Evaluation Tree

The Growth Evaluation Tree (Appendix iv) was completed by 4 participants before and after the Bushcraft Session. This model allows the participant to choose what to measure based on their own perspective of their wellbeing. We have found that this gives our users autonomy over their journey to recovery, with them taking charge of identifying their own well-being needs. It has been reported to us that this model feels more like *"me looking at myself"* rather than *"being observed"*. It also provides us with unique insights that enable us to tailor the session to the needs and desires of each individual.

Figure 13: Graph showing the results from the Growth Evaluation Tree



The graph highlights the positive impact of the nature-based taster sessions on various areas of participants' lives. Out of the 19 areas measured, only 3 showed no change, while the remaining 15 areas saw significant improvement. The areas with the biggest improvements were anxiety levels, making friends, skills and ambition, sense of purpose, and doing something different, which all increased from 0 on arrival to 6 following the session. Confidence chosen by a second participant also showed substantial growth, increasing from 2 on arrival to 6 upon leaving.

Other areas that showed improvement included meeting new people, anxiety levels, new skills, social awareness, communication skills, doing new activities outside, and confidence in ability, which all increased by 3 or 4 points.

One participant chose to give additional insights on their form that helped us to understand what they needed to get from the sessions. This included the fact that she had little or no social contact, was feeling very anxious and was looking for a sense of purpose in her life. We went on to carry out the Case Study for this report with this individual. The results of the Case Study acknowledge these desires at the start of the project and provide evidence that she felt she improved in all these areas over the course of the project (Case study Appendix i).

Her OT also noticed an improvement in her presentation, confidence and ambition.

Taster Session Feedback Results

The nature-based taster sessions had a significant impact on the participants, both in terms of their mental and physical wellbeing. Participants reported feeling a sense of belonging, purpose,

and achievement, which has helped them look towards a brighter future. The attention to detail and inclusive nature of the program has helped participants feel safe and supported while participating in new and challenging activities. The bushcraft, fire lighting, and cooking sessions were particularly effective, as they allowed participants to build new skills and develop a sense of self-confidence and self-esteem.

Not only did the participants benefit from the taster sessions, but the professional support staff also saw positive changes. They reported that the sessions helped them to gain a greater understanding of the participants' needs and how to support them effectively. Additionally, they were able to develop their own skills and knowledge by working alongside the participants and learning from their experiences. They also reported improvements in their own wellbeing.

Overall, the nature-based taster sessions have had a significant positive impact on both the participants' health and wellbeing and the professional support staff involved in delivering them.

Conclusion

Theories such as the biophilia hypothesis and attention restoration theory (ART), provide a basis for the potential benefits of green social prescribing. The biophilia hypothesis suggests that humans have an innate connection to nature and that spending time in green spaces and natural environments can improve physical and mental wellbeing (Wilson, 1984). Attention restoration theory proposes that exposure to natural environments can help restore cognitive function, reduce stress, and improve mood (Kaplan, 1995). These theories support the findings of our study and previous research on the potential benefits of green social prescribing.

By immersing themselves in nature and engaging in physical activity, participants have been able to reduce stress and anxiety, while improving mood, self-esteem, and overall well-being. The combination of biophilia and physical activity has had a profound impact on participants, fostering a greater appreciation and understanding of the natural world and promoting a sense of grounding and perspective.

The project has successfully equipped participants with skills and techniques that help them identify and listen to what is going on in their minds, bodies, and emotions. By breaking out of the pattern of negative self-judgments and promoting a positive outlook on themselves and life, participants have gained a sense of pride and achievement, leading to greater independence and confidence to get involved in other things. This has created a knock-on effect for friends and family as they share their experiences, have something new to talk about, and hopefully encourage more people to try nature as a friend and therapy.

In addition, the project has had a positive impact on support staff who have experienced the sessions themselves. This has enabled them to better understand nature-based activity and gain the restorative and health benefits of participating, increasing their confidence in making referrals.

By reawakening curiosity in the surroundings and promoting a greater sense of joy and interest in the natural world, participants have gained new skills and discovered their strengths and

abilities. With every person who attended the program expressing a desire to attend more sessions, the taster days have been a positive and impactful experience for all involved.

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APPENDIX i: Case study

Background

Age: Early 60s

When M came to the project, we learned that she had a very successful career supporting others as an activity coordinator. This was until she had a life-changing diagnosis that affected her memory and her ability to work. After a short stay in hospital, she became increasingly socially isolated and hadn't really mixed outside of her family for the last 3 years. Over time this had impacted on her confidence, self-esteem, and overall wellbeing.

Supported by her OT she was encouraged to come along to the Christmas Wreath Taster Session. This was something she had always wanted to try, and her OT was willing to come with her, so she agreed to come along.

M settled into the group sessions quickly and it became clear to see that she was a very capable and intelligent woman.

M told us that she paced when she was feeling anxious. However, we noted that whenever she was focused on activity this didn't happen. She was easily distracted and happy in a creative space. M is very independent, but needed support and her OT knew how to do this in just the right way.

M went on to attend all 4 taster sessions and spoke of how much she had gotten from being a part of the group.

Suitability Criteria

We had an initial set of questions for all the individuals referred. This was to inform the taster sessions we were offering whilst testing the suitability criteria. We asked what they thought should be included and what things they would want to know to encourage them to come along. What things had been barriers for them attending new sessions. M had some great thoughts and suggestions on things to add, which we included in the suitability Criteria Postcard.

Evaluation

We evaluated the sessions and gained feedback after each session through informal conversation. During the Bushcraft session we did a deeper evaluation using our Growth Tree. This evaluation model allows the participant to choose what to measure, based on their own perspective of their wellbeing. We have found that this gives our participants autonomy over their work with us. Starting with them taking charge of identifying their own well-being needs. It has been reported to us that this model feels more like "*me looking at myself*" rather than "*being told what to look at or observed*". It also provides us with unique insights that enable us to tailor the session to the needs and desires of each individual.

We did some baseline evaluation questions with M and asked her to choose 5 things about her

initial wellbeing that she hoped to focus on whilst on the project.

These were all done on a sliding scale 0 being low 5 being high. M chose 0 for every element upon arrival.

Below are the elements M chose to focus on; purpose, friendships, anxiety, skills and identity. Her scores and comments before and after the session. We also revisited the Growth Tree with M two weeks after the last session to see if there had been any longer lasting impacts.

Purpose

Before Bushcraft Session - 0

"I feel like I have no purpose at all, I mean what do I do? I can't work anymore, and I don't know what to do with myself. Everyone needs purpose, I think this is contributing to my mental health and isolation."

After Bushcraft Session – 6

"Working together to prepare and cook a meal and then sitting around and eating together has been a really positive thing for me. It really gave me a sense of achievement and purpose"

2 Weeks after last session – 3

"Basically, I need purpose and if I had that I would be scoring everything else on here a 5 or 6. I think that if I had this then friendships, new skills and identity would improve."

Impact

For someone with so much to offer, feeling like they have no sense of purpose appears to be having a huge impact on other aspects of her mental wellbeing.

Straight after the Bushcraft session M felt significant growth in this area. She put this down to sharing, making a meal and eating together and feeling a great sense of achievement and purpose for the day.

Two weeks after the project sessions had ended M scored this element at a 3. It is not surprising that this is lower than immediately after the session when endorphins are pumping, and adrenaline is high. However, it is noteworthy that it is still 50% higher than when she came to the first session.

Her insight and understanding of herself is clear to see. She feels if she finds her sense of purpose, this will improve her overall wellbeing. She is also demonstrating signs that she is ready to put herself forward and take up new opportunities in her quest to find that purpose.

M has offered to support Community Growth CIC and our work, believing that *"The core of what you deliver helps someone to recover."*

“The attention to detail you two provide is exemplary. It’s gentle and inclusive. The more we talk about it the more people will want to do it. I feel part of something that’s bigger than me. The wider team and other participants all want to attend more.”

M went on to use her vast knowledge to give some great suggestions about how we could let more people know about our practice. She talked of great strategic avenues to explore for funding from corporate organizations, to enable more people to access our projects. This included linking with community radio, talking about what we do and reaching out to organisations to support us. She has offered her support and expertise in helping us to achieve our aims of sharing this practice with the wider sense of human health.

Friendships

Before Bushcraft Session 0

“I really want to make friends. I have been so isolated. I don’t get the opportunity to meet new people. I used to love chatting to people, I find people interesting.”

After the Bushcraft Session - 5

“I have worked with other people, and we have bonded and encouraged each other. It’s been such a positive experience for us all.”

2 Weeks after project – 2

“I really want to carry on working with this group and doing more. Especially the Bushcraft. The cooking and the fire were my favourite.”

Impact

When M arrived at the Bushcraft session, she was straight into the food prep; she clearly loved the idea of making a communal meal and quickly became comfortable navigating her way safely around the open fire for cooking. It was clear that when given the opportunity she was really good at making friends. She was chatty and put people at ease. She was also very good at offering support to others in the group.

There was a bond created in the group and this was a turning point for M, she was hooked, and she wanted more. *“I really like that it ended up all women. I don’t know if I would have felt as comfortable or willing if it had been a mixed group”*. The smile on her face as we sat around the fire to share the meal, they had all created, was a beautiful thing. Hearing all the individuals’ experiences of the day was uplifting and we all felt that we had formed new friendships.

During the Forest Bathing session M started to reflect on friends she had lost touch with during this period of isolation. She felt drawn to a white Himalayan Birch, with paper bark she had met on her entrance to the park. She fell in love with this tree, so we all sat together underneath it and did a short mediation and created a poem together. M stated *“I have never realised that nature*

is an extension of my family.”

We talked about how the birch was shedding lots of bark that came off like sheets of paper. M shared the significance of what that meant to her. M’s insight and her enquiring questions were very profound. She started to identify with herself the things she needed to resolve, and how she was going to do this. She wanted to write letters and rebuild some old connections. M left the session saying *“I’m going to write these letters; this is my next step.”*

M continued to be a helpful and friendly member of the group at each session. Taking time to talk to others as she worked, and she clearly gained a lot through these interactions. They all talked of feeling a sense of belonging. *“Like being part of a tribe”*. M was very keen to do more of this kind of group activity and was very keen for the project to carry on if we could get funding.

When M arrived, she scored herself 0 when it came to making friends. This increased by 83% to 5 immediately after. This levelled out to a 2 a few weeks after the end of the project. This is an increase of 34% since she first came to the session. This suggests that the experience has had an impact and she is feeling more positive in this area of her life.

Anxiety

Before the Bushcraft Session – 0

“I really want to work on how anxious I feel, new things generally make me very anxious, like coming here today. When I’m anxious I pace.”

After the Bushcraft Session – 6

“I have enjoyed being in a group and working in a team. Having something to focus on really helped with my anxiety”

2 Weeks after the last session – 4

“I always thought I was an outdoors person, but the Forest Bathing has made me feel very different. I can tap into this anytime I need it. It has been other worldly, I am still here, my life can be good.”

Impact

M has attended every session we have put on and we have witnessed her confidence grow and anxiety lessen. She was initially quiet in the wreath making workshops and it was a great help to M to have her OT there to support her. It is unlikely that M would have attended without the company of her OT.

When M arrived at the Bushcraft session, she had told us she was feeling very anxious. However, she soon got into the flow of the session and instantly came alive. Looking at all the equipment, marveling at the fact we only had a toilet tent and that everything had had to be carried into the

woods to carry out this session. Being an activities coordinator in the past, she knew how much thought and work had had to go into it to make it happen and she found the set-up fascinating.

When M arrived, she scored herself the lowest possible score of 0. As the day went on, she felt more and more comfortable with herself and less and less anxious. She was relaxed around other people and was chatting and laughing. By the end of the session M was feeling incredibly positive and scored herself a 6 on her anxiety levels. This was the highest score she could choose and showed a whopping increase of 100%.

After the Bushcraft session M was keen to take up the Shinrin Yoku Taster Session (forest bathing). M joked “will I need to wear my bikini, and hug trees?” whilst laughing.

When M arrived, she was a bit anxious as she said she didn’t really know what to expect.

We took a metaphorical approach to our session on this day to show how easy it is to be curious about things in nature and how that inquisitive nature can be applied to ourselves. M really embraced this idea. She really enjoyed exploring the trees and said how nice it was for the “bird song to replace the internal chatter of her mind”. She soon got into a very relaxed state and gave herself to practice. We taught several relaxation techniques and encouraged them to practice listening to nature, inquiring about themselves and acknowledging how they felt. M stated that the tools and techniques she had learned had really helped to calm and relax her. She also felt that she owned those tools now and would be using them outdoors more to help reduce her anxiety.

By the final session M was much more relaxed upon arrival and greeted us like old friends. During this session we were running some feedback with the support staff. As her OT spent time helping us

with our study M, literally did the whole session without any support. This contrasted with the first session when the OT stayed with her the whole time.

When we revisited this evaluation with M two weeks after the last session, she scored herself at a 3. Again, unsurprisingly this is lower than straight after the Bushcraft session. However, she expressed that she is significantly less anxious now than at the start of the project even though the engagement has ended.

Skills

Before the Bushcraft Session - 0

“I want to learn new skills. I haven’t learned anything new since I finished work. I used to have so many interests. I don’t feel like I have anything to talk to people about because I don’t go anywhere or do anything. I’ve lost myself.”

After the Bushcraft Session – 5

"I would really like to do more of this and learn more. I never thought I would be able to light the fire. I can't believe I did it"

2 weeks after the final session - 3

"I look at the fish I made (in the weaving workshop), I have it on my kitchen wall and every time I look at it, it reminds me of this new journey I am on."

Impact

When M arrived at the bushcraft session, she was keen to try lighting a fire using primitive and alternative methods. She shared that this was something she had always wanted to try, and it was "on her bucket list".

When it came to her turn to have a go at lighting fire with the flint and steel, initially she said no, "I don't want to have a go, I won't be able to do it." She watched as everyone else tried to light the fire. No one got it the first time. It took a while to get used to the technique. Everyone persisted until they lit the fire. This prompted M to say, "Oh go on then, but I'm sure I'll fail." Of course, she didn't fail, she was successful. The joy and pride on her face was insurmountable, she cried, she was so overcome with emotion, but "In a good way!"

At the wreath making workshop she spoke about how it had always been a dream of hers to make a wreath for home and how much her Mum would love it. She took great care and pride in creating her wreath. She cared about the colors, the order in which things were done and was very detailed and thorough in her approach to the making.

At every session that M attended she took a great interest in learning about whatever the session was about. She asked questions and engaged in conversations with us and others about different techniques. What worked well and not so well and what she would do differently if she did it again.

She absolutely loved learning the history and background into the culture of the materials we were using; NZ flax, a plant traditionally used by Maori communities, along with willow and raffia. M made a braided wall hanging and wove a beautiful fish. She experimented with all the different materials, and it was evident how much more self-assured she was, not asking for help or support from her OT.

M scored a 0 on her skill level when she arrived at the Bushcraft and indicated that she was learning anything new or had anything to talk to others about. Following the Bushcraft session, she scored herself a 5, suggesting an 83% increase immediately after.

During the project M learned to make a wreath, weave natural materials, cook on an open fire and light a fire using nontraditional techniques. She spoke of how she had surprised herself and it had encouraged her to want to try more new things. Each person displayed a newfound sense of pride and M felt more positive in her ability and towards what can be achieved with a can-do attitude.

Two weeks after any engagement with the project M scored her skill level at a 3, 50% higher than at the start of the project. Again, suggesting that the project may have longer lasting impacts.

Identity

Before the Bushcraft Session – 0

“I don’t know who I am. I’m lost. I have no identity anymore. I don’t want to just be a diagnosis. I need to feel part of something. Where I’m needed, where I have a role. Where I know I’m valuable.”

After the Bushcraft Session – 5

“I have always seen myself as an outdoor girl”.

2 weeks after the last session - 3

“I need to focus on me and learn how to move forward based on who I am now and not who I was before.”

Impact

M spoke about her loss of identity and ambition and of things she had tried and enjoyed in the past. She also felt she had no conversation or anything to talk about.

During the sessions we learned more about M as she started to reconnect to herself and her interests. She had been a keen gardener and while in hospital spent most days in the garden there. M liked to do Pilates and she enjoyed crafting and any other activities that were outdoors.

The sessions awakened her sense of who she was and who she wanted to be. M spoke about always having been a person who loved the outdoors and was looking to reconnect with herself. She reflected on her past, her involvement with the church and said she was looking for something where she could explore her own spiritual identity. This greater sense of self was something that she desired. M was also able to identify what worked for her, what didn’t and why it didn’t work for her. She had tried a sound bath before and learned that was not for her as it had made her feel more anxious.

However, she identified that outdoor activities suited her restlessness, and that she loved being outside, this is part of who she is.

As the different sessions were held, M started to take more pride in her appearance. She would make an effort and be beautifully turned out, wearing bright colours. It was clear she was starting to take more notice of herself and was feeling feminine and more comfortable in her skin.

At the start of the project M scored herself a 0 when it came to Identity. At the end this had increased by 83% to 5.

Two weeks after the last engagement M scored herself a 3 for Identity. This gives an overall improvement of 50% since the start of the project.

Throughout the project M has displayed that she is starting to connect to herself and has a greater sense of who she is and who she wants to be.

“The next thing I want to achieve is I want to wild swim and hopefully one day be involved in a triathlon. I have always dreamt of doing something like this. I will start with doing some longer walks and some observational writing.”

Summary

M describes having been on a transformational journey during this short project. Her feedback and our observations have evidenced the significant impact this project has had.

This statement is supported by her OT who stated,

“Since being on this program with M, I have seen a huge change in her presentation, she was always doubting herself, never really made eye contact and didn't want to mix. She is now caring about herself, using all the new skills with her senses and feels much safer and happier. The fire was a huge turning point for M. She now believes that she can recover and is hoping to have her medication reduced. She is so much stronger and self-assured and is beginning to know her value.”

The Growth Evaluation Tree gives us a real insight into the impact M feels these sessions had on her wellbeing. When she first arrived for every element that she chose to measure, she scored herself at

a 0. The lowest possible answer she could give. After the buzz and excitement of the Bushcraft session these scores shot up by either 83% or in the case of Purpose and Anxiety by 100%.

These results are significant and do suggest that the sessions have been beneficial. However, in order to find out if there had been any longer lasting impacts after the end of the project we revisited the Growth Tree, two weeks later, to score it again.

Unsurprisingly, these scores levelled out following the high of the session. However, even weeks after we finished our sessions, she had increased her score by up to 50% in all areas. This would suggest that the impact of the project has been translated into M having a more positive outlook.

Overall, M believes that the project has had a significant impact on her wellbeing. “Small steps have enabled bigger steps. It's helping me to grieve for my lost life and look forward to my future.” She said that this experience has bought something for her soul that she had been lacking.

“I'm tired of being a human doing, I want to be a human being”

M is keen to carry out more sessions with us, especially bushcraft, fire and food. She said she is hopeful we will be able to find some funding to set up a regular meeting as a women's group and get more people exposed to the group and the practices she has been learning.

APPENDIX ii: Green Providers - Green Social Prescribing Survey

1.How do people currently find out about your project? Multiple choice. Dr Surgery

Posters in Community Places

Social Media

Word of Mouth

2.If you answered 'other' please specify here: Single line text

Enter your answer

3.Do you currently take referrals on your programmes, if so, are the referrals made frequently?
Single line text.

Enter your answer

4.Have you ever had any inappropriate referrals?Single choice. Yes

No

Maybe

5.Do you ever struggle to reach suitable participants for your programme?Single choice.

Yes

No

Maybe

6.If you answered yes to the above question, do you have any thoughts as to why this may be?Single line text.

Enter your answer

7.Do you feel your project is understood across the Health Service?Single line text. Enter your answer

8.Do you currently provide a suitability criteria for referrers to understand who will benefit from your service?Single choice.

Yes

No

9.If you answered yes to the above question, what information do you include? Single line text.

Enter your answer

10.If you are interested in being involved in a focus group to develop a suitability criteria please input your email address here.Single line text.

Enter your answer

Service users - Green Social Prescribing Research Study

The survey will take approximately 5 minutes to complete. To be completed by Service users working who could benefit from Green Social Prescribing.

LEVEL 1: Initial survey

Your survey will remain anonymous. We only require your contact details if you are willing to participate in LEVEL 2 and/or 3 of the Research Project.

1.Have you heard of Green Social Prescribing? Single choice.

Yes

No

2.If you answered yes can you describe what it is?Single line text. Enter your answer

3.If you have never heard this term, it means doing an activity in nature will improve your mental and physical wellbeing. Is that a statement you agree with? Single line text.

Enter your answer

4.Have you ever accessed a Green Social Prescribing Project / or participated in an outdoors /nature project to improve your health?Single choice.

Yes

No

Maybe

5.If you answered yes, what project did you take part in and what activities did you do?Single line text.

Enter your answer

6.How effective do you feel Green Social Prescribing Projects is as a treatment for the following?Likert.

	Do Know	Very Effective	Somewhat effective	Neither effective	Somewhat ineffective	Very ineffective
--	---------	----------------	--------------------	-------------------	----------------------	------------------

				nor ineffective		
Physical						
Social						
Emotional						
Mental						
Spiritual						

7. Currently, how likely are you to do the following? Likert.

	Very likely	Somewhat likely	Neither likely nor unlikely	Somewhat unlikely	Very unlikely
Go to a project recommended by your doctor					
Self refer to a project recommended by a peer					
Self refer to a project from a leaflet or poster					
Referral from a health professional					

8. What barriers may currently stop you from accessing projects in your area? Single choice.

Lack of knowledge of Green Social Prescribing

Feeling uniformed of what is available to you

Lack of confidence in self

Lack of confidence in providers

unsure how suitable the project is for you as an individual

unsure of accessibility and support to get you there

unclear who the projects are for and how to sign up

Other (PLEASE STATE)

9.What would be the best way to communicate with you about the opportunities available to you?Single line text.

Enter your answer

10.What information do you think would be helpful for the providers to know about you in order to best support you accessing their project?Single line text.

Enter your answer

11.If you are happy to be part of a deeper dive survey over email, please input your email address below Single line text.

Enter your answer

12.Are you willing to be interviewed about this topic at a time that is suitable for you? (30 minutes)Single choice.

Yes

No

Maybe

Health Care Professionals - Green Social Prescribing Research Study

The survey will take approximately 5 minutes to complete. To be completed by Health Care Professionals working with patients who could benefit from Green Social Prescribing. LEVEL 1: Initial survey

Your survey will remain anonymous. We only require your contact details if you are willing to participate in LEVEL 2 and/or 3 of the Research Project.

Section 1

1. Job Title Single line text.

Enter your answer

2. Brief description of your role Single line text.

Enter your answer

3. How effective do you feel Green Social Prescribing is as a treatment for the following? Likert.

	Don't Know	Very effective	Somewhat effective	Neither effective nor ineffective	Somewhat ineffective	Very ineffective
Physical						
Social						
Emotional						
Mental						
Spiritual						

4. Currently, how likely are you to do the following? Likert.

	Very likely	Somewhat likely	Neither likely nor unlikely	Somewhat unlikely	Very unlikely
Refer your patients to a Green Provider					
Read emails, flyers from Green Providers					
Attend an open day to					
find out more about what is on offer					

5. What barriers may currently prevent you from referring your patients? (Please tick all that apply) Multiple choice.

Lack of knowledge / understanding of Green Social Prescribing

Feeling uninformed of what is available to you

Lack of awareness / confidence in Green Social Prescribing

Lack of awareness / confidence in providers

Being unsure of the suitability of placements for individual patients

unsure of accessibility and what support is available for individuals

unclear who the projects are aimed at and what the signing up process entails Your capacity

Other (PLEASE STATE)

6.How do you currently find out what Green Social Prescribing Projects are available and who they are aimed at?Multi Line Text.

Enter your answer

7.What would be the best way to communicate with you about what opportunities are on offer?Single line text.

Enter your answer

8.What information would be helpful for you to know when deciding suitability of an individual to a project?Single line text.

Enter your answer

9.Please share your thoughts on Social Green Prescribing and include any ways you can see to improve the current take up of referrals. Multi Line Text.

Enter your answer

10.Are you currently a part of the Green Social Prescribing Network?Single choice. Yes

No

Maybe

11.If you answered yes to the last question, how do you feel the Network could be improved?Multi Line Text.

Enter your answer

12.If you are happy to be a part of a deeper dive survey over email please input your email address belowSingle line text.

Enter your answer

13.Are you willing to be interviewed about this topic at a time that is suitable for you? (30 minutes)Single choice.

Yes

No

Maybe



THE GROWTH PROJECT - OUTDOOR WELLNESS

ENVIRONMENTAL CRAFT WORKSHOP - SUITABILITY

Further Information

This is the first of 3 diverse outdoor sessions and could benefit;

- Anyone living in the community who could benefit from a friendly, creative group activity in a green space.
- Due to our staff limitations participants should be ready to engage or are welcome to join us with their own support. Please note that unfortunately, due to resources, support staff / friends will not be able to make their own piece.
- This will be a small group of up to 8 people (some with support) although we may get visitors throughout the session.
- This is an individual activity but with the opportunity to work with others.
- The session is led by Natalie and Donna and you can contact us with any questions/concerns or to book your place on 07955671685 / 07861728368

PEOPLE

- Group of up to 8
- Book on to take part
- One Peer Support Worker on staff
- Ready to engage or supported
- Arrive at start time, if you can, but free to leave when you like
- This is a new group
- Let us know about any allergies or special requirements upon booking

ENVIRONMENT

- In a Victorian Greenhouse - it will be dry, but COLD! - Wrap up warm.
- Easy to get to - good bus links
- Toilets a short walk from the building
- Good accessibility / flat / no stairs
- Tables and chairs
- Drinks provided but you may want to bring a snack



ACTIVITY

- Free Activity / No Cost
- Make something from natural materials and take it home with you
- Yakes between 1 and 2 hours
- Some level of dexterity required but full support given
- Relaxed activity
- All equipment and materials provided
- Structured session - fully facilitated
- Flexible / adaptable



THE GROWTH PROJECT - OUTDOOR WELLNESS

FOREST BATHING - SUITABILITY

Further Information

This is the last of 3 diverse outdoor sessions and could benefit;

- Anyone living in the community who could benefit from a friendly, creative group activity in a green space.
- Due to our staff limitations participants should be ready to engage or are welcome to join us with their own support.
- This will be a small group of up to 8 people (some with support) although we may get visitors throughout the session. Please wear appropriate footwear and bring a hot drink in a flask if you can.
- This involves a gentle walk around woodland an parkland. Low level of fitness required but ground is uneven so be mindful of mobility. To discuss this further please get in touch.
- The session is led by Natalie and Donna and you can contact us with any questions/concerns or to book your place on 07955671685 / 07861728368

PEOPLE

- Group of up to 8
- Book on to take part
- One Peer Support Worker on staff
- Ready to engage or supported
- Arrive at start time as we will be walking away from meeting point.
- This is a new group
- Let us know about any allergies or special requirements upon booking
- Wear appropriate clothing & footwear!

ENVIRONMENT

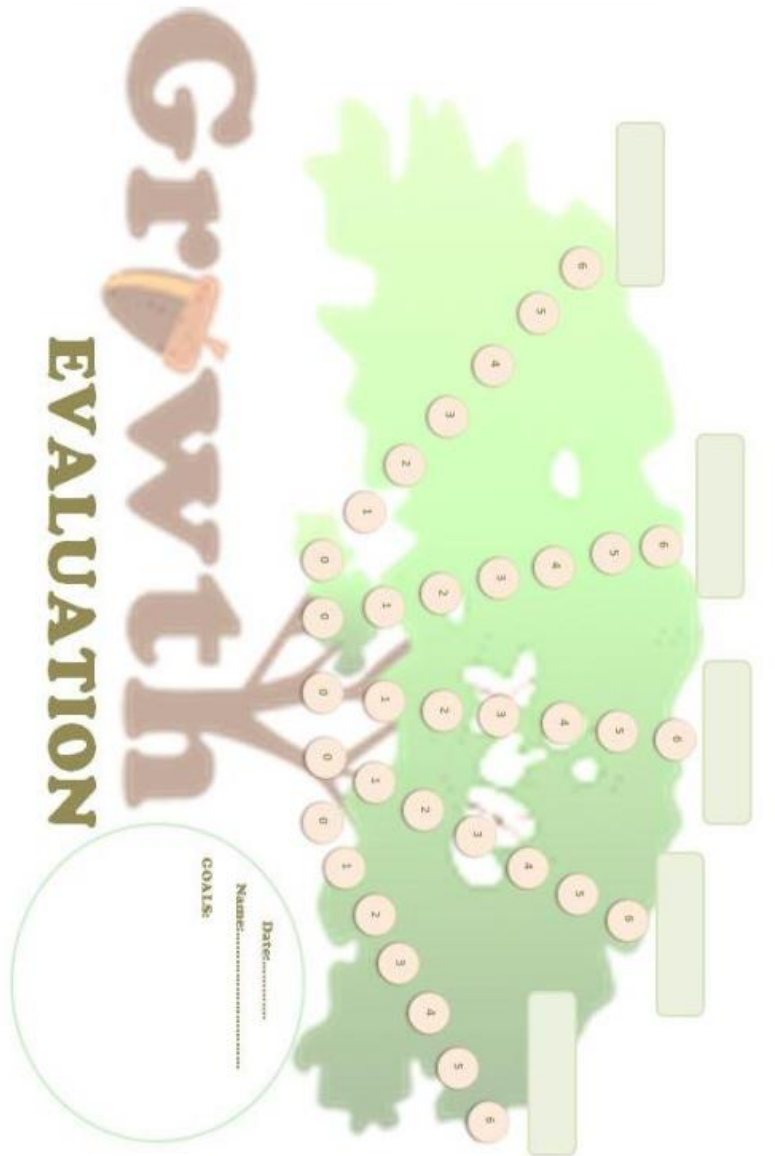
- In a woodland - It will be beautiful and wild, but COLD! - Wrap up warm.
- Easy to get to - directions and bus routes will be given upon booking.
- Plenty of parking
- Toilets available
- Uneven ground, plants, insects, shaded etc
- Bring a hot drink &



ACTIVITY

- Free Activity / No Cost
- This is a gentle mindful activity, connecting you to your environment
- You will be invited to take part in a number of solo and group activities. You can choose to join in or opt out of any of them.
- Walk will be gentle and contemplative
- Relaxed and meditative
- Flexible / adaptable

APPENDIX iv) Evaluation Tree





Appendix 4b

Craft Wood CIC GreenSPring Test and Learn Report

Project Overview

As part of the GreenSPring test and learn pilot, Craft Wood were tasked with delivering a programme of nature based outdoor activities to improve mental and physical health. Craft Wood were asked to focus on 'moving on' participants - supporting individuals to become confident enough to access level 1 provision independently beyond this short programme of activity.

Delivery was divided into two strands of activity, allowing exploration of which type of activity might be better suited to assist Green Social prescribing participants to move on.

Testing took place between September and December 2022.

Two 7 week long programmes of Green Crafters ran on Thursdays.

Green Crafters sessions engaged in gentle physical activities in the woodland and basic green wood working skills. Participants identified something that they would like to create and were then supported to fell the wood and create the item across the duration of the project - returning to continue working on the same thing each week and creating something at the end of the course to take home. This allowed development of a particular skill set that could potentially be consolidated beyond the scope of the sessions.

Sessions were bespoke and person centered with participants deciding what they would like to create. Participants chose to create shaving horses, stools, tables and a bench.

Two 7 week long programmes of Art In The Forest took place on Saturdays.

Art In The Forest sessions engaged in the arts outdoors under a parachute, creating work that drew inspiration from the natural woodland environment and learning a new skill each week. Participants created something each week to take home. These sessions gave participants an introduction to multiple skills throughout the course, enabling access to a wider pool of activity that may be continued or learnt in more depth beyond the scope of the sessions.

Activities introduced included needle felting, wet felting, lino printing, screen printing, willow weaving, hand built ceramics, wheel thrown ceramics, raku pottery, natural printing, natural dyes, arm knitting and wreath making.

Both strands of delivery were structured as three hour skills based delivery, followed by time to be in the woodland. Hot drinks were served around a fire during this period. This time allowed participants the opportunity to either continue creating or wander around and explore the

woodland. It was structured to encourage socialization between participants in a relaxed and informal environment.

Green Crafters sessions were devised and programmed by Craft Wood CiC CEO Thomas Erskine. Art in the Forest sessions were devised and programmed by Craft Wood CiC Artistic Director Abbie Canning.

Skills based activity was delivered by a variety of freelance practitioners, with support throughout the course from Craft Wood CiC staff trained in Mental Health First Aid.

Goals

1. Support participants to move forward to other activities and engagements following their attendance.
2. Assess the potential impact of the Green Social Prescribing activity on participants mental wellbeing.



Programme Delivery

Marketing

Sessions were marketed through a two strand approach - digitally and physically to GPs/healthcare providers AND participants.

A flier was produced outlining the sessions and this was circulated digitally to GP surgeries, Social Prescribing link workers and healthcare professionals. We then followed this up with providing a physical copy to local GP surgeries.

To market directly to participants the flyers were distributed physically across community notice boards and provided to venues such as libraries and post offices. This flier was also posted digitally across social media - facebook, twitter and Instagram.

The majority of referrals for the first blocks of sessions came through social media - with Facebook being the most popular. These were all self referrals. A number of attendees expressed anxiety about the need to go for an additional appointment to their GP for an 'official' referral, but felt confident that their GP would approve and support the referral.

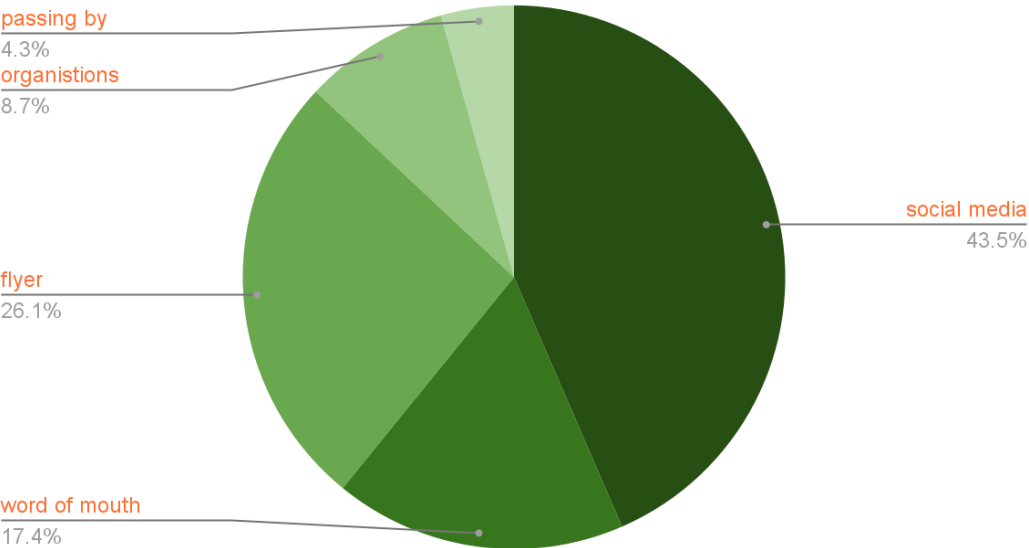
What appears to be happening is that people who self-refer through social media are on the look out for more support than they are currently receiving through statutory services. They attend and feedback their experiences to their GPs/therapists/ professionals supporting them, which spreads awareness of the offer and drives further referrals from these professionals.

The second block of sessions saw more participants making self referrals who had been signposted directly by professionals. These professionals appear to have developed a growing awareness of the project from other patients they were supporting and were signposting accordingly.

Self referrals were generated through sign-posting from organisations including:

- NHS Community Mental Health Team
- Derbyshire Federation of Mental Health
- Recommendations from therapists
- Posters displayed in Ripley and Alferton libraries

How did you hear about these sessions?



Enrolment

Upon initial enrolment, participants were asked to complete an online form to capture pertinent information - which also included outlining any health needs.

This allowed us to make a follow up call for an informal chat and/or make any necessary adaptations prior to a first attendance, if required. This proved beneficial to a number of attendees and helped us to account for limited mobility, ensuring each session was accessible to all participants.

We also hosted familiarisation visits for attendees who emailed enquiries and expressed anxiety about attending, prior to enrolling. This allowed potential attendees to meet staff for a 'cuppa and a chat' prior to their enrolment and first session. This helped to improve confidence of participants who may not have attended otherwise due to their high anxiety, providing familiar faces at their first session.

A few days prior to the initial session a welcome email was sent to all attendees. This outlined how to find us and also shared information about the working environment and suitable footwear etc.

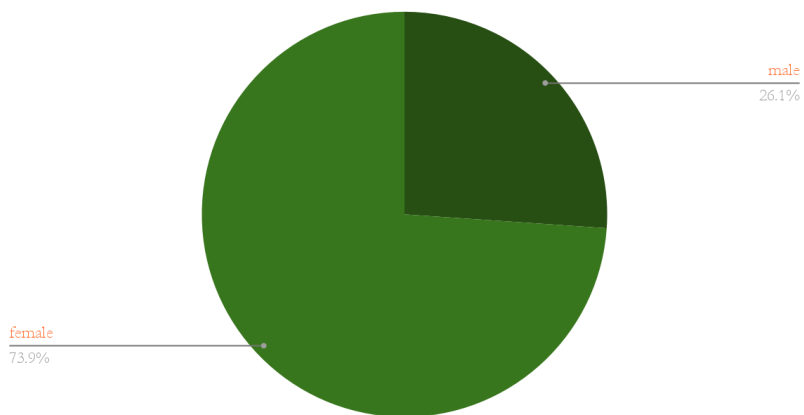
This email included a link to our FAQ page, giving attendees more understanding and in what to expect when they turned up for a session. This was reported to have helped ease anxiety significantly.

Once the course began, we closed to new referrals - signposting to the next block of sessions when subsequent enquiries were received.

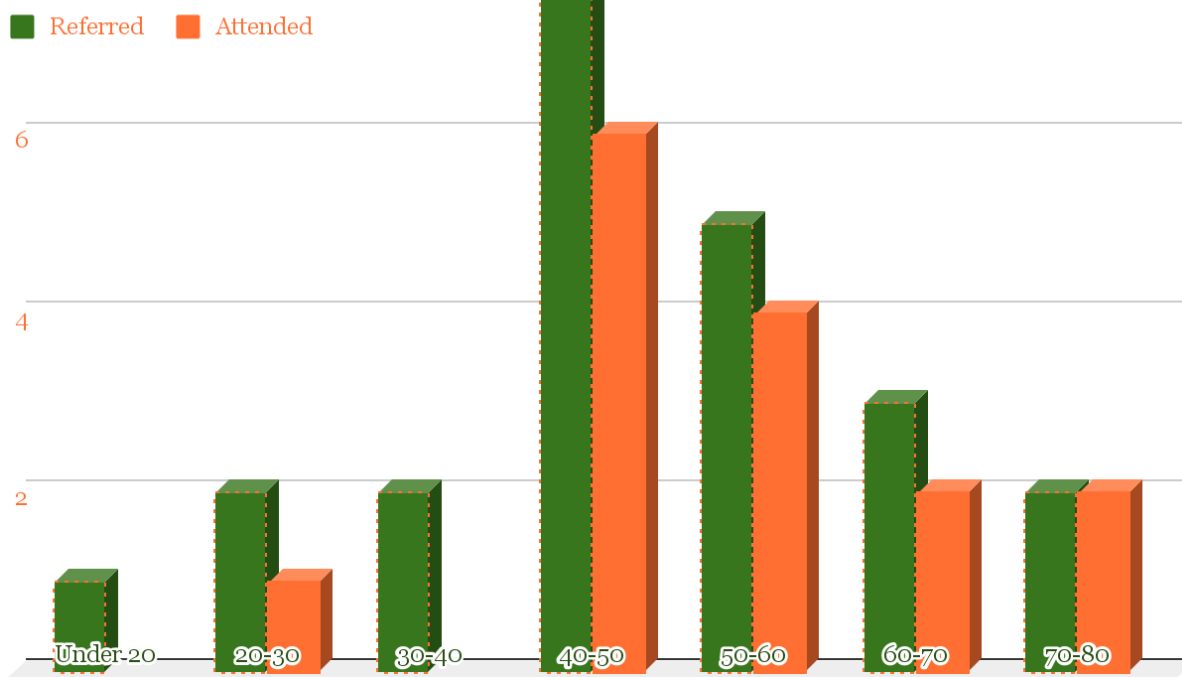
Following each session, a general email was sent thanking participants for their attendance and hard work, often enclosing a few pictures of the activity.

Mindful of the propensity for rumination with depression, the day before the next session a further email was sent checking in with each attendee. This was a light touch personal email with mention of the forecast temperature, weather conditions, general mention about the planned activity or biscuit choice for the day! Both emails were sent in order to open up a platform for communication - allowing participants to make contact and voice any concerns/annuities or thoughts that may have arisen about the last session and may detrimentally impact future attendance. This approach supported participants to attend subsequent sessions confidently, cultivated a feeling of connectedness and belonging to the group and made participants feel valued and well supported.

Gender Split

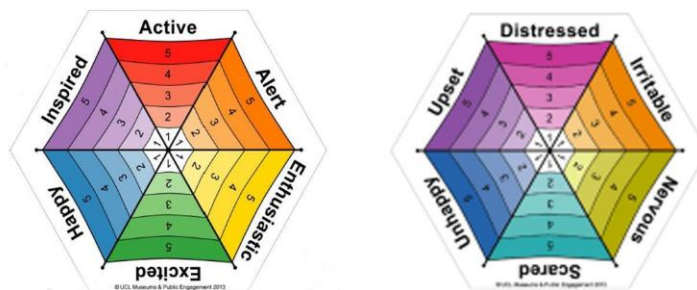


Age of Participants





Wellbeing Outcomes



Craft Wood used the UCL Museum Wellbeing umbrella, establishing a baseline at the beginning of the session and again at the end - asking participants to rate on a scale of 1-5 against siu positive and siu negative feelings.

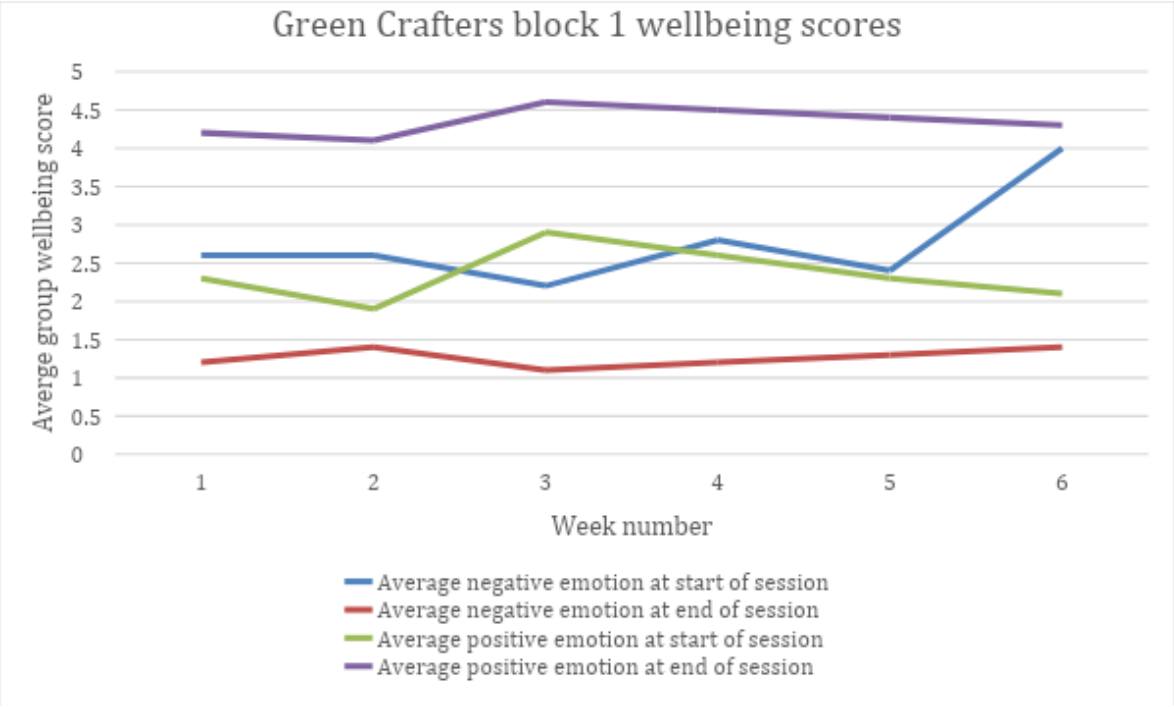
The whole evaluation process was found to be a barrier for some participants - particularly those with high levels of Trauma/PTSD. It proved difficult for these participants to complete within the workshop environment and caused some stress. A number of participants asked if they could complete the evaluation at home and email back or bring the completed form along to the next session as they found it too stressful within the session.

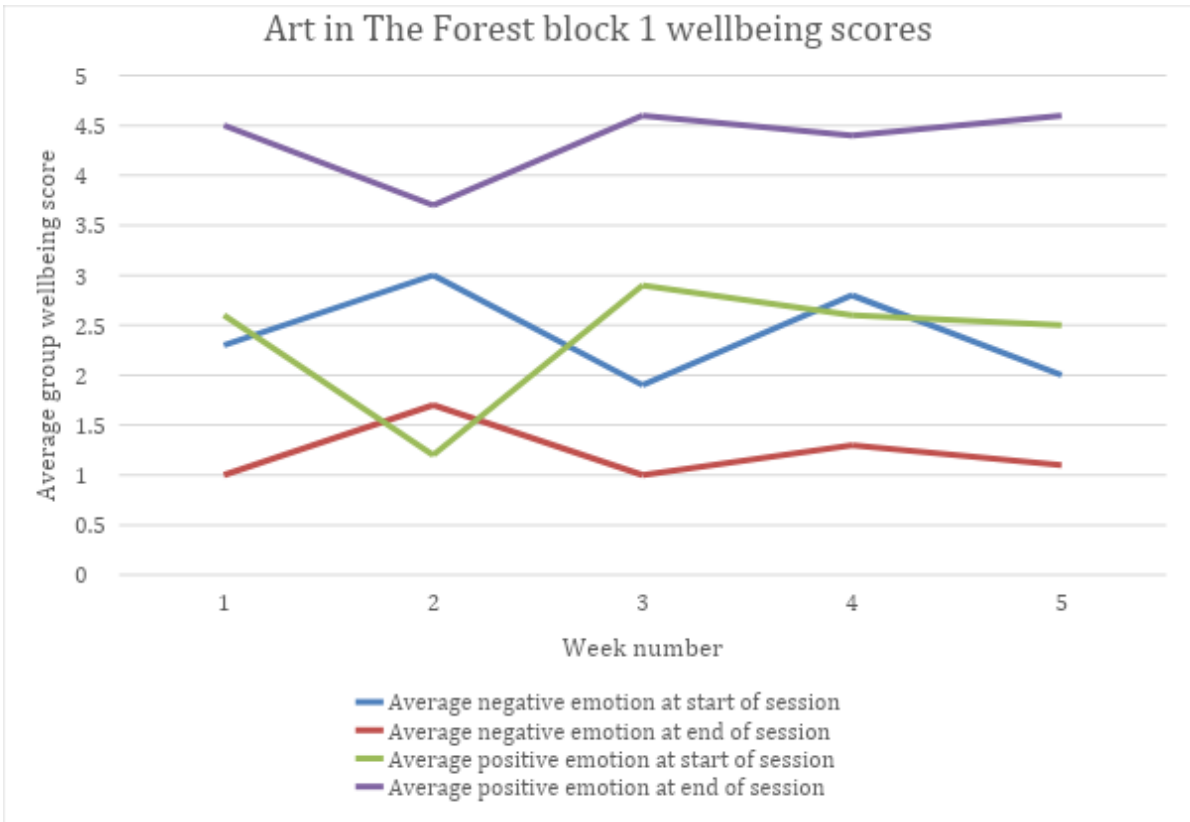
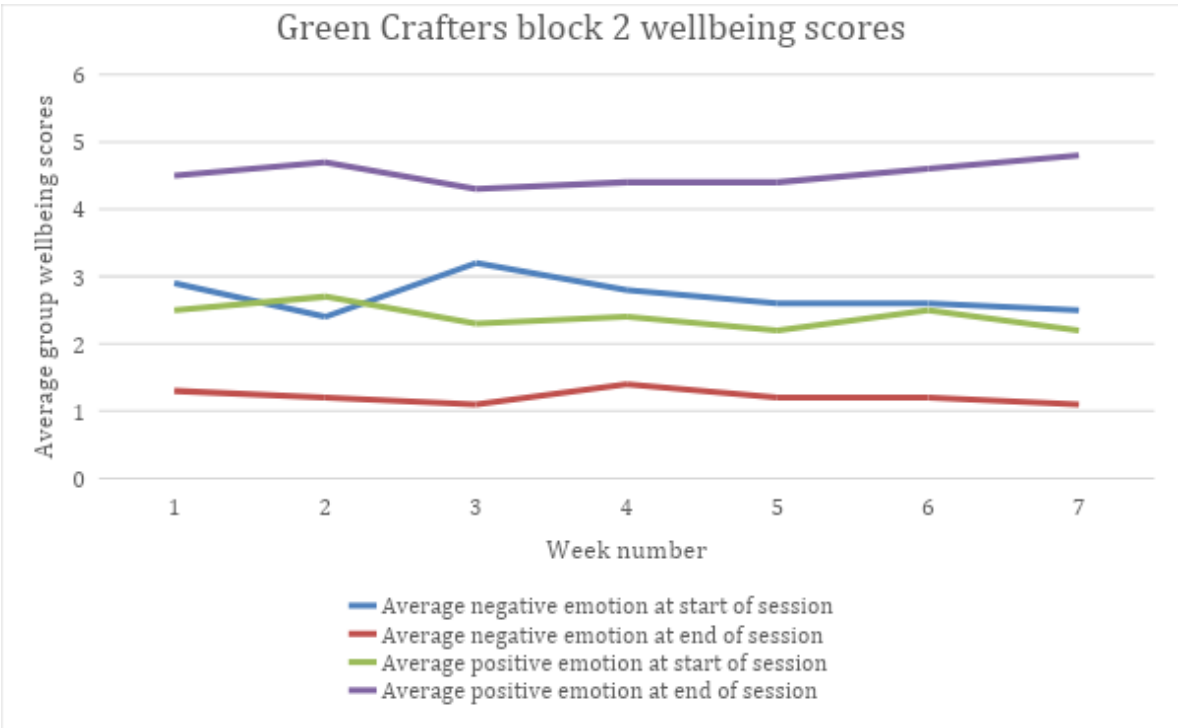
The results of the groups increase in positive feelings and decrease in negative feelings can be seen in the Group Wellbeing charts below.

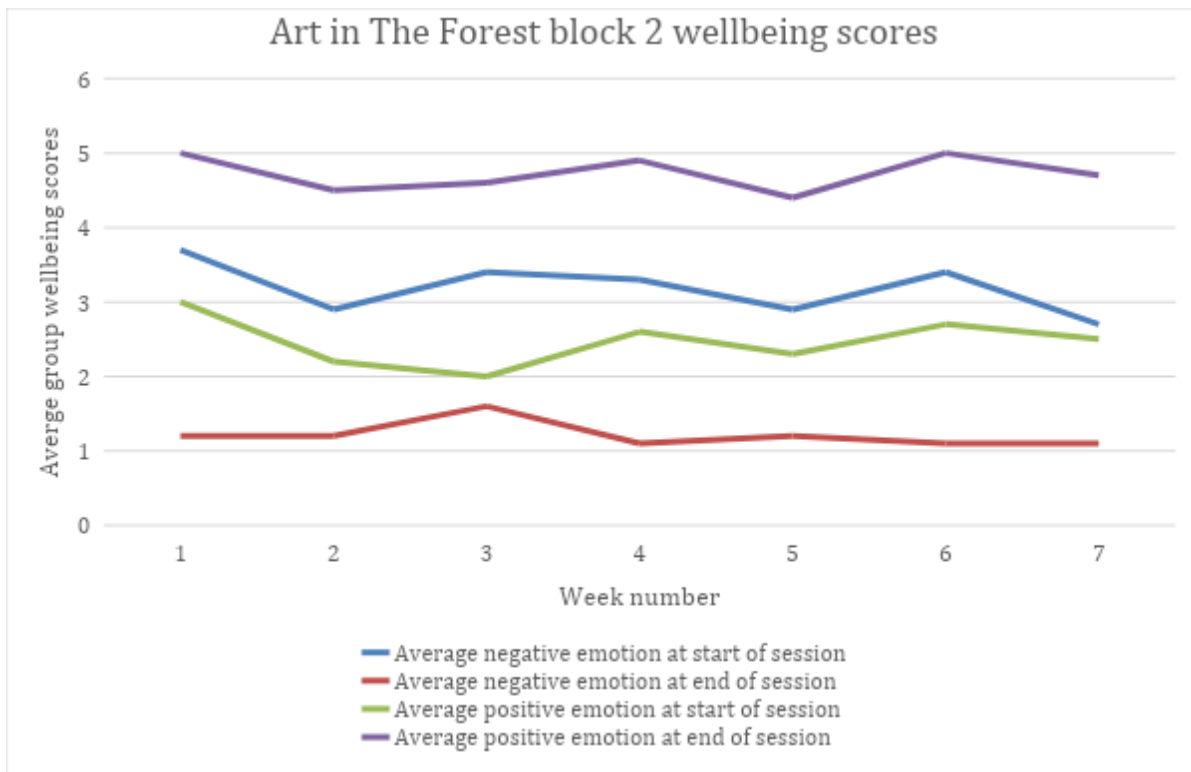
All participants benefited greatly from the project, with increased impact in the second block of sessions.

The second block of sessions were adapted slightly following learning taken from the first block of sessions, following our evaluation of what worked well and what could be improved.

The second block of sessions also saw an increase in participants who had more acute needs and the impact on these participants was particularly evident.







'Moving On' Outcomes

Initially, when developing the programme we had decided to allow participants to attend just a single six week block, before supporting participants onwards to other activities. This was to help us to evaluate

Throughout programme delivery it became apparent that the limited 6 weeks offer served as a cause of anxiety to many participants.

As the programme was underpinned on the five ways to wellbeing, we chose to offer a further six weeks focusing on 'giving back' - whereby participants could make something that would stay in the woodland. This allowed participants to relax and not become so preoccupied with the ending.

During the programme delivery we provided a digital copy of the [Five Ways to Wellbeing Booklet](#) produced by Devon Partnership NHS Trust to support the experiences in the woodland. We had found this booklet a good example of encouraging people to think and consider the 'Five Ways to Wellbeing' as it includes a few prompts and questions that can be completed by participants to think how they could incorporate small changes to support themselves in their own lives, beyond the scope of the sessions.

During the programme delivery we supported people to develop skills that they could then continue to hone when not at Craft Wood.

This included supporting several participants to make a shaving horse so they could continue working at home. At the end of the course we loaned a draw knife so they could use their creations at home without having to purchase anything. We welcomed people to drop in to return the tool at a later date - and this 'loan' served as a transitional object lessening peoples feeling of 'abandonment' and 'falling off of a cliff edge' at the end of the course.

Participants who attended Art In The Forest made their own silk screens and were provided with a squeegee to keep, allowing them to continue this activity at home. After each creative session, information was provided via email to where materials for the particular activity that they had undertaken that day, could be sourced/purchased.

We also signposted to further activity in the community - both paid and free opportunities. For example, we signposted and provided information about pottery courses in the local area; craft groups; men's groups and wood work groups.

At the end of the course we also provided a digital copy of the University of Derby's [The Nature Connection Handbook](#) from the Nature Connectedness Research Group, providing further reading and containing ideas to help support participants to continue their connection with nature following their time in the woodland.

Finally, we also provided information about the University of Derby short FREE Mooc course Nature Connectedness: a new relationship with nature - potentially giving participants something further to engage with following their completion of the course.

The sessions definitely reduced social isolation, with several participants arranging to meet up outside of sessions. The sessions cultivated a mutually supportive environment and participants began to share lifts to and from, improving the carbon footprint of the course.

Upon reflection, we should have sent out a follow-up evaluation six weeks after the end of the course to measure the take up of these other offerings - which would have provided more data on the effectiveness of the different approaches that were employed to support people to 'move on' from the support given.



Participant Quotes

'I had a really enjoyable time and have felt a shift in my energy at home too! I've been more creative which feels positive. Thank you'

'Thank you so very much for today's session. I have had a really difficult and troubled few weeks and I wasn't sure I would be able to come today. I'm just so so glad you were kind and sent a taxi that scooped me up and let me "just be" with you and the group today. Today's session has revitalised my spirit.'

'I feel a real sense of achievement today. Not only did I manage to keep concentration, be with other people, connect and feel part of something, I also made a blanket that I'm so proud of!'

'Thank you again for such a positive day yesterday. I so appreciate the sessions.'

'Am really enjoying the sessions and look forward to it during the week'

'I thoroughly enjoy the experience. I like the way it is punctuated with walks and drinks as well as an upbeat atmosphere.'

'All levels of creativity are positively encouraged and I feel I'm learning lots, not just about art but how to re-engage socially.'

'It's the only time I connect with a group of people and I feel it's really helping me'

'The whole vibe of the sessions, from the welcome, the drinks, the workshops, facilitators, the walk in the woods was wonderful. I was very nervous beforehand but felt welcomed and calm whilst there. The whole group were lovely too. I can't wait for the next session.'

'Today was the anniversary of my sister's death. I started pretty awful. The session and being in the wood was just what I needed. It directed my attention and calmed me. Thank you.'

'Just home and wanted to say thank you so much for today. I feel so energised. Being able to bring the screen and wiper thing home will really give me the chance to continue on this new creative path!'

'I've learnt a lot and really grown to appreciate this special place hidden away in the woods. Thank you so much for allowing me this time in the woods and for your help in learning some new skills. 12 weeks in the woods has done exactly what it was meant to do.'



21st March 2023

Craft Wood CiC

contact@craftwood.org.uk

Appendix 4c

Derbyshire Wildlife Trust Cherry Tree Close Test and Learn Report



Derbyshire
Wildlife Trust

Co-designing a programme with NHS health professionals, Derbyshire Wildlife Trust and Clients.

December 2022



Outside space at Cherry Tree Close where most sessions were held, Emma Dickinson-Wood

Introduction

GreenSPring Test and Learn Pilot Project

The aim of the commissioned work was for a green provider (DWT) to work with Derbyshire NHS Healthcare Foundation Trust (DHCFT) to co-produce a test and learn pilot project to be run on site at Kingsway Hospital with the clients from Cherry Tree Close. The project aimed to:

- Focus on potential progression routes for participants, through delivery of a Level 4 (GreenSPring levels) intervention to encourage progression in recovery through to community activity.
- Deliver a 12-week programme to improve clients' wellbeing and increase connection to nature.
- Create wildlife and habitat features to benefit the local community at Kingsway hospital.
- Evaluate the programme and learning throughout the pilot.

Location

"Cherry Tree Close is a mental health rehabilitation and recovery unit, providing assessment, care and treatment to service users. The accommodation, in an open, relaxed, tree-lined environment, comprises of five self-contained bungalows for either four or five service users." NHS 2022

Cherry Tree is for clients with a diagnosis of severe and enduring mental illness.

Wildlife Hotel and Bee Home, created during the project Co-Design

A Co-designed Programme

After an initial co-design meeting with DWT, Wild Wellbeing Team Leader and Lead Occupational Therapist from Cherry Tree it was proposed that the programme would:



- Be no longer than one hour in duration as it was felt that this was the maximum concentration levels of the patients.
- Create wildlife habitats and increase the biodiversity in the garden.
- Be fully risk assessed by both parties.
- Always have an OT or staff member from Cherry Tree present at the session to support clients.
- Collect anonymous evaluation from the clients.
- Allow DWT trainees to attend sessions to observe and assist.
- Allow tools to be used if counted in and out.
- Provide an indoor space in case of adverse weather.
- Have very flexible and fluid plans for activities and habitats that could be achieved within the programme.
- The programme design was to be guided by clients.

Overall, by increasing the biodiversity of the green spaces at Cherry Tree and creating wildlife habitats with clients, it will simultaneously increase their connection to nature and improve wellbeing. In addition, the spaces created will be a place of distraction for clients, somewhere

that they can use their senses to connect with nature and watch the nature around them. A space to get away from things, reduce feelings of boredom and being cooped up

The Programme

Delivery

Over the course of 12 weeks a number of habitats were created including a wildlife hotel, bird feeding table, bird feeding stations and feeders, hedgehog homes, wildflower meadow tyres, butterfly houses, sensory planting, bee homes and bird boxes.

As the programme evolved, sessions were adapted to suit individuals interests and abilities as far as was possible.

“Some of us.... go to a nature group which seems to help us in ways we do not understand or are easily aware of. This involves an animal environment where we make bird feeders. I remember one day when I was feeling not very good being amazed by being outdoors in the sunshine + feeling close to nature “

Observations during the programme Patient numbers varied each week.

Different people's attendance varied but with some attending most sessions. Clients' own mental health seemed to vary week to week.

Strength and concentration improved significantly for many.

Less repetition of instructions needed for those attending repeat sessions. Confidence in the clients' own abilities grew.

Group cohesion, camaraderie and teamwork began to flourish.

There was a social group forming with much supporting and encouraging each other.

Clients began actively discussing what they had seen and done during the week between sessions

Evaluation

There is a wealth of research and data available that shows time spent in green spaces and connecting with nature improves wellbeing. This pilot study's most significant impacts have been recorded in the qualitative data collected, through the observations of NHS staff, Derbyshire Wildlife Trust staff, clients' comments during sessions and comments made to NHS staff outside of the sessions. There have been notable differences in clients and the programme has presented numerous opportunities for NHS staff to engage with some clients in ways which they were not previously able to.

Client's feedback



Session Attendance

Week	1	2	3	4	5	6	7	8	9	10	11	12
Attendance	8	3	4	4	7	6	5	4	6	6	4	4

Success stories

One client had been in the bungalows for two weeks without coming out of his room or speaking to the OTs. upon finding out about our wildlife sessions he came along to join in and participated. He had a great knowledge of birds and wildlife. This enabled the OTs to engage with him and talk about arranging for him to go bird watching. Since this, the service user has engaged in bird watching within the local community.

Another client exhibited changes in their wellbeing after the sessions such as a reduction in anxiety and much less reassurance needed, this then enabled opportunities for assessment that the OTs had not previously had.

The session was a distraction for a relapsing client who found the sessions mindful and relaying when they were outside. NHS Staff feedback

“Facilitating staff also observed the benefits of the sessions amongst the service user group. It was noted that those experiencing anxiety, appeared to have a reduction in anxiety related symptoms whilst participating and that the facilitation of groups within the natural and open space, often encouraged service users who don’t usually enjoy group environments to engage. The staff from the wildlife trust were observed to be adaptive and inclusive in their approach. Despite this being the first group they had run within a mental health setting, the group facilitators were understanding of different service users' presentations and the need to provide a range of activity and support. This increased the engagement and made the group one of the most diverse groups that we have run on the unit. “

“...We were talking yesterday about the positive outcomes we have observed, it’s really lovely to see how much service users are enjoying it”

Some NHS staff were pessimistic about the project to begin with and thought that it would be hard to engage clients, however after a few weeks they really began to see the benefits of the group and the positive differences it was making to the clients, both individually and as a social group together.

Observations from DWT trainee

“I went to multiple sessions at Kingsway a few weeks apart. At the first session the patients really struggled to comprehend instructions and seemed to have low confidence asking multiple questions about creating a small bug hotel. They struggled to place bamboo sticks into a plastic bottle, and some got frustrated easily. After a few weeks, I returned and the patients were making bird boxes, the instructions were minimal, and they completed the task with time to spare. The overall feel of the group was much more upbeat. “The data show a general increase in wellbeing of one step up the ladder and an average increase in feeling closer to nature of one step closer to the tree. However, the data collected were sparse and impacted by various factors.

IMPACT TABLE
Proposed garden working area was deemed unusable after week 2 due to rotting planters.
Some clients were discharged so data unavailable for comparison.
There were also service users who relapsed during the course of the group, however, some continued to participate at a lower level, however it did help to take their mind off other things that they were experiencing.
At times, the weather impacted the way in which the group was run, causing it to have to move indoors. Some service users felt less confident within the group environment when it was in a closed space therefore, did not attend groups indoors.
Some original data collected was incomplete for comparison.
Data collection using the weekly form started during the project not from the beginning. This was because the original evaluation forms proved too complex for clients to comprehend and therefore unable to complete.

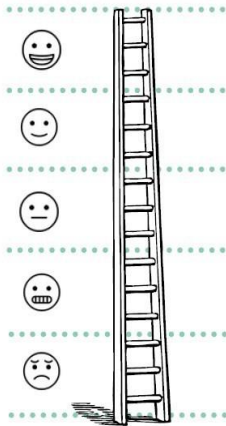
Example evaluation form



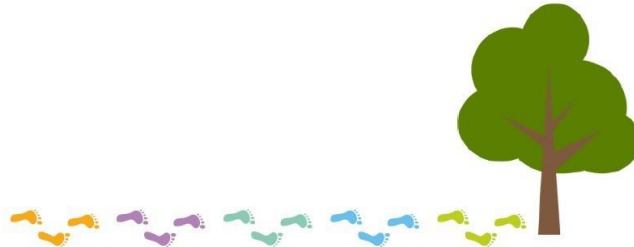
Derbyshire
Wildlife Trust

Name

Date



How do you feel right now?
Draw yourself on the
wellbeing ladder.



How close to nature do you feel right now?
Draw yourself on the path.
Closer towards the tree means that you feel closer to nature.

Case study: Written by Lead Occupational Therapist about Service user J

During the first week of the group, one of our service users attended the group when prompted. Although he demonstrated as willing to attend and participated passively in the session making a bird feeder out of an apple, he was observed to leave part way through the group before returning. He then sat playing games on his phone which was on loud whilst the facilitator was talking to the group and required several prompts to put it away. This was behaviour that was also observed in other groups where he was observed to have difficulty adhering to social norms and sharing with peers, often finding boundaries difficult. He did not attend the second week, however, with prompts, began attending each week. As time went on, it was observed that he would ask to attend the group each week and was waiting at the allocated time. It was observed that he very much enjoyed the hands on tasks and would engage really well in tasks such as making bird tables, feeders and butterfly houses. For this reason, each week, the facilitator ensured she planned one more complex task for him to complete that involved a hands on project. He then began working with his peers to make these items, taking instruction from others and using his problem-solving skills, something which previously he had been reliant on others for. During one group he was observed to work collaboratively with his peer to build a bird table. The instructions for the table were quite poor and caused some frustration, however, he worked with his peer and staff to problem solve, being observed to try the pieces in different positions and offer praise to his peer when they worked things out. He was more accepting of feedback that he had placed something wrong and worked collaboratively to change what he had done. Since attending this group, the service user has displayed an interest in completing a construction course due to his skill and enjoyment in building things and has since been accepted at supported

accommodation. The service user gave the below comment sharing his view of the group and recognising the progress that it has helped him to make:

“At the start of the wildlife group I would be on my phone a lot. I was selfish by using up the lady’s time. However, at the end, I was caring towards others, committed to the task, able to work as a team “My social skills have improved. I feel more caring towards others”

Case study: Habitats created by



Derbyshire Wildlife Trust Contact

Wild Wellbeing Leader Emma Dickinson-Wood ewood@derbyshirewt.co.uk 01773 881188

Appendix 4d

Green Thyme CIC and DWICA Test and Learn Project Report

Jan/Feb 2023



DWICA Allotment plot

Project Overview

Dates: Sessions held fortnightly on Saturdays with new development of allotment area being introduced January - February 2023.

Sessions held at: Derby West Indian Community Centre, Carrington Street Derby.

Allotment sessions held at.

Normanton Allotments, Warwick Avenue, Derby.

Session Activities

The sessions were structured as follows:

Sessions at community centre
Participant arrival, registration
Introduction to session and outline of activity
Discussion on the days activity
Practical activity implemented
Session making clay plant markers
Session painting labels and decorations

Sessions on allotment

Participant arrival, registration
Introduction to session and outline of activity
Discussion on how to develop the plot
Visit to Green Thyme Allotment plot
Discussion on plants and produce to grow

Sessions were run by staff from DWICA team, with support and advice provided from Green Thyme CIC



Session activities comprised of:

Community session activities comprised of:

A mixture of discussion and practical activity making labels.

Discussion on what plants and produce to be grown, thinking of what we eat and like, looking at what is easy to grow and what can't be grown, i.e. watermelons.

Practical activity and instruction on making plant labels, with terracotta clay, kneading and slab rolling, shaping, cutting, printing and marking out labels ready for firing.

Practical activity and instructions on painting plaster of Paris molds for garden labels and decorations.





Allotment session

1. 10:30am: Young people arrive at DWICA: register, pre-session evaluation, brief of the day
2. 11am: Minibus to allotment/Normanton park
3. 11:15am: Leave belongings at cafe
4. Head to plot
5. 11:30-11:45am: See DWICA plot, then head over to Green Thyme plot for a tour and talk on how we need to develop our plot
6. Worksheet with basic questions to keep them engaged e.g name 3 plants on GT plot, name an area on GT plot that supports wildlife, name a benefit of connecting with nature, list 3 important steps to start our plot
7. 11:45-12:10pm: Mindfulness activities-short meditation to engage them with nature and sounds etc. Then provide them with a scavenger hunt to look for things on the allotment such as leaves, birds etc.
8. 12:20-12:50: Lunchtime the young people can be told to bring packed lunch, or hot food such as pizza/jacket potato with various toppings
9. 12:50-1:15: young people to create a poster to encourage others to connect with nature and task them with doing an end of session evaluation



Group participants and outcomes

The DWICA allotment is in the early development stages, having acquired the allotment earlier this year, with the group having received funding from BBC Children in Need, in order to connect young people with nature and support their mental health

It is a young child and youth group with age ranges between 7 to 15 years old, with representation from the BAME community, with all have links with the West Indian community and as such the group represents the wide cultural diversity of the community

Attendance is fortnightly and as and when they can meet up, with the hope of developing a more consistent number of sessions once the allotment is developed

Sessions have been over zoom, or at the community centre, but will develop to include sessions on the allotment, as well as additional sessions on the allotment aimed at other groups and members associated with the DWICA

The session held on the allotment was the first visit that the children had attended, and for all was the first time visiting an allotment, although two children said that they had allotment areas at their schools

The children have little or no experience of growing produce, and as such have little knowledge of the method or techniques needed to develop the plot

The diverse backgrounds of the children also shows a difference of the produce they wished to grow, even though the majority of these would be difficult to grow in our climate, even with the addition of a greenhouse

The hope is that with the input from other community members the allotment will become a thriving integral part for the development of this diverse community

Although the children have little knowledge of having an allotment, it is clear that as a whole the experience of having allotments and growing produce is one upheld by the wider older community of the DWICA

Wellbeing evaluation

At each session the children are encouraged to talk about what they have been doing and how they have been feeling since the last session they attended

Parents will also discuss with the DWICA staff how their children have been and if they are experiencing any problems or need additional support, depending on their individual needs

The sessions are set up so that they promote independence and are child led, with all children being able to access and develop new skills and knowledge

Children's well-being is monitored and assessed through observation, group discussion and 1-1 participation, as and when needed and with the varying age groups children are able to speak out or take time out of the activities depending on their needs and feelings

It is clear that the children feel welcomed, safe and engaged in the activities and the sessions and view the group as a safe and welcoming space, where they can speak out and be heard

At the end each session children are also encouraged to complete session feedback sheets, so these can monitor again how they feel and how they have engaged or enjoyed the session

The feedbacks are used to assess the development of the group and the groups progress and to inform staff of the need for continued activity as well as future sessions

The group is developing and as such is creating an outline for itself, being self monitored by the children and led through their ideas and thoughts on its progression

Some of these ideas are directly related to the group's cultural diversity and the experiences and needs of the children and their families, particularly those with African and Caribbean backgrounds

Summary

The group is a new one and as such is working through the development stages of forming itself and the allotment plot

Over the sessions there has been 15 children attending with an average of 8 children attending each session, from varying cultural backgrounds The project is funded to support BAME young people primarily, and has had 1 white British

5 mixed Caribbean and white British

1 mixed Pakistani and white British

7 African British

1 Caribbean British

We have been involved with the group to help with initial support and guidance in setting up the allotment plot, however due to the time of year and weather conditions, holding sessions on the plot has been limited

Discussion on activity and future ideas for the plot have been the focus, with the children discussing the sort of things they would like on the plot and talking about what they could grow

This discussion led to us developing a session to make plant and plot labels with terracotta clay

Prior to the session the children had a discussion on what they would grow and made lists of the outcome, this then was put into practice when making the plant labels

Before we began making and using the clay, the children were also involved with a talk given by Adam from the Wildlife Trust, on the environment and how they can help to look after it

Working with the clay can be very therapeutic and can be calming and relaxing when touching and playing with the texture, this was clear to see through the involvement and engagement of the children

They were able to explore the clay and its development into a finished product with all being able to achieve a finished design and produce a plant label

Many of the children also continued in designing and making further labels and plaques, some becoming very creative in their wording and design

The children were happy and content in their development of the activity, and there were many discussions and ideas being shared on what they were making, the design, the wording and linking to items they hope to grow

Some children enjoyed the process more than others and showed benefit to working with the clay and working through their designs, while others were more practical and focused on producing a finished label

All of the children were engaged in learning a new skill and engaged in the experience and activity

Following the session the labels were left to dry out before being fired and returned to the group

As some of the children were making decorations and plaques for the allotment we also decided to do some plaster of Paris plaques and decorations which can be painted creatively to highlight areas on the plot

The visit to the plot was for most the first time they had seen an allotment, two children said that they had gardening areas at school, but did not participate in them

Ideas were shared on how to move forward and the children were able to compare the Green Thyme plot to theirs and assess how they could recreate or use some of the ideas they had seen

We also discussed how they could get support from other DWICA members, and how they could engage members into joining them on developing the site, holding a picnic, bbq, party, inviting them along for the occasion

The children and staff have valued the input from these sessions and the ideas and development with moving forward with the allotment have been warmly welcomed and acted upon

Further input to the sessions would be welcomed and an ongoing engagement with the group to monitor progress and to guide as and when needed would also benefit the group

Children have been engaged in the development and have worked hard in achieving their goals. They have developed new skills, new insights and new knowledge in furthering their progress in the development of the allotment plot, and have greatly increased their understanding for the need to work in a green space, which in turn has increased their independence and their mindfulness of what they can achieve

Comments from the group

"I liked making the plant labels"

"I want to grow things we eat at home, like yams and sweet potatoes" "The young people have enjoyed being creative"

"i liked seeing the allotment, it was nice"

" I like getting outside"

"The allotment was very quiet"

"It is very relaxing"

"Connecting with nature is good"

"I have enjoyed making things"

" I want to grow lots of vegetables"



Appendix 4e

Green Thyme CIC and NHS Trust

Wellbeing Sessions Sensory Garden Design

Jan/Feb 2023



Sensory Area

Project Overview

Dates:

Sessions held twice weekly on Wednesday and Fridays.

With sensory development being planned and prepared over six weeks January - February 2023

Venue Planning sessions held at: Colville Street Community centre

Allotment sessions held at:

NHS allotment site, Littleover Lane, Derby



Session Activities

The sessions were structured as follows:

Planning sessions at community centre

Participant arrival, registration and refreshments

Introduction to session and outline of activity

Discussion on what is a sensory garden

Discussion and planning/plotting outline of proposed sensory garden area

Discussion and recording of plants and herbs for sensory garden

Practical sessions on allotment

Participant arrival, registration and refreshments

Introduction to session and outline of activity

Practical development following planned outline for sensory garden
Practical development for creating storage area in greenhouse

Practical development for creating path through sensory area

Sessions were run by staff from NHS mental health team, with support and advice provided from Green Thyme CIC

Session activities comprised of:

Planning session

A mixture of discussion and practical designing for sensory garden area

Discussion on what is a sensory garden, thinking of our senses, thinking of how the area is to be used, thinking and discussing what is already in the area

Practical planning and outline for area, individual ideas for area designed and shared, individual ideas on what can be added, plants, flowers, herbs etc Participants drew their ideas and what they would like to include

Practical planning and outline for area, as a group, bringing together the plans designed individually and putting in place a design and plan all agreed upon

Practical session

Identify the various needs for developing the sensory garden Removal and relocating of compost area

Clearing out plot ready for design

Adapting design to include practicalities once on site

Digging out and lining and layering of path with bark chipping

use of tyres from around site to edge path, with proposed option of herbs being planted to stimulate senses when walking along path

using pallets to construct a shelving unit in the greenhouse

Each session began with an informal welcome and refreshments, where participants freely engaged and were welcomed at both venues with a warm drink.

Free flow discussion on how they had been doing and if they were feeling well, with reflections on how they had been doing since the previous session.

Discussion about the proposed plan for the sensory garden was creative and thoughtful, with lots of ideas and interaction within the group members, with all showing interest in developing ideas and eager to learn more.

Practical sessions at the allotment were focused on spending the time outside with discussions on the benefits of being outside and in nature, reflections on how their wellbeing improves from being at the allotment and other places they go to, to help support their mental health.

Participants also thrived in developing practical skills, while working on site and helping to create and design the sensory garden, building and putting together shelving for the greenhouse, and working on planting seeds for the garden.



Group participants and outcomes

The NHS allotment has been running for almost three years with varied success and development, the group in recent months have expanded the site to include the adjacent plot, previously run by another charitable group.

All participants have been referred and moved forward to the group from having been admitted to Kingsway hospital, following poor mental health episodes. Participants are now living in the community and are at different stages of recovery, as such the development and attendance at the allotment and in the green space is of great importance for their continued improvement in their mental health and well-being.

Some participants were able to attend both Wednesday and Friday sessions, some only Wednesday or only Friday, but all attended weekly with an average of 4-6 participants at each session. In total 8 participants attended during the programme.

Those unable to attend both sessions were attending alternative sessions for wellbeing at other venues, eg, one member attending yoga sessions, one attending another allotment session, one attending a craft session.

Participants were supported at each session by 3-4 members of NHS staff who in turn were being supported and guided by Green Thyme staff.

Amanda Alston Occupational Therapist believes that the participants only attend green activities facilitated by their own service.

Email from Amanda states:

“To the best of my knowledge the participants only attend green activities facilitated by our service.

We are looking for some green activities in the north of the county such as an allotment group as our allotment is a long distance for them to travel on public transport.

No, we do not have any wellbeing measurement as the allotment is a long running project. Maria was helping with the planning of the sensory garden. When this is finished and in use, we plan to use an outcome measure”

In addition to the allotment sessions, participants were also being encouraged to attend a walking session every two weeks, where they would go walking in and around the Derbyshire countryside, engaging in roughly a 5 mile hike through the idyllic scenery.

On average around 6 participants of the allotment attend these walks, two of which have not missed a walk, with the other four attending on a regular basis, but missing occasional sessions due to health problems or other engagements.

Wellbeing evaluation

Participants are being monitored and assessed on their individual stages of recovery and wellbeing by the NHS team with opportunities to talk and access additional support when needed, as such this sensitive information is confidential and notes and assessment criteria recorded for the progress and continued recovery of the participants.

In addition to this we were able to gently lead them into conversations and discussion on their mental health and wellbeing, with some being open to discuss their past episodes, while others simply stating they had been unwell.

Through 1:1 discussion and communication, participants were able to identify the need for seeking solace in the outdoor space which they found to be greatly needed in order to extend their experience of being outdoors. The difference in participants' mindset and openness in sharing experiences when working at the community centre to working at the allotment was vast, partly I would assume from the weeks of getting to know myself, but mainly because of the beneficial environment of the outdoor setting.

Expression of feelings of wellbeing were given with ratings of 8 and above when attending the allotment sessions with some participants stating that it had been an effort to attend on particular days due to low mental state, but having made the effort the feelings and weight of depression and anxiety had lightened and they were glad they had made the effort, with the effect that as the weeks went on those same participants were stating that they knew that if they made that effort then their mental health and well-being would be greatly improved.

From the start of the siu week period to the end the improvement in participants' mental health and well-being is clear to see. Participants themselves stating that they feel more positive and clearer on the objectives and goals of the project.

They feel they have been able to voice their ideas and have been heard in sharing those thoughts and given positive feedback on their designs.

Summary

As the group has many social and diverse needs, the initial planning sessions at the community rooms were slow and the participants were nervous to begin with. Not only was I new to the group and its participants, but also they were meeting in a new indoor closed space.

Planning of the sensory garden area was also new to the group as little had been done previously to review and look at the development of areas, and in particular the inclusion for participation in doing so.



The development, like many, has been a work in progress with areas being developed on site as and when initiated, so this idea of development was new to the group.

Participants were also attending the sessions independently and meeting at the venue, with some venturing to an unknown area and having to access taxi services or buses to get there.

However this aside lots of sharing of ideas and thoughts on the development of the sensory garden

were forthcoming, with inclusion of thoughts on how the area would benefit their well-being, in being able to get closer to nature and use their senses to engage further with it. Plans for the area were drawn, with the existing pond and green house taken into account with a winding path leading down from a covered seating area, however once on the site it became clear that the scale of the plans and ideas had been misjudged, and the winding path around the pond needed to be resized to one leading to the pond and then veering off to the greenhouse.

While on site, we were also able to discuss the need for development of the greenhouse, and the need for storage to accommodate the planting of seeds, cuttings and growing of produce.

Almost immediately work began on creating shelving following a bench idea that had previously been built from pallets, already on site. Some participants engaged in this project while others worked on marking out the path for the area. Through discussion with all, it was also decided on the use of tyres to edge the path, ready for the addition of herbs and flowers once in situ and ready to develop.

Over the weeks work continued in making the shelving, clearing out the greenhouse and restoring of usable items, alongside reusing of spent compost and last year's produce. The path was marked out and layered with black membrane awaiting the arrival of bark chippings.

The addition of an archway at the beginning of the path was also discussed and thoughts on how to achieve this are being reviewed and developed.

As progress was made it was also decided to add an additional path that would wind around and rejoin the path adjacent to the pond area.

This was also developed to be slightly hidden with a trellis edging to one side of the path, so that flowers can be grown to hide and to give definition and height to the area.

As a whole participants and staff have valued the input from these sessions and the ideas and development with moving forward with the area have been warmly welcomed and acted upon.

Further input to the sessions would be welcomed and an ongoing engagement with the group to monitor progress and to guide as and when needed would also benefit the group.

Participants have been engaged in the development and have worked hard in achieving the design and working to the original plan. They have developed new skills, new insights and new knowledge in varying out the work related to the building of the project and have greatly increased their understanding of the need to work in a green space, which in turn has increased their independence and their mindfulness of what they can achieve.

Comments from the group

"I have to get outdoors for my mental health"

"I know that doing this will help me to stay out of hospital"

"I enjoy being here"

"I have learnt so much, and want to grow veg at home when I can"

"I used to go to another allotment group, but then went into hospital, so now I come to this group which is really good"

"I like getting outside, I ride my bike here as well so I can be outside longer"

"I enjoy going on our walking sessions too, it helps to get out and see new things"

"We have gone fishing too and that helps just to be sitting, it's nice to be outside"

"I like to build things and be more practical, here I can help make the benches and dig out beds"

Appendix 4f

Grow Outside CIC Grow Together Test and Learn Project Report



Introduction

The Grow Together test and learn project set out to test:

- whether having a long term green wellbeing provision that clients can drop in and out of would increase retention of participants.
- whether having a long term offer would lead to increased referrals from local referral agencies.

The process to promote the sessions to local referral agencies was as follows:

- A flier was distributed several times throughout the programme (See Figure 1.) to the Amber Valley referrers list held by GreenSPring (which was also added to). This included information about location, transport and parking, session suitability etc.
- During email contact referrers were invited to visit the site or call to discuss the suitability of our programme for their patients.
- Contact details for referrers were added to the Grow Outside CIC newsletter list, to ensure they received regular updates about opportunities within the organization.
- Attending a health and wellbeing event at Alfreton Job Centre.



Grow Together

Fridays 10am-2pm
(registration for new members - 9:30am)

Join our guided community gardening sessions and help build our beautiful garden, along with growing your own confidence, skills, knowledge, social connections and wellbeing.

Email us to register for your place!

 info@growoutside.co.uk **07960 249816** 

SESSIONS WILL BE HELD AT: GROW OUTSIDE CIC, BUTTERLEY STATION, RIPLEY, DERBYSHIRE, DE5 3QZ



Is this programme for me?

No previous knowledge or experience is needed, you don't need to be 'outdoorsy' to enjoy these sessions! We welcome everyone into our friendly, supportive garden space. Come along if you'd like to learn something new, develop new skills, grow new friendships and let nature work its magic to help you feel great!

What will happen at the session?

Each session will take place at our beautiful garden space situated on the historic railway platform at Midland Railway Trust's Butterley Station in Ripley, Derbyshire. There are mains toilets, and all important hot drink making facilities!

Each week will include time to develop new skills, with flexibility to follow your own interests, and time for a chat over a cuppa. We adapt sessions to go at your own pace so you will never feel left behind.

Activities at our gardening sessions may include preparing garden beds, sowing seeds, planting, making compost, growing flowers and vegetables, weeding, mowing, learning organic gardening practices and creating wildlife areas.

What do I need to bring?

We do have shelter and a firepit to help keep us dry and warm but we will be spending a lot of time outdoors so suitable clothing is a must. Lots of layers work really well to keep you warm. You will need a waterproof coat and sturdy waterproof footwear. You may also like to bring a hat, gloves and scarf to keep you comfortable and toasty, or sun hat, loose fitting long-sleeved clothing and sun block for hot days.

All materials for the activities will be provided, along with hot and cold drinks. Bring your own lunch.

How do I get there?

There is free parking on site at Butterley Station, Ripley, Derbyshire, DE5 3QZ

There are bus stops at the entrance to the Midland Railway (bus stop name 'Midland Railway Centre') serviced by Trentbarton's 'the nines' running between Mansfield and Derby.

www.trentbarton.co.uk/services/nines/maps-and-times

We are 1 mile from Ripley Market Place (a 20 minute walk) where other buses can be accessed including from Chesterfield and Nottingham areas.

How do I sign up?

You can call or email us to book your place. This is also the way to contact us if you have any questions or want to have a chat about whether this programme is right for you.

Email: info@growoutside.co.uk
Phone: 07960 249816

We look forward to seeing you in the garden soon!



Figure 1: Flyers used to promote sessions:

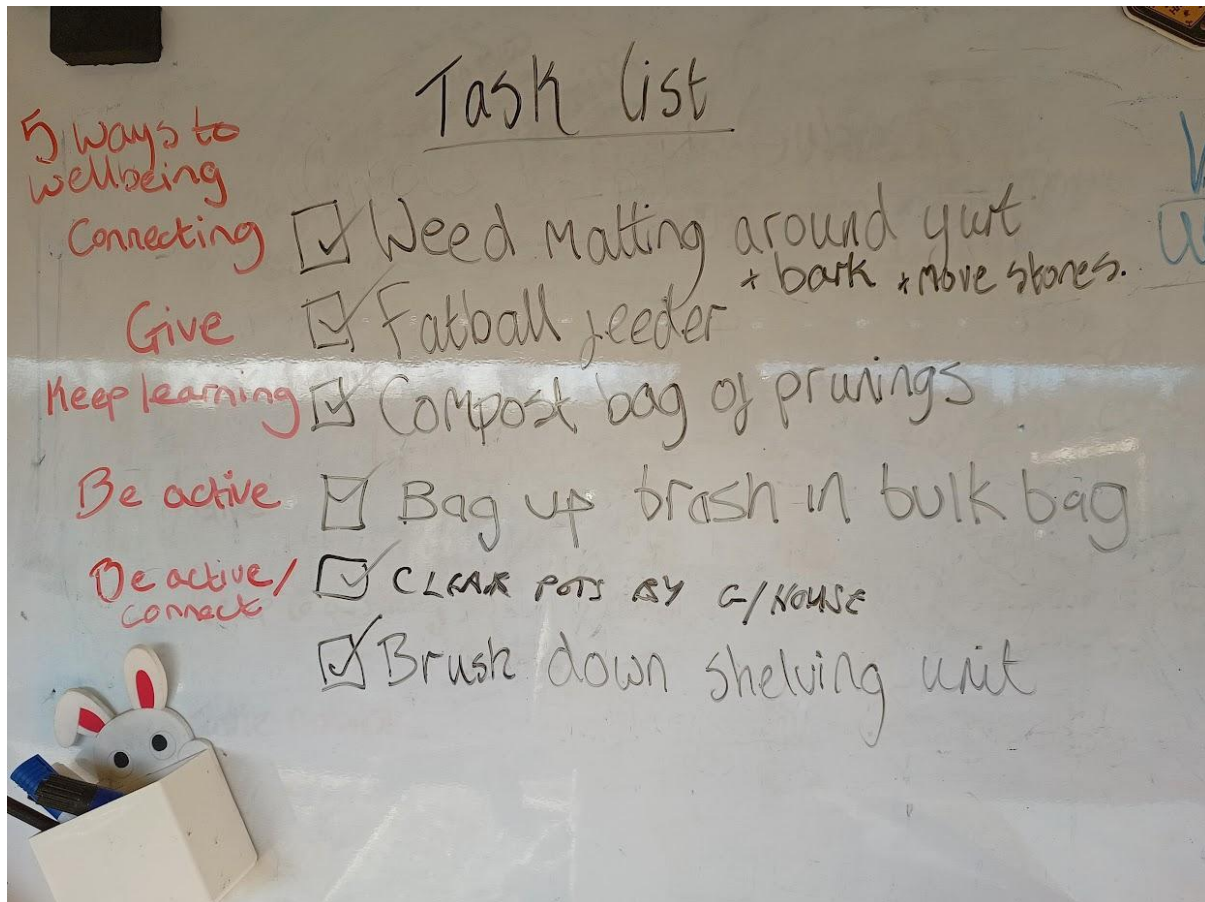
Project overview

Sessions were delivered for 31 weeks between July 2022 and March 2023. Sessions took place on Fridays 10am-2pm, and participants were encouraged to attend for the length of time to suit them. Many chose to attend for half a session, while a few brought packed lunches and stayed for the whole time.

The venue was Grow Outside CIC's community garden, based in Butterley, Ripley, Derbyshire, DE5 3QZ. The garden is easily accessed from a bus route and has ample free parking available.

Session activities

The sessions involved working through community garden tasks clearly marked on the jobs board. We made sure to include activities to suit a wide range of abilities, from seated activities to heavier physical work such as digging. Participants were able to choose which tasks to take part in (Figure 2.) and jobs were ticked off once completed to provide a sense of achievement and teamwork. All activities were based around contributing something to the garden.





Referral process

The flier for the Grow Together sessions was shared with the full list of Amber Valley based referral agencies held by GreenSPring. It was sent out 08/07/22 and 28/10/22, after this date all referrers were added to Grow Outside newsletter list to ensure they received regular updates. However, one referrer from the list still contacted Grow Outside on 11/11/22 to ask about the Grow Together sessions, so they had missed all above contact. We were unsure of the best way to make referrers aware of sessions, as emails are easily missed. The flier was also shared through Grow Outside CIC's own publicity channels including social media and newsletter.

In order to make a referral, referrers were invited to accompany their clients to their first session between 9.30am and 10am to enable the Grow Outside CIC team to register and induct them into the programme. Alternatively, some chose to signpost their clients who then attended on their own.

Face to face visits from referral agencies to find out more about the project included:

15/07/22: Health and Wellbeing Coach at DCC

22/07/22: two Community Connectors

05/08/22: two SPLWs at Amber Valley CVS

26/08/22: DCC Community Connector

23/09/22: Futures Housing

25/11/22: Health and Wellbeing Coach at DCC

We noted an influx of referrals when we had been freshly 'discovered' by a member of staff, but this tailed off over time.

Suitability of referrals made

We made it clear that this project was based on community gardening and not run by health professionals. We welcomed participants who required support, but requested they come with their own support worker, family member or friend to provide the support.

Grow Outside CIC staff are DBS checked and the member of staff facilitating these sessions is a trained mental health first aider. No referral agencies requested information about our credentials, risk assessments, qualifications etc. The registration form asked participants to share health information they felt was relevant, but this relied on individuals and did not always pick up information. At times, improved information sharing and a feedback mechanism back to the referrer would have been useful to ensure we were providing what the participant was looking for, as well as ensuring they stayed safe and well.

One case study illustrating the importance of this information sharing is the involvement of a person who was supported to attend the sessions during their first week by their Health and Wellbeing Coach. They enjoyed the sessions, and attended on their own, but were then absent for a couple of weeks. When they returned, they disclosed that they had been admitted to the Radbourne unit (mental health facility) and were currently being treated as an in-patient. They were on leave that week and able to come back to our session. Neither the Health and Wellbeing Coach nor staff from the Radbourne unit contacted us to discuss this, it was only because the individual had disclosed themselves that we knew. The participant spoke about looking forward to our sessions, and how they were a nice thing for them to think about while at Radbourne, and how they couldn't wait to come back again. We have not seen this participant since, and due to lack of a feedback mechanism have been unable to follow up with the referrer to make any further progress.

Outcome of pilot project

A list of participants' attendance, including where they were referred from, is listed in Table 1. The number of successful 'referrals' (including self) was 22, with a few more that we are aware of, though there could be more who were never formally connected to us or were just pointed in our direction.

It was anticipated that a long-term offer would increase participant retention rates, but this was not the case. In practice, most participants would attend for a few weeks and then disappear. Participants seemed to enjoy the sessions and bond well as a group but would then drop away before being replaced by new participants who bonded to form a new group, before again dropping away and so on. Further work to understand the causes of this is required, but our speculation includes:

- Some participants were less keen to garden and looking for more peer support. It's possible they self-selected themselves out of the group to find somewhere more suited to their needs;
- some participants seem to have chaotic lives preventing their attendance and finding the motivation to attend is not easy;
- some participants did not attend without support;
- three participants moved out of area during the programme; and
- participants were often unsure or aware of where the professional working with them was from or what their job role was.

Table 1: Participant's referral route and attendance record.

Participant	Referred by	15/07/22	22/7/22	07/29/22	8/5/22	8/12/22	19/08/22	26/08/22	02/09/22	09/09/22	16/09/22	23/09/22	30/09/22	07/10/22	14/10/22	21/10/22	28/10/22	04/11/22	11/11/22	18/11/22	25/11/22	02/12/22	09/12/22	16/12/22	06/01/23	13/01/23	20/01/23	27/01/23	03/02/23	10.02.23	24.02.23	03.03.23				
PL	DCC Health and Wellbeing Coach	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			
CM	Self	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
CN	Self	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
LF	Spectrum Housing	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
MB	Spectrum Housing	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
NS	DCC Health and Wellbeing Coach	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
CR	DCC Health and Wellbeing Coach	☐	☐	☑	☑	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
SH	DCC Health and Wellbeing Coach	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
SW	Elsewhere in the organisation	☐	☐	☐	☑	☑	☐	☑	☑	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
CL	DCC Health and Wellbeing Coach	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
SEW	Signposted by SPLW (Amber Valley CVS)	☐	☐	☐	☐	☐	☐	☐	☑	☐	☑	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
SC	Signposted by SPLW (Amber Valley CVS)	☐	☐	☐	☐	☐	☐	☐	☑	☐	☑	☐	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
HW	Self	☐	☐	☐	☐	☐	☐	☐	☑	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
CH	Self	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☑	☑	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
JH	Referred by family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☑	☐	☑	☑	☐	☐	☐	☑	☑	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
BH	Referred by family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
MW	Self	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
BB	Met at Alfreton Job Centre health and wellbeing event	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ZW	Met at Alfreton Job Centre health and wellbeing event	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CS	Signposted by Alfreton Job Centre	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
JS	Self	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AN	Referred by family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Three more clients (we know of) were signposted by Health and Wellbeing Coaches but did not attend.

An additional client (we know of) was signposted by an Amber Valley CVS Social Prescribing Link Worker but did not attend.

Wellbeing Evaluation

The vast majority of participants felt an increase in their sense of wellbeing after taking part in the community gardening sessions. When asked what they had enjoyed about sessions, comments included:

“Good teamwork and very satisfying”

“Just being outside, being out in the sun”

“Talking to other people, teamwork”

“Getting a job finished, very satisfying”

“Therapeutic woodcutting”

“Had a fantastic time, feel alive!! Thank you.”

“Have had a fantastic few weeks joining in with you all, am very sad to be leaving (moving to a new area), but I will be back to visit!! Keep up the good work!!”

“I’ve enjoyed every minute!”

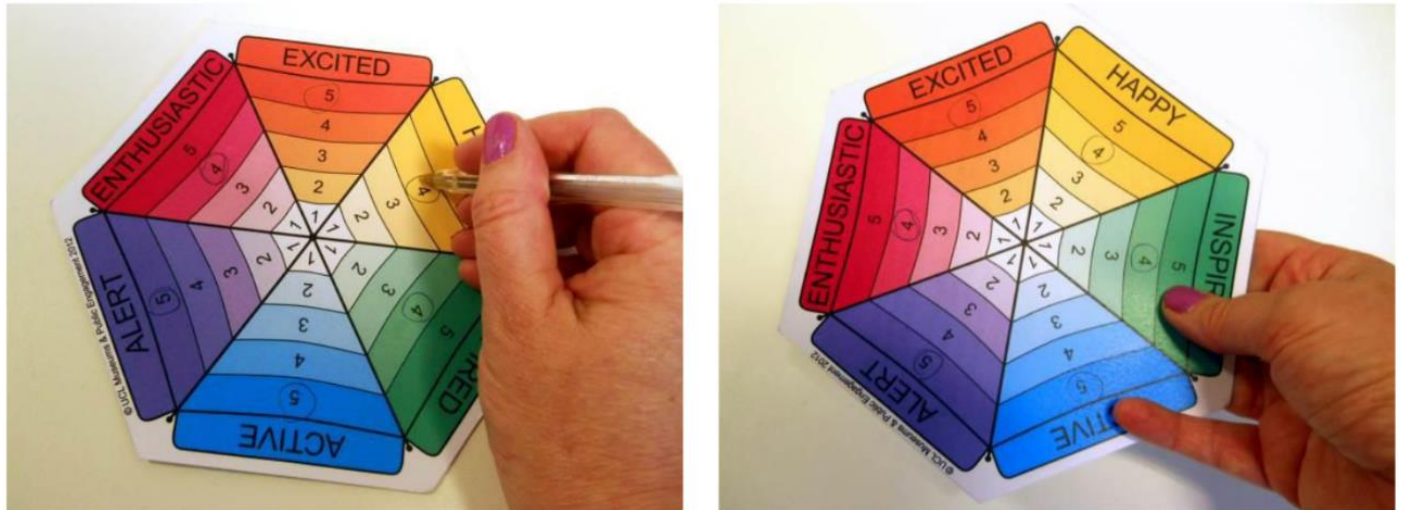
“Lovely to be getting the garden ready for planting, looking forward to spring!”

“Nice one”



Quantitative measure

The wellbeing umbrellas from the UCL Museum Wellbeing Measures Toolkit were used pre and post session to measure any increases in positive emotions and decreases in negative emotions (Thomson and Chatterjee, 2013).



Feedback from participants was that they found the umbrella confusing when considering both positive and negative emotions. Several individuals automatically marked higher numbers, as this is usually seen as an improvement, and found it confusing that marking the negative emotions with a higher number meant they were experiencing more negative emotions. Some participants also found it difficult to identify their emotions as they are unused to reflecting in this way.

Results have been omitted where the umbrella was completed incorrectly or only partly completed. Missing week numbers indicate sessions where no participants attended.

The results illustrated in Tables 2 and 3, and Figures 2 and 3 show that the average level of negative emotions stayed the same or decreased during 94.6% of sessions, while the average level of positive emotions increased during 96.8% of sessions.

The average for each session has been included in Figure 2, despite the number and specific participants varying each week. The data are, therefore, only indicative of a trend in emotion and are too low in number to draw any statistically significant conclusions. This is a common problem and area of discord between the data requested of community organisations when requesting monitoring and evaluation to be provided, and likelihood of obtaining meaningful quantitative data. We have delivered projects using the same measures in the past and have received zero feedback or critique on the approach and the validity of the data presented.

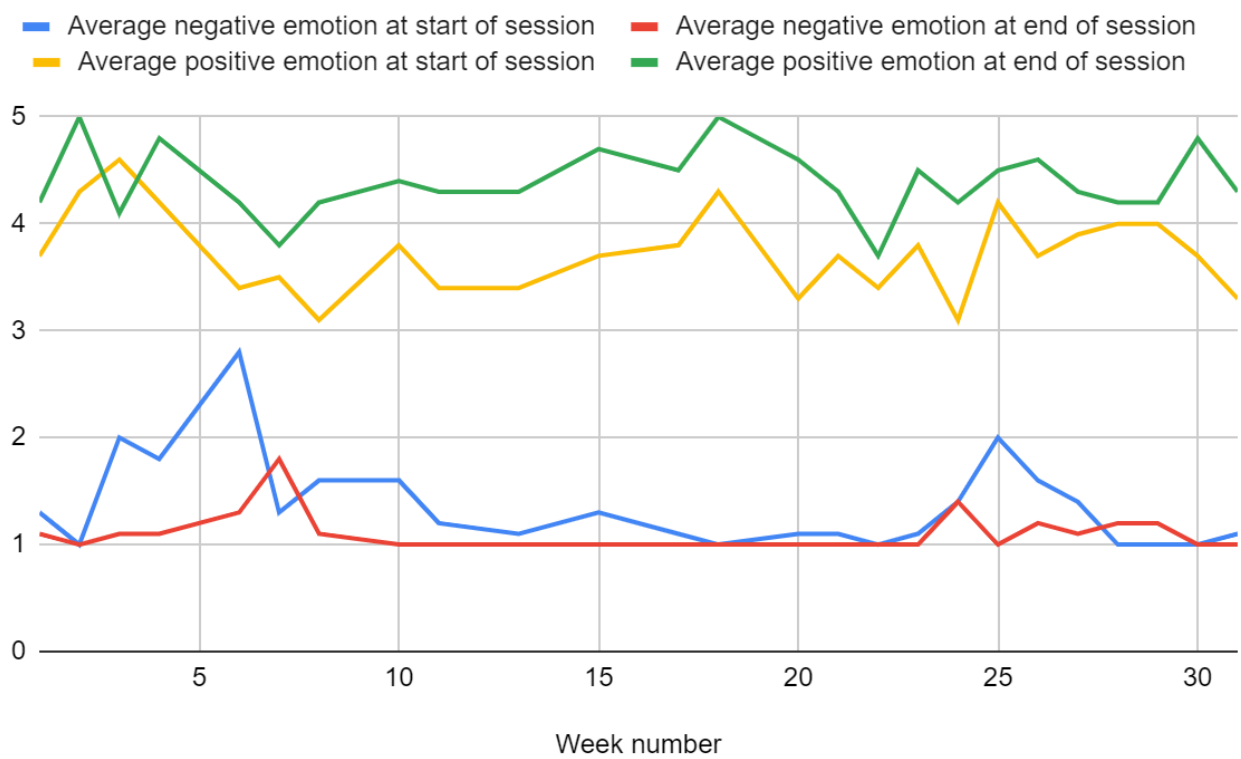


Figure 2: Average scores for negative and positive emotions pre and post session

Table 2: Average scores for negative and positive emotions pre and post session

Week number	Average negative emotion at start of session	Average negative emotion at end of session	Average positive emotion at start of session	Average positive emotion at end of session
1	1.3	1.1	3.7	4.2
2	1	1	4.3	5
3	2	1.1	4.6	4.1
4	1.8	1.1	4.2	4.8
6	2.8	1.3	3.4	4.2
7	1.3	1.8	3.5	3.8
8	1.6	1.1	3.1	4.2
10	1.6	1	3.8	4.4
11	1.2	1	3.4	4.3
13	1.1	1	3.4	4.3
15	1.3	1	3.7	4.7
17	1.1	1	3.8	4.5
18	1	1	4.3	5
20	1.1	1	3.3	4.6
21	1.1	1	3.7	4.3
22	1	1	3.4	3.7
23	1.1	1	3.8	4.5
24	1.4	1.4	3.1	4.2
25	2	1	4.2	4.5
26	1.6	1.2	3.7	4.6
27	1.4	1.1	3.9	4.3
28	1	1.2	4	4.2
29	1	1.2	4	4.2
30	1	1	3.7	4.8
31	1.1	1	3.3	4.3

Average decrease in negative emotions and Average increase in positive emotions

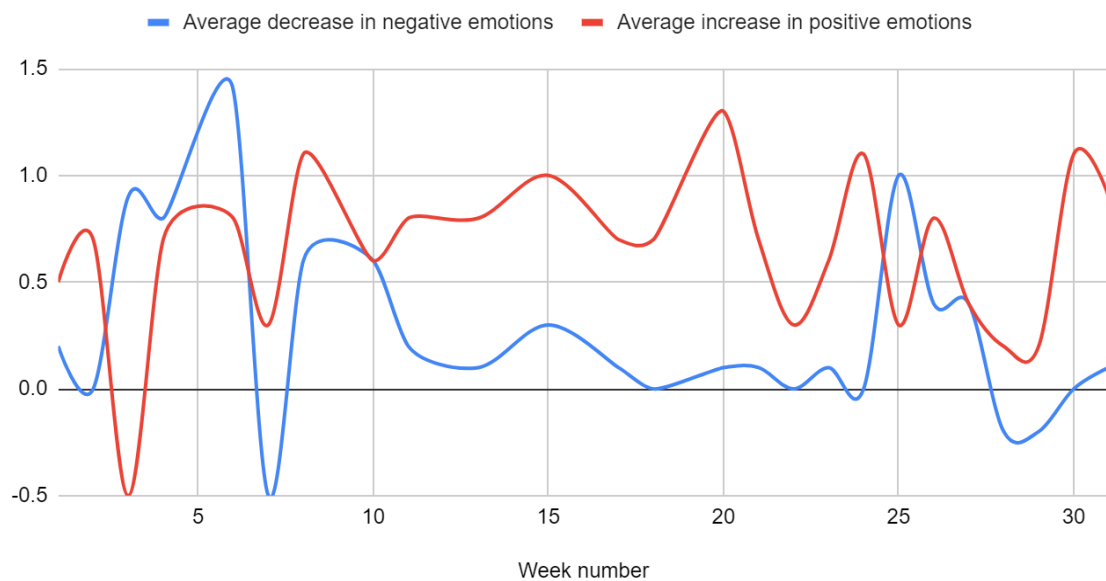


Figure 3: Average change in positive and negative emotions for the whole 31-week programme

Table 3: Average change in positive and negative emotions for the whole 31-week programme.

Week number	Average decrease in negative emotions	Average increase in positive emotions	Week number	Average decrease in negative emotions	Average increase in positive emotions
1	0.2	0.5	20	0.1	1.3
2	0	0.7	21	0.1	0.7
3	0.9	-0.5	22	0	0.3
4	0.8	0.7	23	0.1	0.6
6	1.4	0.8	24	0	1.1
7	-0.5	0.3	25	1	0.3
8	0.6	1.1	26	0.4	0.8
10	0.6	0.6	27	0.4	0.4
11	0.2	0.8	28	-0.2	0.2
13	0.1	0.8	29	-0.2	0.2
15	0.3	1	30	0	1.1
17	0.1	0.7	31	0.1	0.9
18	0	0.7			

Summary

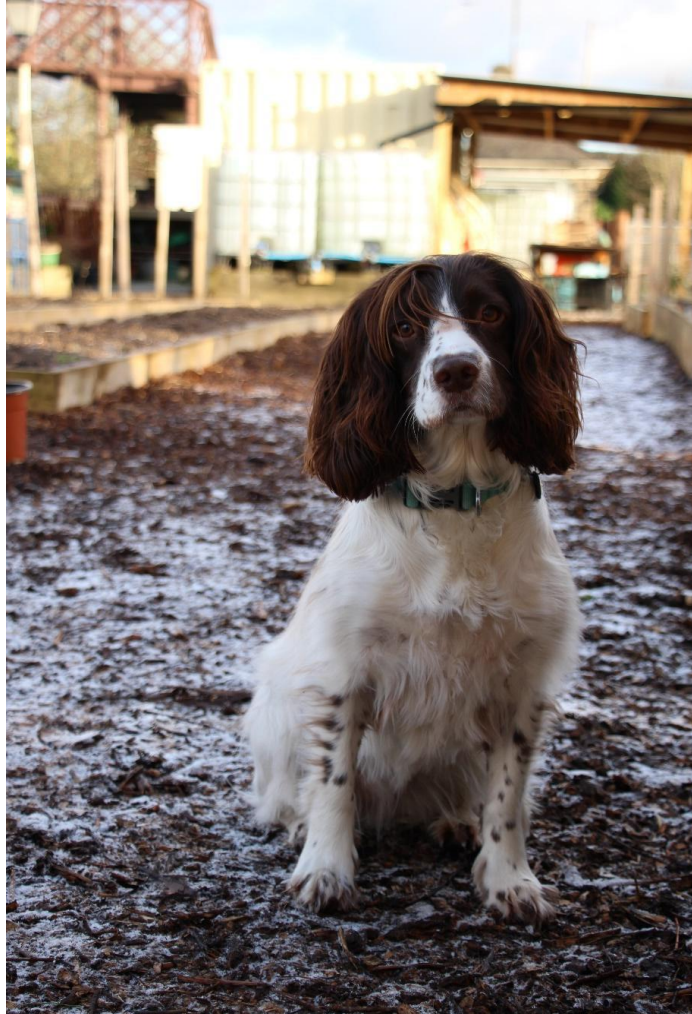
Although participants increased their level of wellbeing and commented that it was good to feel part of a team and enjoyed being in the welcoming space at Grow Outside CIC, this did not lead to ongoing attendance for most participants. However, four attendees have continued as garden volunteers now that Grow Together has ended, and it is hoped that these volunteers will continue to engage, long-term.

We hope to find new ways to keep participants feeling part of the Grow Outside CIC community even when they are not able to attend face to face. We are looking in to digital membership models with optional face-to-face attendance so that people can be part of the garden from anywhere. We hope this will help people to feel connected and able to join in at any time, even if they have not attended face to face for a reasonable period of time.

Regarding working with referral agencies, we have still not found the best way to engage them and ensure everyone knows and understands our offer. Those who have visited the garden found it helpful, and we are happy to provide an open door, but lack time ourselves to initiate these visits. We need to find a method of publicity that has high impact for little time input, that helps us get word out about our offer and the positive wellbeing impacts that it has.

References

Thomson, L. and Chatterjee, H. (2013) UCL Museum Wellbeing Measures Toolkit. London: AHRC, 28.



Appendix 4g

Hunloke Community Garden Test and Learn Project Report

Project aims

In order to understand the appropriateness of and appetite for green social prescribing at the Hunloke Community Garden and in the local health system, a project worker from GreenSPring (K Wheeler) worked within Hunloke Community Garden to deliver:

- Explore 'pathways' of referral for green social prescribing into Hunloke Community Garden. To understand whether, through focussed promotion and engagement with referral partners in the local system, any potential participants could be appropriately referred to a Level 2 intervention (ie independent supporting individuals participating for their general wellbeing, and not necessarily requiring a formal 'referral' and with no expectation of support other than accessibility information and general social inclusion)
- understand if there was a possibility of increasing appropriate 'referrals' and subsequent participation in this long-running community project (which has a small and aging membership), and support existing and new volunteers to achieve Hunloke's overall aims
- Exploring what information and support to access individuals referred might need by testing the welcome, sign up, embedding of any new volunteers into the project and follow their journey as a volunteer within the project
- Pilot any new ideas or revisit past practices to support green social prescribing sustainability within the project
- Collate data and personal stories
- Learn lessons from testing and reporting back findings to the GreenSPring project team

Social prescribing landscape and system mapping

Contact made with Social Prescribing Link Workers (SPLW) based in GP surgeries and Derbyshire Voluntary Action (DVA), Health and Wellbeing Officers in the local authority, Derbyshire County Council (DCC), Occupational Therapists in community mental health teams (CMHT) and the early intervention team. Other interested potential referrers from DCC Adult Education, the Department for Work and Pensions (DWP), DCC Public Health, and social connection projects. All visited the site and met the volunteers facilitating the project.

In Chesterfield, the majority of the social prescribers are based within GP practices and have a lead SPLW who has been supportive of GreenSPring. She communicates well to her team of eight social prescribers. There is one other SPLW based within DVA who also visited the garden.

Wider partner and stakeholder mapping

Extensive mapping and partnership building undertaken by the Hunloke site lead (KW) to establish wider connection to relevant stakeholders, including face to face meetings at Hunloke

Community Garden. Stakeholders included: Derbyshire Voluntary Action, Chesterfield Volunteer centre, LINKS (Local Infrastructure Organisation), SPLW lead for primary care in Chesterfield, Public Health community development workers(Health and Wellbeing Coaches), borough council community development workers, Rethink Mental Illness, Active Derbyshire, and Monkey Park CIC (a community hub in Chesterfield). Hunloke Adult Education Centre is located next to the garden, so links were made with courses held there and also the youth hub.

Hunloke Community garden is a space that other community organisations use to run activities, for example school holiday club activities, a walking for health group, and Gussie's kitchen food bank, so it is well connected with other local initiatives.

Green provider mapping

The project has links with:

- Community Growth CIC who have run workshops within the garden
- Inspire Garden, which is a CIC in a different area of Chesterfield but some volunteers are involved in both projects
- Walking for health: a weekly walk that starts & ends in Hunloke Garden and the walkers have refreshments provided by Hunloke.



Overview of delivery partner and approach

Hunloke Community Garden is a registered charity. It is run by a very small group of volunteers, and there are no paid workers within the project. It has a committee and a constitution. Many of the people who are on the board are founders of the project, which was a Millennium funded project (in 2000), that created a garden space from waste ground in one of the most deprived areas of Chesterfield (Derbyshire Observatory, 2019).



In more recent times the number of volunteers has decreased, there are many reasons for this: original members have left, some schemes that were embedded in the project have ceased and founder members are getting older. The running of the project relies entirely on a couple of volunteers. The project has always linked in with some health and social care services, some volunteers have often been supported within the project by health or support workers, but not in any formalised way, and the project has not received any support or funding in relation to this.

There are no specific workshops run by the garden project. The opportunities for volunteers are varied and relate to the upkeep of the garden, also the growing of plants and vegetables for sale at events. There are a variety of gardening tasks to meet people's needs, from raised bed gardening, to more energetic digging of the allotment, hedge trimming, etc. There are different spaces within the garden, for example: vegetable patch, flower beds, orchard, sensory space, a large pond, fruit bushes, and grassed areas. The daily tasks are usually allocated when volunteers arrive to meet people's preferences and needs, and the seasonal tasks within the garden. Volunteer sessions run Tues – Friday mornings 9.30 -12.00. Coffee break is mid-morning when all the volunteers gather together for a chat over tea and biscuits.



Reflections from delivery partner and site lead

Key successes

Hunloke Gardens is an existing community garden, so the project itself continues to run as usual. As this is a test and learn it was important to work with existing practices, and develop these based on any learning, but in line with the aims of the garden.

There were many partner visitors between August and December from referral and support agencies that are hoping to work more collaboratively with the project, these include: SPLW, the Volunteer Centre, DVA, borough council community development, Occupational Therapists from Mental Health services.

The first volunteer introduced from a social prescriber (GP-based) arrived in August and there has been further communication with this team of SPLWs. This feels a slow process, but essential to develop trust, and some useful communications have arisen from within the project and from the SPLW perspectives.

The project has refreshed and reviewed some of their policies in line with recommendations, and with some support from the Volunteer Centre, including introducing a volunteer registration (which comprises basic contact details, any support needs, agreement to adhere to garden rules, photo permissions, etc.).

There has been improved collaboration with the Volunteer Centre. New flyers produced and circulated, including involvement in Public Health, Borough council, DVA and their networks.

GreenSPring was formally discussed at the Hunloke Garden committee meeting and participation was agreed by all members. This gave an opportunity to clearly discuss what the project was about and to enable an understanding that the GreenSPring work at Hunloke is part of the garden not a separate project, and that any newly recruited volunteers are part of the volunteer workforce of the Community Garden. The discussion with all volunteers was positive, it was necessary for them to understand that it is not a stand-alone project but a study on how social prescribing currently works within the community garden and an opportunity to develop where needed. Improved understanding of the pilot by all volunteers was important for testing and in their ownership of the test and learn work.

The profile of the garden has been raised locally including an article in the local magazine, and also Public Health nominated the garden for "team of the year award" in the Volunteer Awards, which they won.

There were 14 referrals for volunteers between August and December (see table below). The improved communication with GP social prescribers directly with the project has enabled a more personalised approach with people, including follow up if they have not attended. The project lead fed back that she feels more supported in having direct communication with them and more confident to address any issues that arise. The introduction of the volunteer registration form has

enabled more open and honest conversations with the new volunteers by asking them their reasons for wanting to attend, and any health concerns they need support with. This enables the members to either meet those needs or enables them to clearly identify gaps and feed this back to the person and the referrer from the beginning in a more relaxed, assured way.

SPLW (GP based)	6
OT CMHT	2
DCC Health & Wellbeing workers	2
Self-referrals	2
Volunteer Centre	1
Hunloke Youth Hub DWP	1
Total	14

Key challenges

The need to be mindful that the current small team of volunteers are very passionate about their project and the need to work with them closely with all ideas. This included needing to have support from the committee.

There were some myths and legacy stories to address about the project. The project has, historically, introduced people who have fed back that they felt unwelcome, "it was a bit clicky". The project lead had some concerns about this and wanted this clearly addressing within this work. This has been challenging as there are a core group of volunteers who know each other very well and have been attending for many years. However, we discussed this openly with these volunteers and involved newer volunteers in discussion to address this.

Recruiting new volunteers/referrals- the current volunteer team is comprised of people in their 60s, 70s and 80s. Introducing younger people has been challenging. There has been a work experience volunteer who has been attending and she has fed back her thoughts to the project lead, including that she enjoyed taking part and felt included, and that this feeling could be enhanced for new volunteers by seeking their opinion.

Low numbers of referrals: social prescribers were asked how they raise the topic of green health activities with their clients. The feedback was that they carry out a person-centred assessment so if the person does not mention it as an interest, it is possible that it is not explored as an option.

Retention of volunteers- only three of the volunteers introduced during Aug -Dec have continued to attend. All except one (who was referred from the Volunteer Centre) were appropriate for the project and their reasons for no longer attending were varied. Feedback is gathered from the referral source and the individual.

Practicalities: opening times of the garden do not meet everyone's needs, free bus passes are only valid from 10.00am and one volunteer had to catch two buses to get there.

Interesting to observe current volunteer dynamics, as they have been attending for many years and so have their own routines and jobs within the project. When a new volunteer starts there is often no direction given. We have discussed the welcoming and reception of new volunteers with the project lead. Further work is required on this. It is important to work with the other volunteers to come up with a list of jobs for each week, have them visible (perhaps on a board) and grade them as heavy/lighter so that tasks can be better allocated to meet people's needs on a day-to-day basis.

At the local gala day many local people did not know the garden was there and did not know they could volunteer, who ran the project, or how to find out about it, so marketing and promotion require development. Social media information is not clear and old details were registered with the volunteer centre.

An interesting discussion was had with the local councillor who is supporting the development of a new community garden on the next street, but does not seem to understand the support Hunloke requires to continue as it's seen as an existing community facility.

Opportunities

Many partners who visited the project had ideas where new projects could work with Hunloke e.g. Active Derbyshire, DVA Feeling Connected project, DVA project with Derby university, etc. However, they all required someone to lead this from within the Hunloke project without funding or support and Hunloke does not have the capacity to do this.

There are opportunities for a variety of volunteer roles within the project to support the project lead who currently does all the tasks. She plans to contact Volunteer centre for support with this idea & also for support with funding applications.

There is potential and interest from the Adult Education Centre next door to run some Brightside courses within the garden next year, with the idea of people becoming a volunteer after or during the course. Also, the Job Centre has recently located disability employment advisors into the Adult Education Centre at Hunloke to create a Youth Hub. This is to support wellbeing, education and training of people 18-25. Previously the Community Garden was connected, but as work schemes have changed and staff moved on the links faded. Conversations had happened regarding potential wellbeing and work experience referrals.

Chesterfield mental health team are interested in facilitating therapeutic groups within the garden.

Feedback from social prescribers

SPLW team in primary care

"In terms of my experience of the referral process to Hunloke Gardens, I thought it was great. They came back to me really quickly and were very helpful."

"We met Jude on entering the garden. She was very welcoming, and introduced us to another volunteer who showed us round. My gentleman and the volunteer chatted like they had known each other for years, and he introduced him to other regular attenders. He invited him to come down any morning to join in. All volunteer staff made us both feel very welcome and also chatted about the jobs that he could do given his health restrictions.

The positive comments were that it was:

1. Nice to meet people
2. Got him out of the house, socialising with others
3. It gave him a reason to get out of bed, routine to his day

He was nervous at first, but thought he would "give it a go" and it has worked for him. He had been back on his own and has hit it off with everyone he has worked with. Finds everyone really friendly and non-judgemental.

Since being there he has undertaken in the following activities:

- Shelling beans
- Minor repairs to greenhouse
- Planting
- Tidying up

His attendance is sporadic due to his physical health conditions, but tries to get there twice a week.

Would definitely recommend to others."

Occupational Therapist (CMHT)

"It is a lovely place. It is mainly older people volunteering there and they are not particularly set up to support people who are not self-motivated. Jude (project lead) is there every day and is very welcoming – she will point out jobs to be done, where to get tools and people to work with (if someone asks). There is a no pressure feeling and a relaxed tea break. I have been trying to move my person on to going independently and they have supported this when he has felt able to stay on. Without mine and support worker's input it would not have worked as a placement for our person – I have needed to encourage and support his involvement – getting him going and working alongside him and others – building up links between him and others and when he has felt able to stay after I leave, negotiating this with other volunteers. It would be great if there was someone around at times to specifically support/train volunteers "

Feedback from service users

“I was introduced to Hunloke Garden by my social prescriber at my GP practice. I have a lot of health problems and so had to finish work and I was struggling to come to terms with this. Being part of this garden project has got me up in a morning, something useful to do, have a laugh and banter with the others, feel like I’m part of a team again. I can no longer do heavy manual work which I always did, but in the garden I can find something that’s useful to do, I feel I am able to contribute which is good for me “

“I enjoy volunteering in the garden. I have to catch two buses to get there so my time in the project is limited, but I like being with people, enjoy the outdoors and it lifts my mood “

“Lovely space where you can enjoy working alongside others at your own pace”

Appendix 4g

Kenning Park Forest School Test and Learn Project Report



The project

Kenning Park Forest School was commissioned by GreenSPring to run an adult wellbeing group taking place on Fridays 12.30-3.30pm running from 4th November 2022 to 3rd February 2023.

The commission required Kenning Park Community Forest School to:

- Develop an 11 week green social prescribing (GSP) programme for adults to be held on Fridays at Kenning Park, Clay Cross.
- Explore all possible referral routes to offer the GSP programme to in the Clay Cross area of North East Derbyshire including formal, informal and self-referral routes.
- Distribute promotion/information relating to the GSP programme to those within the Social Prescribing network and referral routes (identified above) in North East Derbyshire.
- Deliver the GSP programme over a 11 week period, to include participant self-evaluation and informal documentation through journals/case studies where appropriate.
- Record and document key parts of the journey, from initial contact with the Social Prescribing pathway, through communication and promotion of the GSP programme, to taking referrals and delivery of the programme.

Session activities and themes included crafts, drumming, carving, nature walks, conservation tasks and social time.



Advertising and promotion

We approached Kelly Massey, Health & Wellbeing Development Officer for North East Derbyshire District Council. She helped heavily promote the group via her networks and found a designer to make up our posters and flyers. The group picked up the cost of the design and NEDDC paid for the printing of the materials.

She also made sure that the group got promoted in the local GP surgeries and leisure centres in print and on the tv monitors in waiting rooms.

Alison Timperley and her colleagues came out and visited the site to assess how suitable it would be for clients and helped to promote the group on social media and through the social prescribing networks. I distributed materials to local community hubs, supermarket and local shop notice boards and through our other forest school sessions. We have a large facebook group for the forest school and I featured the sessions heavily on there too.

When the cold weather set in and numbers dropped I promoted the sessions via Eventbrite for a wider reach.

Multiple participants had been sign posted by friends or family.



Session reflections

- The group was well attended, including by participants with complex needs such as Autism, supporting Autistic family members, social isolation, bereavement, agoraphobia, depression, social anxiety and gender dysphoria. The ability to step back and watch activities, while still feeling part of the session helped those feeling unsure. They were still able to feel part of the session by joining in with food and refreshments around the fire, this was a valued and vital part of the sessions. Having some quieter sessions also helped some participants to open up on a one to one basis.
- The sessions provided a relaxed space for people to develop friendships, find their place in the social circle and take some time for themselves.
- For those who find socializing more difficult, it was helpful for them to be able to join in with physical tasks such as collecting wood.
- Participants enjoyed the opportunity for new experiences, such as cooking around the campfire, joining in with drumming and creating with natural materials.
- Participants tended to drop in and out to fit in with their other commitments.
- As the weeks went on, the group bonded and seemed to start to really enjoy coming together, with initial awkwardness disappearing.
- Travelling on public transport meant one participant had limited time at the sessions, but was still able to attend for lunch and a drink and felt the benefit of pushing himself to leave the house and get to the group despite his agoraphobia.
- Being able to bring their dog was an incentive for some participants. For one participant in particular, having their dog with them was a real confidence boost that helped her to come out of her shell.

The winter weather was a barrier for some to attend. The site became muddy which reduced accessibility for some, and the cold and wet made some activities more difficult - J said:

“ I would love to come again but I think it will be more summer time when the weather is better”

However, other members felt the positive benefits no matter the weather – VG said:

“ I don't mind about the weather, it's just nice to be outside”

“I would have come out today even if there had been a tornado! I really needed to be outside”



Session outcomes

- The sessions had a positive effect for the majority of participants. For example, A.M. attended every week and said that the sessions are sometimes hard to attend as she

struggles to get out and face social situations but she is always glad that she has attended and feels better when she leaves.

- The group provided motivation and the confidence boost to help some group members take wellbeing steps outside of the sessions, including joining a new exercise group.
- Kenning Park Forest School is seeking ways to continue adult wellbeing sessions and has now completed Walk Leader training for Walk Derbyshire that could be incorporated into future sessions.



Referral routes and participants' attendance

Overall attendance for the sessions was better than expected for the time of year and the short time we had to promote them. The group was open to all people who could join at any time. I didn't feel that late newcomers would be too disruptive given the nature of the site. Full attendance figures and referral routes can be found in Figure 1.

The mild weather was in our favour in the run up to Christmas but the break in weekly routine and turn in the weather meant that numbers dropped after.

One of the group members suffered from agoraphobia and we had chatted about how hard it is to get 'back on the horse' as he put it after a break. This would explain why he didn't return after the holidays.

One of the other group members had to return to college in the new year but he did try and make a few sessions. He returns regularly as I am supporting him through his gender transition.

One young mum made almost every session, she is a nurse and had been off sick with anxiety and depression. She would be returning to work in late February, for her the group was the only mental health support she has received while off work.

Figure 1: Participant referral route and attendance record

Week number:	Referred by	1	2	3	4	5	6	7	8	9	10	11
AM	Self	u	u	u	u	u	u	u	u	u	u	u
GG	Family and friends	u	u			u	u	u	u			
CG	Self	u	u	u	u		u	u	u			u
VG	Self	u	u	u	u		u	u	u			u
PS	Self	u										
BL	Local GP surgery		u	u		u	u					
H	SP in Clay Cross		u			u						
AF	Self				u							u
JB	Local GP surgery				u							
C	Friend				u							
JG	Family and friends									u		
NW	Family and friends									u		
KA	Self									u		

CS	Family and friends									u	u	u
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The majority of our participants came to us from seeing the group on social media or the posters in the area.

Just before the project started we had a site visit from the social prescribing team from the area. They wanted to see what we do and if we were suitable for anyone they had on the books at the time.

Unfortunately they didn't have anyone they felt would benefit from what we were doing at the time but they really helped to promote the group in the early stages and as the group progressed they put people in touch with us who they felt would benefit.

We had several inquiries from social prescribers and members of the public.

The first was from Ash Green Specialist Day Services, they enquired if the group would be suitable for older adults with dementia. I was unsure how suitable the group would be, not knowing much about the adults they were wanting to bring. I invited them along to come and see what we did at the group and made the offer of an exclusive session for them if it was not suitable but never heard back from them.

We then had a member of the public who was moving to the area and wanted to make friends ask about coming and a local gentleman asking but they didn't reply again after I sent them details.

A mental health recovery support worker from Rethink Mental Illness enquired about the group but no one attended before the last session.

So, of the siu email enquiries we had, two resulted in face actual attendance and one of those became a regular group member.

Working with referral organisations

During the course of the scheme the referral organisations I had direct contact with were really helpful. We had social prescribers come down and visit the site and lots of help from them in promoting the group on social media.

Unfortunately access to any health professionals such as GP's was non-existent despite going to the local surgeries that are signed up to the programme, there was absolutely no communication to me directly back from them and none of the people who attended had been offered the service by their GP.

It would have been useful to have been able to have some access to other professionals such as councillors and therapists to help broaden our reach so we could offer the sessions as a complimentary service to their sessions.

I also felt it would have helped make the sessions more effective if there was a liaison body to some of the more key services we were signposting to such as food banks and key mental health services.

Kelly Massey, the Health & Wellbeing Development Officer for North East Derbyshire District Council, has been really helpful, we had several meetings and she helped with the promotions of the group by paying for the printing cost of the posters. She has been really helpful in providing leads during our meetings and subsequent correspondence.

Wellbeing analysis

We used the short version questionnaire of the UCL Wellbeing umbrella. The first week we tried to use the colourful umbrella form of data collection but the attendees found it confusing.

I had thought this might be the case as one of the group had previously suffered a stroke which has affected her vision, so I took two versions for the group to decide on. I printed them off back to back so the information for each person was easily accessible with the date, name and before and after clearly labelled.

There were many outside factors affecting the data such as weather, circumstances before the group and things people had to do after they left the group.

Generic Wellbeing Questionnaire Short 6-item version

Please circle a number for each statement to indicate how much you agree with it.

1) I felt happy

None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
-----------------------	---------------------	-----------------------	-----------------	----------------------

2) I felt engaged

None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
-----------------------	---------------------	-----------------------	-----------------	----------------------

3) I felt comfortable

None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
-----------------------	---------------------	-----------------------	-----------------	----------------------

4) I felt safe and secure

None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
-----------------------	---------------------	-----------------------	-----------------	----------------------

5) I enjoyed the company of other people

None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
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6) I talked to other people

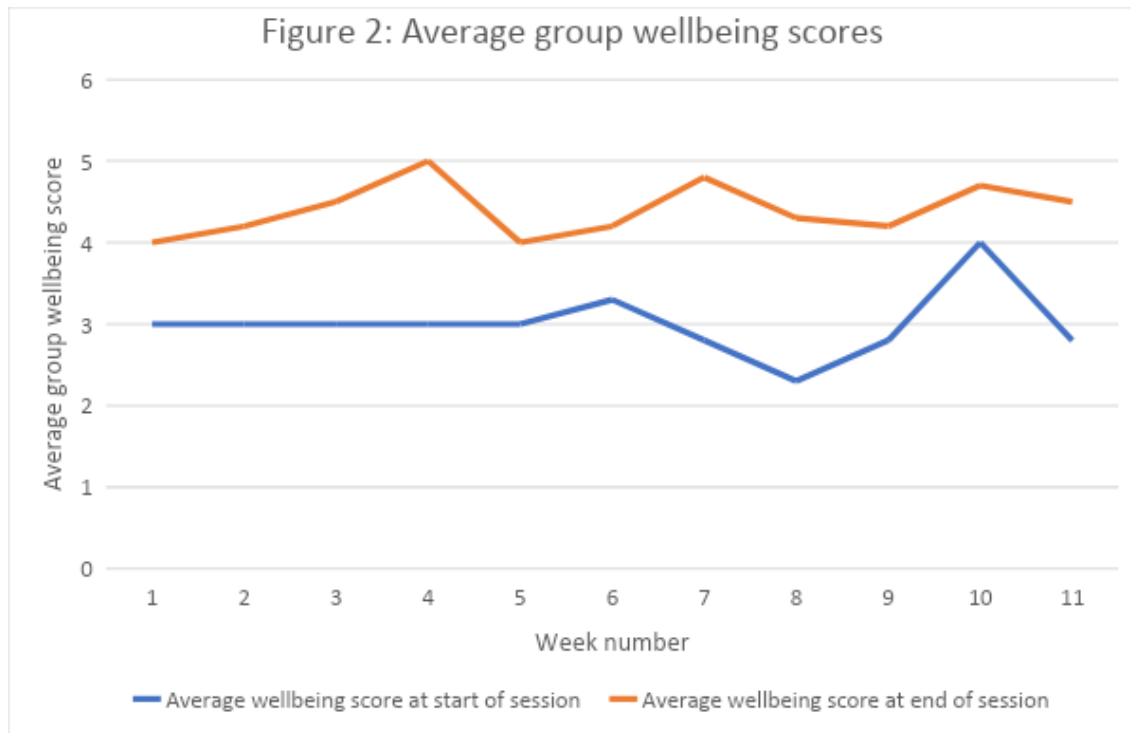
None of the time 1	Not very often 2	Some of the time 3	Very often 4	All of the time 5
-----------------------	---------------------	-----------------------	-----------------	----------------------

On average the mood of the group improved an average of 50% over the 11 weeks we ran:

- Q1 before average = 2.8 to after average = 4.2 (50% increase)
- Q2 before average = 2.9 to after average = 4.2 (45% increase)
- Q3 before average = 3.1 to after average = 4.7 (52% increase)
- Q4 before average = 3.2 to after average = 4.6 (44% increase)
- Q5 before average = 2.8 to after average = 4.3 (54% increase)
- Q6 before average = 2.9 to after average = 4.4 (52% increase)

Some individual session averages are skewed by inconsistent attendee numbers - some weeks had 7, others had 2 (average attendance = 4). However, the average wellbeing scores for the group shows that sense of wellbeing increased during the session every week, as seen in Figure 2.

(UCL Museum Wellbeing Measures Toolkit)



Summary

The group were sent to the setting because of mental health issues such as anxiety and depression. It became apparent after a couple of weeks running the group that all had more complex issues and it was these issues that had led to the anxiety and depression. This is the reason I try to keep the groups as relaxed as possible, activities are there every week but there is no pressure to participate. These were very broad as the group itself was diverse in age and background and the issues ranged from agoraphobia, isolation, gender dysphoria, ASD and ADHD.

As the group chatted over the weeks it became apparent that all but one of the group had diagnosed and undiagnosed mental health conditions. ADHD and ASD was the most prevalent, with half of the group having one or the other and at various stages of the diagnosis process, while many of the others were carers for loved ones with these conditions who were very much aware that they were experiencing 'carers burnout' as one described it to me. This did mean that the group were able to share and support each other really effectively, sharing coping strategies, knowledge and signposting to services.

I was surprised at how readily the group was prepared to share details about themselves with the only exception being the youngest member who was struggling with gender dysphoria and has ASD, though he did speak to me on a one to one basis.

In terms of how easy it was to set up and run the sessions I felt that everything that needed to be in place was there, though I do think the programme would benefit from being advertised outside of the usual channels and input from GPs seemed to be poor though this may not be the case as

there was very little background information passed on to me. I saw improvements in engagement over the 11 weeks and the social prescribers were very helpful.

The response to the sessions was very positive, with no negative feedback given beyond different activity suggestions. All participants said they wanted the sessions to continue after the pilot scheme ends and we are still getting enquiries from new people wanting to attend.

Appendix 4h

Referrals Testing for High Peak, Derby City and South Derbyshire Test and Learn Report

The referral testing pilot set out to:

- understand the nature, number and source of referrals made into a programme of free (at point of delivery) community-based green wellbeing activity
- assess the potential impact of the activity on participants' mental wellbeing.

The aim of the pilot sessions, planned for late summer 2021 (testing took place between August and October 2021) was to understand the referral routes and processes related to the running of a short programme of nature-based activity involving social prescribing (Level 3 activity in the GreenSPring framework of nature-based wellbeing activities). The method used to promote and acquire referrals was one often adopted by green providers for running a programme for which they have already secured an amount of funding. It is likely that referrals would be made by only the partner organisation, if funding is received directly from them, but this example reflects a common way that such programmes are run; where anyone (including self-referrers) can signpost participants to the programme from a range of organisations/groups. We wanted especially to investigate the referral activity from Social Prescribing Link Workers (SPLW) into these activities, so the project was first promoted directly to infrastructure organisations to share with the SPLWs they employ.

The advertising/promoting process was as follows:

- the first emails for the GreenSPring referral testing pilot were sent to CVS organisations in the three proposed testing sites on 23 July 2021. Partners were asked not to share information more broadly for the first week or two; the intention being to understand the potential for referrals to be made by SPLW in the three localities
- a second email was sent on 4 August 2021 to Public Health, Community Mental Health Teams, Community Connectors and Rethink Mental Illness contacts who could share information via their own distribution lists and networks
- following this email, the green providers in each of the three areas shared fliers for the programmes as widely as possible via their own networks and contacts.

No response was received, or request for further information, from any SPLWs in the testing localities. Some informal enquiries were made about the South Derbyshire programme, none in Derby City. The details of referrals into the High Peak programme are detailed in the attached report.



Project Evaluation - Nature connection and wellbeing sessions for GreenSPring Grow Outside CIC at the Natural Living Project, Beardwood Farm, Furness Vale. Sept/Oct 2021



Dates

Six 2-hour sessions (10:00-12:00) over six Tuesdays between 15 September and 10 October 2021.

Venue

The Natural Living Project, Beardwood Farm, Furness Vale, High Peak, SK23 7QF



Session activities

The days were structured as follows:

- Participants arrive/practical info provided/registration
- Initial assessment/check in
- Introduction to session/discussion
- Practical session in garden/workroom
- Tea break
- Continue practical session in garden/workroom
- Closing assessment/discussion/check out

Sessions were supported by either an experienced volunteer from Beardwood Natural Living Project or by a green advocate from the GreenSPring project, and were developed and delivered by either Claire Teeling or Kirsty Barker from Grow Outside CIC.

The sessions comprised the following activities:

- Harvesting seeds; cleaning, sorting and counting into packets (included making the packets/small boxes for creative seed pod storage)
- Mindful walking around the garden and site, paying attention to things to hear, smell, see, touch and taste
- Garden tasks: including fruit/veg harvesting, clearing previous crops and supports, tidying greenhouse, weeding, seed sowing, planting autumn bedding in containers
Some small animal care - grooming the Shetland pony
- Walking the bridle path, and making twig frames with twine and weaving leaves and found natural objects into it. The aim was to think about the journey and collect items along the way, then having something tangible and decorative to take home and remember the journey by.

Each session began with a 'check in', using a collage of images to encourage participants to summarise in a few words how they were feeling in that moment. Some participants found this difficult but most engaged readily. During each activity period we discussed using nature for wellbeing, reflecting on what participants were experiencing and how activities in the rest of their lives related to being outdoors or connecting with nature. We also discussed how they might develop this activity, and find ways of being more mindful in day to day life, especially in nature.

Programme costs

Venue hire at NLP, Beardwood (include facilities to make refreshments, toilets, a covered workshop space and access to the grounds and garden) - £300

Transport (minibus and a volunteer car driver was provided by New Mills Volunteer Centre (NMVC)) - £125.40

Green provider delivery cost for programme (incl. travel costs) - Grow Outside CIC - £1422

Total £1847.40

Referral process and outcome of pilot



Process of receiving referrals

All participants were new to Grow Outside; because we were testing referral routes, we informed potential attendees that they could join the programme at any point in the six-week period, which would not normally be the case (for the benefit of group members). Four potential attendees were suggested from Zink CIC, and four from New Mills Volunteer Centre. A further phone enquiry and Facebook messages about the High Peak sessions were received; one of those resulted in a participant attending for five of the six sessions. RemediUK also referred one participant who attended the first session only.

The venue host asked if they could refer participants, knowing that transport was a potential issue, but this offer was declined in order to understand barriers facing any potential participant not already familiar with a project (as far as possible - many green providers and community mental health support workers report repeat attendees seeking this sort of activity and 'cycling' through community groups; providers often go to great lengths to make different programmes available to the same people to avoid facing a 'cliff-edge' when short-term funding and, therefore, support ends).

We were also asked by another potential referrer if support to attend was provided by the delivery organisation.

Outcome

Attendance was mixed and varied across the weeks, with only three people attending all six sessions (see Table 1.)

Table 1. Programme attendance.

	HL	NC	MH	JT	EM	TG	SL
Week 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Week 4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Week 5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Week 6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Table 2. Participant/prescriber details

Participant initials	Referrer/social prescriber	Participant's home location
HL	Referred by the Job Centre to New Mills Vol Centre, who provided a volunteer driver to collect the participant from home.	Whaley Bridge
NC	NMVC	New Mills
MH	NMVC	New Mills
JT	NMVC	New Mills
EM	Life	Peakdale
TG	Zink CIC	Chapel en le Frith
SL	Youth Matters, New Mills shared info (self-referral via Facebook)	New Mills

The weeks where participants did not attend were reported to be due to personal anxieties/dips in mental health, appointments, or unexplained. TG and SI did not attend for the first week because they were unaware of the programme at that point. Grow Outside usually accepts new participants for the first two/three weeks of a short course, but after that we feel that it disrupts the group too much to invite new participants (in this case, because referrals were the focus of testing, places remained open for the full six weeks). EM, who attended only the first session, was interested to continue on the programme, but felt that the earlier bus (which would incur a fare)/taxi cost from the main road to the site would be prohibitive, as would walking (0.7 miles) to the site. This participant requested support to investigate alternatives and was offered funding to cover the cost, but declined. This participant was also offered a lift for part of the journey, and collection by the NMVC from a local pick-up point, but also declined. EM was then referred to the programme at a later point via a second referrer, but did not turn up at the third session. We were informed this was because of transport issues.

We were expecting two other participants referred from the Zink CIC work coach support programme, who didn't attend, but were expected (and confirmed by their referrer) for at least the first few sessions (follow up emails were sent to establish the likelihood of attendance of

those two referrals. Initially, participants stated that they would be attending, but then didn't).

Wellbeing evaluation

Participants were referred on the basis that the programme was for adult mental wellbeing but in reality, participants presented with a complex range of physical, mental and social/personal issues, typical for these types of interventions.

No risk assessments of individuals (nor any personal/medical information was supplied by the referrer - basic assessment of suitability to attend was requested by Grow Outside and then personal medical forms were completed at the first session) was provided by referrers, nor any requests for credentials, public liability insurance, quality assurance, risk assessments, etc. requested from Grow Outside CIC or NLP Beardwood.

Wellbeing questionnaires were completed on paper, and transcribed, anonymised and stored in a secure database. Through discussion during the sessions and responses to wellbeing evaluation and qualitative feedback, the sessions had the outcomes for participants reported below.

Quantitative measure

Wellbeing measures were completed pre- and post-intervention; individual mood item scores (each out of 5 - see Figure 1) (Thomson and Chatterjee, 2013) were analysed using descriptive statistics. These measures assess changes in aspects of wellbeing, through ratings of six negative and six positive emotions, found to be affected by short interventions such as these nature wellbeing sessions.

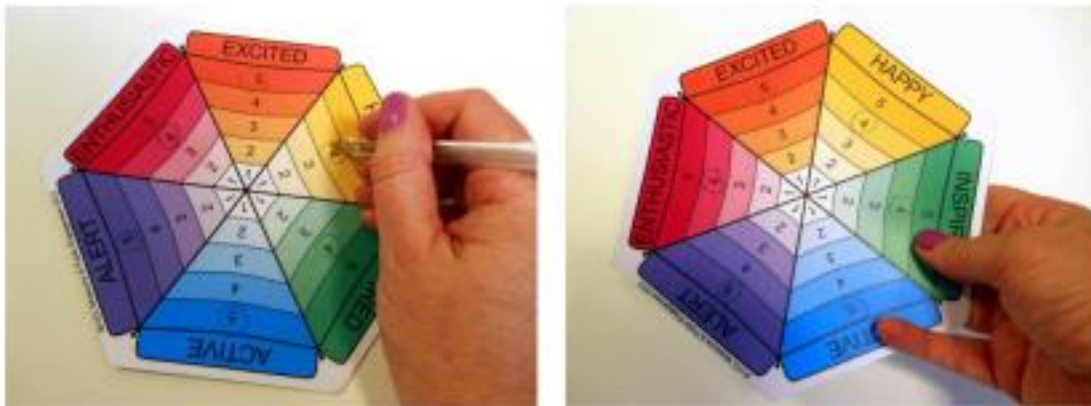


Figure 1. Wellbeing 'umbrellas' used to assess positive and negative emotion, pre- and post-intervention (Thomson and Chatterjee, 2013).

These figures include every instance of a pre- and post-session evaluation, from all six sessions; in total there were 22 separate attendances from a total of seven participants, though not all participants attended each session. Where data were missing, the examples were excluded from analysis (where a participant incorrectly filled in the umbrella, or only completed at the start or end of a session). One participant, in particular, struggled with the meaning of the exercise and relating them to her emotions. The local volunteer's (an experienced volunteer with lived experience) responses were included in the results.

Means and standard deviations were examined for scores. All twelve emotions measured showed pre-post session improvements (increased positive and decreased negative emotions), averaged over all six sessions (Table 2). The 'active' emotion showed the greatest average increase (0.9) and 'unhappy' the lowest average improvement (0.2).

Descriptive statistics indicated that, each session, mean total scores for wellbeing increased for the positive emotions post-intervention (and decreased for the negative emotions) compared with pre-intervention (Figure 2).

Subjectively 'less favourable' results can be seen during the second session, which could be explained (and was commented on by participants) by one member of the group experiencing back pain and having to request first aid treatment, impacting everyone's overall experience of the session.

Table 2. Average change in positive and negative emotions for all six sessions.

	distressed	irritable	nervous	scared	unhappy	upset	excited	happy	inspired	active	alert	enthusiastic
pre	2.00	2.03	2.30	1.83	1.87	1.77	2.93	3.20	2.87	2.80	3.20	3.03
post	1.67	1.73	1.90	1.60	1.67	1.47	3.30	3.70	3.58	3.70	3.70	3.80
improvement	0.33	0.30	0.40	0.23	0.20	0.30	0.37	0.50	0.72	0.90	0.50	0.77

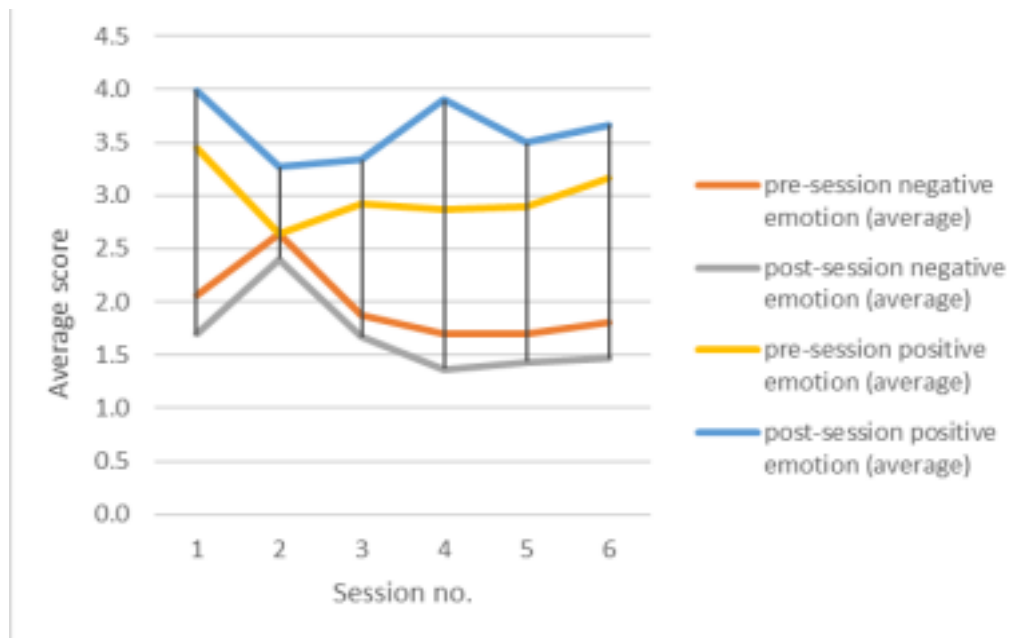


Figure 2. Pre/post session means across all sessions

Qualitative results

Participants were given the opportunity to provide qualitative comments at the start and end of each session, and feedback questionnaires were completed at the end of the first and last sessions.

Comments from feedback forms included:

What did you find most enjoyable?

- "Working on the allotments, the animals"
- "Practical work such as seeding, planting, weeding"
- "Gardening, mindful walking, activities interacting with other people"
- "I've enjoyed everything!"
- "Every session had great content"

What was least enjoyable?

- "The rain (today)"
- "Walking down hills - balance problems"
- "The weather at times, being a bit unsure of what to do"

Has this course encouraged you to become involved in something similar either at home or another course? Please give details

- "Yes, New Mills Volunteer Centre, Chapel Church gardening"
- "It has made me take a little more interest in my garden which I still struggle with due to its size and my health"
- "Gives me the incentive to go to allotment and garden and walk"
- "I would love to do another one. I'm involved in similar group in New Mills"

“Yes, it gives people a chance to experience and explore new things”



Summary

Participants were noticeably nervous at the beginning of the first session, but they became much more relaxed with each other and the venue over the six weeks of the programme.

Throughout sessions, we discussed ways to distract the mind and prevent rumination and preoccupation with any concerns from day-to-day life, giving participants the space to ‘play’, and focus on themselves for a few hours, whilst being in contact with nature. This is a point we revisited regularly, and not something many participants often do themselves, e.g. just going for a walk to the park. Readily accessing nature was not common in this group, despite all participants living in rural localities.

Everyone was willing to participate and took part, regardless of whether the concepts and materials were familiar to them - some had concerns about mud and the animals (our project dog and the Shetland pony were close-by during most sessions) but engaged, nevertheless, and felt at ease as the weeks progressed. Issues of COVID and distancing seemed of little concern to the group, probably because of the outdoor nature of the activities, and the barn workshop space was airy and allowed for adequate social distancing. Overall, it was felt that the sessions were very successful; through both quantitative and qualitative measures, they were shown to have had beneficial effects on participants’ emotional wellbeing.

We used the physical and outdoor/nature related elements of the sessions to encourage participants to think about attempting similar activities at home or joining other groups. One

group member had an allotment of their own but felt overwhelmed by the size and how much work there was to do; following our sessions she felt positive and planned to return and break the work into manageable tasks. Others considered joining the local 'Incredible Edible' group, encouraged by a group member, and we focused on what people could try out at home using what had been learned or attempted during the sessions.

At Grow Outside, we encourage creativity and a sense of 'having a go', and for participants not to expect to create 'perfect' pieces and put pressure on themselves. All participants managed to create items that they were pleased with, and enjoyed the creative, 'playful' process. The mindful walk and craft activities were of particular interest to participants. The materials used were found, natural items, or easily available/recycled; and participants discussed what they could recreate and do at home themselves.

All participants had a positive response to all sessions and activities, and many requested (and even anticipated) a repeat or longer version of the programme. There was concern from quite early in the course that participants had nothing to progress on to and what would happen after the six weeks. We shared ideas about what options there were throughout, and local knowledge of other group members was important. Some already had an awareness of contacts who could signpost and support, but outdoor activities of this kind were particularly interesting to the group.

The participants worked well together, having not met previously, and exchanged details with a plan to meet up either for coffee or a walk and, potentially, on a regular basis.



General comments

- Feedback from the sessions was that the start time was generally felt to be correct (though some potential referring partners noted that their clients would prefer afternoon sessions); the length of the sessions was felt to be a little short, particularly when feeling occupied by activities that participants were keen on and wanted to continue, e.g. gardening
- all participants expressed concern at the short-term nature of the programme and what opportunities there would be to continue or attend another programme
- more notice when advertising opportunities would be ideal, though the unpredictability of funding for VCSE organisations often means this is not possible.

GreenSPring-related points for consideration/recommendations

- Risk assessing individuals - information on participants' background/suitability was not offered, no referrer asked for risk assessment, public liability insurance details, skills/experience in delivery, etc.
- One referrer followed up to find out about attendance.
- None of the referrers asked if there was a referral form or formal process. Personal information was gathered by the delivery organisation, but it is unclear with whom this responsibility sits, e.g. next of kin, relevant health information, etc. An ambulance was requested by one participant complaining of a bad back, who was also on medication and epileptic (the participant left with the minibus in the end and did not intend to seek further medical help).
- Only one referring partner used secure transfer of personal data and accompanied the individual to the first session.
- Two individuals were signposted on for further (progress-related) support (should pathways for progress should be built-in/understood? (particularly given participants' concerns about what would happen when the course finished).
- One individual was referred from a work coach and had been defined, internally, as a 'volunteer'.
- Rurality is an issue but, even when transport is provided, the effort required (early start, travelling into a different locality) is often too great and having a buddy or someone to accompany the participant can help with this.
- The minibus collecting individuals made a difference to attendance.

References

Thomson, L. and Chatterjee, H. (2013) UCL Museum Wellbeing Measures Toolkit. London: AHRC, 28.

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Appendix 4i

South Derbyshire District Council Environmental Education Exploring Nature Connections Test and Learn Project Report

March 2023

Appendices/ Attached documents

- Testing Agreement/ Project contract
- Free Tree Application feedback spreadsheet
- Postcard responses spreadsheet
- Online Survey (Smart Survey) full results analysis
- Opt-In Participants' Stories (no contact details)

1. GreenSPring and Project Partners

Between early 2021 and March 2023, the GreenSPring pilot commissioned a range of projects as part of a national programme, in order to understand the local social prescribing landscape and the opportunity for promoting green health interventions as potential social prescribing activities. This has included investigation of the support and investment required to deliver this safely and sustainably.

These test and learn activities have taken place in districts and boroughs around Derby and Derbyshire. For this project in South Derbyshire, the focus was on understanding what in the local 'system' would help or hinder access to the benefits of green wellbeing activities. Including what supports them to get involved or what barriers might prevent participation, and how the benefits could be made more accessible. The 'Exploring Nature Connections' project forms part of that work.

2. Exploring Nature Connections Project

I. Context and overview

This project was designed to test the local feedback that low numbers of local people access nature based activity for their wellbeing, and to expose and investigate any potential barriers to referrals.

The intention for this project was to use the long-standing and successful Free Tree Scheme (FTS) as a vehicle for engaging local GP surgeries and practices in South Derbyshire, where take up of GSP initiatives and subsequent referrals has been very low/non-existent.

A questionnaire was devised and distributed to participants of the FTS, to find out more about the motivations for people to take part in the scheme, and to better understand the benefits in relation to their experience and connection with nature, and whether this has any impact on their mental wellbeing.

The feedback for this would then be collated and presented to the GPs/SPLWs and others in the referral process. The outcome would be used to demonstrate the benefits of such interventions to those referring, with an aspiration to increase the take up of green social prescribing.

II. Project delivery

The South Derbyshire Environmental Education Project was commissioned to carry out survey work in two stages from October 2022 to March 2023. The details of the second stage of the project were developed with partners using the results of the first stage.

Stage One: Survey work with Individuals in South Derbyshire

Survey work was carried out with individuals to find out more about their connections with nature – what connections they have, and the value they attribute to those connections. The sample group chosen for this work was applicants for the Free Tree Scheme. Organisations including local doctors' surgeries were asked to promote the scheme to their contacts to try to include people who didn't already participate in nature projects.

Stage Two: Consultation with Surgeries

Network connections were established with the local surgeries around Swadlincote to discuss barriers and opportunities for Green Social Prescribing with Practice Managers and on-the-ground prescribers. This involved Swadlincote Surgery via the Patient Participation Group, and staff from Swadlincote Surgery liaised with other surgeries.

III. Stage One: Survey work with Individuals in South Derbyshire

a) Free Tree Scheme consultation and findings

South Derbyshire District Council has run a Free Tree Giveaway initiative with the National Forest Company every year since 2001. Residents and community groups/ schools / businesses are invited to apply online.

Aims of the scheme include:

- promoting the National Forest and bringing it into peoples' gardens and organisational grounds
- helping people to take personal action to improve their local environment
- supporting pride in the local community
- helping wildlife in peoples' gardens
- helping people learn about different sorts of tree and choosing trees that are suitable for their site and their own interests/ needs

As part of the GreenSPring project, it was felt that the participants in the Free Tree Giveaway were a useful cohort for consultation, which might be a useful way to learn more about their engagement with nature and:

- their wellbeing
- their personal motivation, to get involved
- benefits they may, or may not, get from active engagement with nature
- any barriers they encounter

There were 492 applications for Free Trees in autumn 2022: 473 individuals and 19 community groups. They were all asked to explain why they had applied for the scheme and given the 'free text' boxes to respond. 366 individuals and 8 Community Group representatives opted to reply, more than 75% of applicants, and provided us with personal comments about why they had applied. The full results are attached to this document.

Themes which emerged from the 384 comments (and number of linked comments)

Highlights = main emerging themes

- For wildlife / biodiversity/ increase habitat (165)
- Positive addition to the garden with trees/hedge (incl. bare new build gardens) (146)
- Help counteract habitat loss/ environment/ climate concerns/ (88)
- Fun/ Love/Enjoyment of growing/gardening (71)
- To improve the landscape / Being part of the National Forest (56)
- For health e.g. Calming/ Helps with depression/ anxiety/ mental health/ recovery from illness/ therapy/ for wellbeing/ life enriching/ for accessible garden (9)

b) Postcard consultation and findings

When people came to collect their trees, we gave them the option to fill in a postcard and either give it back or post it back to us.

25 postcards were completed. The top 2 response topics are below.

Nature made participants feel:

- Happy/ good/ joy/ love/ thriving (15)
- Calm/ peaceful/ relaxed/better mental health (15)

c) Online Survey details and findings

As part of the Free Tree Application process, we gave people the option to opt into an online survey.

The aim of the survey was to investigate people's connections with nature and any barriers they might encounter.

Key points to note are highlighted.

- 226 people out of 492 free tree applicants opted into a follow up survey when they applied for their free trees. They were all emailed a link to the survey on 1/12/22.
- 42 Free Tree event participants responded (c.20% response rate)
- This summary is based on all 42 responses.
- Of the 42 responses, 18 people opted in to share their story further. Of those 15 of them were 'first timers' in the free tree scheme – the target subset of people we were looking for.
- Of those 15, 4 of them shared a story (and their contact details) in the questionnaire (but others shared comments)

The contact details of people who had opted in to share their contacts and had a story to tell were passed to GreenSPring.

Highlights = main emerging themes

- For the majority of respondents (73%), it was the first time they had applied for a free tree
- Nearly all respondents had either spotted the scheme themselves (43%), or had it recommended by a friend/ neighbour (21%) or relation (24%).
- The most common responses for having applied were:
 - Liking trees (74%) & To increase wildlife in their garden (62%)
 - To help combat climate change (57%)
 - Because it was free (57%), and
 - To improve wellbeing (43%)
- The most common places to experience Nature were:
 - Woodland areas (93%) & Own garden (88%)
 - Riverside/ canal (55%)
 - Park/ recreation ground (36%)
 - Through a window (31%)
- Going outdoors makes participants feel:
 - Generally good (98%)
 - Happy (76%)
 - Like to notice changes in seasons/ nature (71%)
 - Enjoyment using their senses outdoors (57%)
 - Better about themselves/ have boosted self esteem (48%)
 - Calmer (48%)
- The biggest limiting factors to being outdoors were:
 - Time (50%)
 - Family Commitments (35%) & Work (30%)
 - Weather (23%)
 - Health (generally) (8%)

- Those that said they had benefitted from connecting with nature said it:
 - Improved their sense of wellbeing (83%)
 - Improved their physical health (78%)
 - Improved their mental health (75%)
- When participants were asked if they felt more connected to nature through the free tree scheme:
 - 88.5% said yes

IV. Stage Two: Consultation with Surgeries and outcomes

Three consultation activities took place, only the first was covered by this project.

These are the topics that were discussed with the health care professionals:

- General views on GSP and what options work best (e.g. timetabled targeted programmes or ad hoc activities that you know are pretty much always running)
- General discussion on barriers for providers and prescribers - regional and local. Any barriers / support needed for partnership working?
- Other barriers from an NHS perspective? E.g. funding, plus knowing what is out there, what is free and what might need to be paid for by either the patient or the prescriber or another funder.
- How to pay for GSP overall?
- Making sure that GSP is available when it is needed (without long waiting lists)
- What are the day-to-day barriers regarding GSP for the NHS? E.g. time, money, accessibility of services, mental or physical wellbeing support for patients being referred?

The main barriers for the Health Coaches:

- There are groups of people who struggle to find peer support opportunities
- There is a lack of capacity to start and run new groups
- There are limits in knowledge of what's available locally
- The 5 u HCs at 5 practices all have slightly different remits
- Staffing changes

A follow up meeting took place with Clare Jackman, Practice Manager, at Swadlincote Surgery on Thurs 8th March to review the barriers, solutions and any logistics e.g. data protection.

Meeting Notes Thurs 8th March

Who prescribes and what is currently prescribed?

- There are 2 social prescribers for the Primary Care Network (Lindsey and Liz), they are based at Bretby Park and do non-clinical prescribing.

- There are 5 x Community Health Coaches each based at one of the 5 surgeries in the Swadlincote area. They each have slightly different roles but there is a lot of overlap. They meet 1 x month. Ashleigh (Swadlincote Surgery) is main point of contact.
- Also able to prescribe is Sarah Hamel, Care Coordinator at Swadlincote Surgery. She does referrals related to loneliness, bereavement etc.

There is a list of social prescribing opportunities including programmes like smoking cessation and the walks listed in the Get Active brochure. Some surgeries also arrange their own walks.

How does prescribing work/ how might it work/ are there any barriers to overcome?

Prescription pathway

- Prescription costs/ free prescriptions: GSP/SP is usually free to the patient but doesn't always have to be provided free. For sessions which need to be paid for, there is a possibility that in some cases the patient will pay. In cases where the NHS will pay, patients can be given/ emailed a code to be given to the provider. The provider can then invoice e.g. for 6 week course such as weight loss.
- Quality Outcomes Framework – there is a process for prescribing and Clare would expect GSP to come through to the surgery via that pathway.
- Links between the surgery, Integrated Care Board (ICB), Primary Care Network and Green Social Prescribing (pilot) are not clear at surgery level:

V. Summary of Project Outcomes

Surveys

- People who applied for the Free Tree Scheme are aware that access to nature and time spent outdoors is beneficial to their health. Almost everyone who applied took the time to give us optional feedback about why they had applied and this was overwhelmingly positive (see Excel document attached to this report for all the comments)
- For the follow up survey (for people who opted in), people felt the free tree scheme itself had been beneficial. For them, walking is the most popular activity. The biggest barrier (50% of respondents) restricting their time spent outdoors was time.

Consultation with Health Care professionals:

- Main outcomes
 - a strong commitment to joint working;
 - unaware of the GSP Derbyshire pilot project
 - lots of ideas for joint work

- Swadlincote Surgery would like to lead in the local area and offer opportunities to all patients
- Swadlincote Surgery would like to hold a launch event showcasing opportunities and start trialling opportunities for patients and staff.

VI. Reflections / Next Steps

Delays with getting the project up and running meant that the registration for Free Tree Scheme closed before the project got underway, so there was limited opportunity to engage with the GPs/Referral pathways at the outset. Some engagement was possible through personal and voluntary connections with the Swadlincote Surgeries Practice Manager.

Consultation was directly with the participants of the Free Tree Scheme. Arguably this cohort were already engaged with nature, and none of whom heard about the giveaway through any formal referral routes. That said, the majority of respondents indicated they were new to the scheme and had found real benefit in connecting with nature. The responses from the questionnaire and shared stories have proved useful in opening up conversations with the local GP surgeries and to help shape discussions.

There does seem to be interest from both the surgeries and the green providers to try and work through some of the issues and barriers identified. It is too early to say whether referrers and link workers now have increased motivation to refer to GSP. It is clear from the increased resource that there may be increased capability and opportunity, as staffing levels and a consistency of staff has been a limiting factor to date.

Many of the suggested next steps which have been discussed with both the surgery staff and green providers will offer improved access to green opportunities through better co-ordination and support.

- Feedback the outcomes to partners for their input into the next steps
- Trial some of free activities / volunteering opportunities with the Community Health Coaches prescribing to patients
- Discuss funding options for project ideas
- Work with Swadlincote Surgery on patient engagement /involvement including surveys and a data sharing agreement
- Work on engaging even more people in the Free Tree Scheme 2023
- Attend network updates/ keep up to date with GSP opportunities locally and nationally (e.g. through Natural England)
- Support GreenSPring where possible by sharing information
- Work with Get Active, CVS and Visit South Derbyshire to see how we can promote all the local providers and make it easy for Prescribers to have an up to date list to share.


Appendices and background documents







Appendix i) NFC Free Tree Giveaway survey responses

NFC 'Free Tree Giveaway' Survey Responses (postcards)	
Your thoughts about how nature makes you feel	Any other thoughts about nature and what it means to you
Calm and content. Happy if we can help our environment and have a positive impact	blank
Saw it online ad wanted to fill the garden	blank
Happy and at peace. The trees will expand our garden and we will enjoy the fruit in a few	blank
blank	It makes us feel calmer and happier to get our /ilegible/
Calm (Ellie 7) Good (Hugo 4)	With pollution ever growing concern, this scheme is particularly good.
Relaxed, happy, peaceful. Sometimes concerned for our animals, insects	blank
I enjoy being out in the outdoors. It makes me	blank
Nice, calm, happy, relaxed, reflective, de-	blank
Happy. Love green space.	blank
Calm and able to relax in the outdoors.	blank
I thrive when I am in nature. My mental health stays 1st class. I want the trees to green up my	blank
Relaxed, calm, happy	Took part in the Free Tree project as we are new to the area and have recently redone our garden.
blank	visiting lots of different places outdoors. We often come to Rosliston. Thank you for the tree scheme. We have recently moved house and they will be ideal for our new garden. Thank you!
Love trees and nature and long walks. Very interested in trees and wild flowers. Great to be able to plant new trees.	See other
Lovely, calm and happy.	It means the world to me, wouldn't want to live in a world without biodiversity
Love nature and what it does to help wildlife. It calms me down, gives me space to breathe and relax.	Trees are important for the world and wildlife. We live on a new build site and they have next to NO trees.
Very worthwhile scheme. Replanting woodland is something I do with the Wildlife Trust.	blank
It makes me feel calm, humble and at peace.	I like to plant trees to leave a positive legacy for future generations; so they too can benefit from all the positives--and nature continues to thrive.
Nature makes me feel at home.	blank
blank	My garden is designed for nature--without nature life doesn't exist, but it's alos amazing to watch and be
Calming, better health	blank
At peace.	Stillness and something that needs to be cared for.

Appendix ii) South Derbyshire Free Tree Scheme Survey Results

South Derbyshire Free Tree Scheme Survey











1. Is this the first time you have applied for a free tree?				
Answer Choices			Response Percent	Response Total
1	Yes		72.50%	29
2	No		27.50%	11
			answered	40
			skipped	2

2. Who spotted the offer or suggested it to you?				
Answer Choices			Response Percent	Response Total
1	Myself		42.86%	18
2	Friend, neighbour		21.43%	9
3	Partner or other relation		23.81%	10
4	Environmental professional		0.00%	0
5	Wellbeing/Health professional e.g. GP or community nurse		0.00%	0
6	My organisation (eg school, business, local environmental group) asked me to apply on their behalf		4.76%	2
7	Can't remember		2.38%	1
8	Other (please specify):		4.76%	2
			answered	42
			skipped	0
Other (please specify): (2)				
1	01/12/2022 23:22 PM ID: 205743954	Local paper		
2	03/12/2022 18:10 PM ID: 205845983	Mentioned by Councillor Ford at parish council meeting		








3. Why did you apply? (please tick all that apply)

Answer Choices			Response Percent	Response Total
1	It was free		57.14%	24
2	I like trees		73.81%	31
3	I like the types of trees you were offering		30.95%	13
4	New house with lots of space in the garden		26.19%	11
5	I want more wildlife in my garden		61.90%	26
6	I want to eat things that I grow		7.14%	3
7	I want to screen my garden from neighbours		21.43%	9
8	This is the first time I have planted trees, thought I'd give it a go		7.14%	3
9	I want to create shade in my garden		0.00%	0
10	To improve my wellbeing		42.86%	18
11	To help combat climate change		57.14%	24
12	Other (please specify):		9.52%	4
			answered	42
			skipped	0
Other (please specify): (4)				
1	01/12/2022 21:19 PM ID: 205739879	To plant the trees within the parish		
2	01/12/2022 23:22 PM ID: 205743954	I want to grow a tree		
3	03/12/2022 18:10 PM ID: 205845983	We have had trees off you before we have three acres of land which are old allotments and very few trees		
4	04/12/2022 15:46 PM ID: 205871771	I've just moved to a new build property so all the plants had been stripped out. I wanted a way to encourage birds and insects into my garden.		

4. Where do you usually experience nature? (please tick all that apply)

Answer Choices			Response Percent	Response Total
1	Woodland areas		92.86%	39
2	Townscapes		11.90%	5
3	Park/recreation ground		35.71%	15
4	Allotment		4.76%	2
5	Through window		30.95%	13
6	Riversides/canal		54.76%	23
7	Own garden		88.10%	37
8	Village Green		11.90%	5
9	Watching through TV, phone or computer		14.29%	6
10	I don't experience nature		0.00%	0
11	Other (please specify):		4.76%	2
			answered	42
			skipped	0
Other (please specify): (2)				
1	09/12/2022 17:49 PM ID: 208404478	Days out or when on holiday, to observe wildlife in different environments. eg: beach, lakes, scrubland.		
2	20/12/2022 09:26 AM ID: 205748244	Calke Park - National Forest Ticknall		

5. If you spend time outdoors, what do you do already? (please tick all that apply)

Answer Choices			Response Percent	Response Total
1	Go for a walk		100.00%	42
2	Nordic Walking		0.00%	0
3	Run		16.67%	7
4	Bike ride		26.19%	11
5	Socialise with friends/family		45.24%	19
6	Forage e.g. pick wild black berries		28.57%	12
7	Grow flowers/fruit/veg in garden/allotment		61.90%	26
8	Wildlife/conservation work		14.29%	6

5. If you spend time outdoors, what do you do already? (please tick all that apply)

9	Dog walk		59.52%	25
10	Get to work		2.38%	1
11	Bird watching		33.33%	14
12	Feed the birds		57.14%	24
13	Tai Chi / yoga or meditation		2.38%	1
14	Photography		19.05%	8
15	Group activities eg guided walk		4.76%	2
16	Other e.g. paint, read, picnic (please specify):		9.52%	4
			answered	42
			skipped	0




Other e.g. paint, read, picnic (please specify): (4)

1	01/12/2022 20:48 PM ID: 205738650	Horse Riding
2	01/12/2022 21:12 PM ID: 205739271	Paint
3	01/12/2022 22:12 PM ID: 205741774	Paint, & Read
4	20/12/2022 09:28 AM ID: 205738932	Paint

6. If you go outdoors how does it make you feel? (please tick all that apply)

Answer Choices		Response Percent	Response Total
1	Generally good		97.62% 41
2	Generally bad		0.00% 0
3	Neither bad or good		0.00% 0
4	Being outdoors makes me happy		76.19% 32
5	Being outdoors makes me worried or scared		0.00% 0
6	I just have to go somewhere, I don't have particular feelings about it		0.00% 0
7	Too hot /or too cold / too wet (depending on the season)		0.00% 0

6. If you go outdoors how does it make you feel? (please tick all that apply)

8	Being outdoors makes me feel calmer		47.62%	20
9	I like to notice seasons, changes in nature etc		71.43%	30
10	I enjoy using my senses outdoors e.g. sight, smell, hearing		57.14%	24
11	Makes me feel better about myself/boosts my self esteem		47.62%	20
12	Other (please specify):		0.00%	0
			answered	42
			skipped	0

Other (please specify): (0)

No answers found.







Why does it make you feel this way? (21)

1	01/12/2022 20:46 PM ID: 205738650	Open fresh air and being nearer nature
2	01/12/2022 21:05 PM ID: 205739474	Nature is <u>beautiful</u> . It's out natural earth - we are destroying the earth with concrete
3	01/12/2022 21:19 PM ID: 205739879	Relaxed after exercise, warm inside, result of good company
4	01/12/2022 22:01 PM ID: 205741445	Working outdoors is not just of great physical benefit it us <u>multi sensory</u> and definitely boosts mental wellbeing
5	01/12/2022 22:12 PM ID: 205741774	I enjoy the freedom to be near nature, I admire and appreciate the flowers and <u>Fawns</u> of South Derbyshire and the National Forest. Having the trees from you will give me the opportunity to plant them in the memory of Queen Elizabeth the Second.
6	02/12/2022 08:22 AM ID: 205750655	Connecting with nature is part of the greater energy system. We are part of that energy system. Connecting on a regular basis brings balance.
7	02/12/2022 11:37 AM ID: 205765068	A sense of freedom and getting away from the noise of traffic and people.
8	02/12/2022 13:34 PM ID: 205777411	Fresh air and destressing
9	02/12/2022 14:22 PM ID: 205783556	It is so enjoyable. We are outside as much as possible all weathers. It makes you feel much healthier and happier just to see all around you
10	02/12/2022 17:57 PM ID: 205803112	Seeing nature change and seeing insects and animals living their life makes me feel grounded and appreciative of the world around me. No matter what is happening in my life, I can always look outside and see nature doing its thing no matter what is thrown at it!








6. If you go outdoors how does it make you feel? (please tick all that apply)

11	03/12/2022 18:10 PM ID: 205845983	Fresh <u>open air</u> walking about listening to the birds singing and the robin following our every move
12	03/12/2022 18:32 PM ID: 205846781	Fresh air even if it's cold is good for your mood. The dog enjoys a good walk. I enjoy watching the changing seasons and looking at the wildlife that might be around.
13	04/12/2022 15:48 PM ID: 205871771	I've struggled with my mental health as a result of the lockdowns a couple of years ago. Being in nature boosts my mood significantly - it's one of the reasons I moved to a house with a garden and why I want to introduce a range of plants into the space.
14	04/12/2022 19:00 PM ID: 205884772	Reminds me of the power of nature to heal
15	04/12/2022 19:05 PM ID: 205884910	I find being out in nature very calming and have taken up bird spotting this year.
16	06/12/2022 12:22 PM ID: 206016891	Being out in nature away from the confines of the house/work particularly in winter when the heating is on (if you can afford to have it on!). It's good exercise for the body and mind. Great opportunity to meet neighbours and people in the area, create new friendships; having dogs brings people together most of the time. I love seeing the changes in the seasons, admiring peoples' gardens, seeing new plant and wildlife. I always feel refreshed after being outside and my body thanks me for it.
17	07/12/2022 19:10 PM ID: 206242779	Just to feel the air on my face makes me feel better.
18	08/12/2022 07:29 AM ID: 206276088	The fresh air and the sounds of nature also visually calming and makes me feel happier
19	09/12/2022 17:49 PM ID: 206404476	I suffer from anxiety/panic attacks so the outside world of wildlife calms the mind.
20	20/12/2022 09:25 AM ID: 205738670	Calm and peaceful
21	20/12/2022 09:28 AM ID: 205738932	Nature is grounding, beautiful and forever changing, always something different to experience

7. Is there anything that limits your time spent outdoors? (please tick all that apply)

Answer Choices		Response Percent	Response Total
1	Health – generally		7.50% 3
2	Accessibility / mobility		2.50% 1
3	Time		50.00% 20
4	Money		2.50% 1
5	Family commitments		25.00% 10
6	Work		30.00% 12




7. Is there anything that limits your time spent outdoors? (please tick all that apply)

7	Not that interested		0.00%	0
8	Don't have the right clothes		0.00%	0
9	Don't know where to go		2.50%	1
10	No-one to explore with		2.50%	1
11	Fear of crime		2.50%	1
12	Weather		22.50%	9
13	Confidence		5.00%	2
14	Nothing limits my time outdoors		22.50%	9
15	Other (please specify):		7.50%	3
			answered	40
			skipped	2

Other (please specify): (3)

1	02/12/2022 08:22 AM ID: 205750655	Snow! Don't like to subject my dog to frozen snow in her fur and paws.
2	02/12/2022 17:57 PM ID: 205803112	Living somewhere in a suburb that doesn't have much varied nature - just grass and a lot of the same plants. Wish there was more variety nearby.
3	06/12/2022 12:22 PM ID: 208016891	I have put down confidence/fear of crime as there are some places I would love to walk, which can be isolated and as a female I don't feel safe going on my own so limit my explorations to the local area where it can be busy, not preferred but sometimes have no choice

8. Have you benefitted from connecting with nature? (please tick all that apply)



Answer Choices		Response Percent	Response Total	
1	No		0.00%	0
2	Don't know		0.00%	0
3	Yes - better physical health		77.50%	31
4	Yes - better mental health		75.00%	30
5	Yes - better sense of wellbeing		82.50%	33
6	Other (please specify):		0.00%	0
		answered	40	
		skipped	2	

Other (please specify): (0)















8. Have you benefitted from connecting with nature? (please tick all that apply)

No answers found.

9. Do you feel more connected with nature as a result of taking part in the free tree scheme?

Answer Choices		Response Percent	Response Total
1	Yes		87.50% / 35
2	No		12.50% / 5
		answered	40
		skipped	2

10. What would inspire you to engage more with nature? (please tick all that apply)

Answer Choices		Response Percent	Response Total
1	Nothing		2.50% / 1
2	I already do lots of nature-related activities		37.50% / 15
3	Organised nature-based activities near me		17.50% / 7
4	More tree planting opportunities		25.00% / 10
5	Getting an allotment		15.00% / 6
6	Getting involved with a conservation group		12.50% / 5
7	Joining a walking group		5.00% / 2
8	Having a bird box in the garden		20.00% / 8
9	Learning more about wildlife		20.00% / 8
10	Forest bathing/mindfulness		12.50% / 5
11	Opportunities to apply learning from nature to my own life		15.00% / 6
12	Environmental education for adults		10.00% / 4
13	More public initiatives to join in with (like the free tree scheme)		50.00% / 20
14	Other (please specify):		7.50% / 3

10. What would inspire you to engage more with nature? (please tick all that apply)

		answered	40
		skipped	2
Other (please specify): (3)			
1	02/12/2022 11:37 AM ID: 205785088	Better time management!	
2	02/12/2022 18:44 PM ID: 205797598	Not sure what else as I'm already inspired enough	
3	05/12/2022 10:38 AM ID: 205909389	Less work and family commitments	

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If nature is important to you, do you have a short story to share about why that is?

Answer Choices		Response Percent	Response Total
1	Open-Ended Question	100.00%	14
1	01/12/2022 20:48 PM ID: 205738650	I was brought up to appreciate nature which I have, hopefully, passed into my daughters	
2	01/12/2022 21:19 PM ID: 205739879	It has always been part of my life having been brought up and lived in rural areas for over 70 years! I like to share my knowledge of the outdoors with others.	
3	01/12/2022 22:01 PM ID: 205741445	Having retired from a career in banking almost 7 years ago I started volunteering with the Wildlife Trust. Now the initial one day per week has become three to four. I have qualified in many aspects of countryside management & enjoy every minute. I meet many people with a variety of skills & experience from all walks of life. It's wonderful to do something positive for nature and our environment.	
4	02/12/2022 11:37 AM ID: 205785088	<p>I grew up surrounded by nature, but didn't realise its importance to me until I moved away. Visits 'home' (although the family home was sold many years ago), still give me a sense of peace and place.</p> <p>We were also privileged to live on a wooded island of 8.3 acres (the only occupants) and surrounded by water for three years. Living without cars, mains electric and neighbours brought a greater appreciation of dark skies, wildlife, silence and the yearly cycle of the seasons. <u>Yes</u> it brought challenges, but mainly when we needed to integrate off-island life by going to work!</p>	
5	02/12/2022 13:34 PM ID: 205777411	No	
6	02/12/2022 16:44 PM ID: 205797598	Growing up in the countryside its always been a part of my life and now I'm retired I can share my love with my family.	
7	02/12/2022 17:57 PM ID: 205803112	I spent a lot of time in the garden and walking and appreciating nature with my grandparents as a child. It always brought me joy and taught me to stop and pay attention to the world around me. They didn't have much money but their garden was	




If nature is important to you, do you have a short story to share about why that is?

		<p>their pride and joy, I'd 'help' them throughout the year and they grew all sorts of vegetables and fruit. That has stayed with me throughout my life and even if my own life feels chaotic, stressful or I'm feeling down, just being outside, going for a walk or tending to my garden gives me purpose and makes me happy - no matter the weather.</p> <p>It's also nice to do something where it doesn't matter if you aren't the best at it, you can learn and try and do what makes you happy and the garden happy! :)</p>	
8	03/12/2022 18:10 PM ID: 205845983	<p>My cousin who has terminal breast cancer and regular chemo, comes to walk our land when she has the strength. She is away from germs off other people, and loves the nature and plants, trees, freedom plus beautiful birds singing. Just one mile from her suburban flat so accessible easily for her.</p> <p>We are so pleased to be able to do something to make her life happier.</p>	
9	03/12/2022 18:32 PM ID: 205846781	<p>I enjoy watching wildlife, I also watch the birds in our garden dipping in and out of our pond and waterfall. We take part in the RSPB bird count most years.</p>	
10	06/12/2022 12:22 PM ID: 206016891	<p>My husband and I purchased a new-build house nearly 18 months ago, I wasn't particularly keen on buying a new-build due to the vast areas of land which are taken up and the loss of habitat for wildlife. However, I was persuaded by my husband on the basis that we could create a new garden as soon as possible to encompass trees both front and back. I have managed to squeeze in 14 trees in my small back garden with a host of new plants and a water feature. We have bird-feeding areas at the front and back of the property. I was really disappointed and quite upset that in the first year I rarely saw a bird in my garden. However, in the last couple of months birds are appearing and feeding, in fact one landed and sat on the door handle of my french doors for around 15 minutes last week; I was beyond ecstatic! I'm slowly seeing more birds arrive which is great to see. I've had toads in the garden which my dog has very kindly tried to bring inside and there has been a fight between me and the dog's mouth to remove the toad! Trees, plants and wildlife are growing and with the addition of the two new trees to my collection, we are happy to see them continue to grow. Thank you for the trees, which will be planted at the front of the property - much appreciated.</p>	
11	08/12/2022 07:29 AM ID: 206276088	<p>My son suffers with severe mental health and skin issues being outside and connecting with nature helps him calm down and relax</p>	
12	09/12/2022 17:49 PM ID: 206404476	<p>Way was back at infants' school, I had a lovely "Nature" teacher, who was enthusiastic in her teaching and took the class for Nature Rambles, pointing out birds, insects, plants, pond life, etc, and it has always stayed with me.</p> <p><u>Plus</u> my parents were both keen gardeners; (veg, fruit, flowers), so I grew up surrounded by whatever wildlife visited our garden. Wonderful days!</p>	
13	20/12/2022 09:26 AM ID: 205738932	<p>In our busy, compact lives, I totally appreciate being able to walk out of my front door and into the fields where you can't hear traffic only nature. It is extremely peaceful and I am very grateful of the experience.</p>	
14	20/12/2022 09:26 AM ID: 205748244	<p>I have always loved being outdoors and nature and lived an outdoor life but in 2018 I had a serious accident and with the goal of getting back to my previous fitness the outdoors has been crucial to my recovery. Thanks to the access I have to the <u>ou</u>doors and my dogs I am now back to full health and fitness. Calke Park and the National Forest have been essential and I visit at least twice a day to walk and experience the outdoors.</p>	
		answered	14
		skipped	28

11. GreenSPring and the SDDC Environmental Education Project team may ask if you would be willing to share more about how planting your tree and looking after it makes you feel. Please tick this box if you are interested. This would mean sharing your answers and contact details with the GreenSPring project as mentioned in the Privacy Statement at the start of this survey. We will contact a sample group of people who reply.

Answer Choices		Response Percent	Response Total
1	Opt In 	42.11%	16
2	Opt Out 	57.89%	22
		answered	38
		skipped	4
If opting in, please add your preferred contact details: (13)			

12. Are you confident that you know how to plant and can look after your new tree(s)? (If you're not sure, you can find information here on the SDDC Free Tree Scheme webpage (look in the 'documents' section of the page) or email the team at rosliston@southderbyshire.gov.uk with any other questions).

Answer Choices		Response Percent	Response Total
1	Yes 	86.84%	33
2	No 	2.63%	1
3	Not sure 	10.53%	4
		answered	38
		skipped	4

Appendix iii) Opt in 'Free Tree' survey participants who provided a 'story'

ID	Story
These applicants had not applied for a free tree before:	
ID: 205738650	I was brought up to appreciate nature which I have, hopefully, passed into my daughters
ID: 205741445	Having retired from a career in banking almost 7 years ago I started volunteering with the Wildlife Trust. Now the initial one day per week has become three to four. I have qualified in many aspects of countryside management & enjoy every minute. I meet many people with a variety of skills & experience from all walks of life. It's wonderful to do something positive for nature and our environment.
ID: 205803112	<p>I spent a lot of time in the garden and walking and appreciating nature with my grandparents as a child. It always brought me joy and taught me to stop and pay attention to the world around me. They didn't have much money but their garden was their pride and joy, I'd 'help' them throughout the year and they grew all sorts of vegetables and fruit. That has stayed with me throughout my life and even if my own life feels chaotic, stressful or I'm feeling down, just being outside, going for a walk or tending to my garden gives me purpose and makes me happy - no matter the weather.</p> <p>It's also nice to do something where it doesn't matter if you aren't the best at it, you can learn and try and do what makes you happy and the garden happy! :)</p>
ID: 206016891	<p>My husband and I purchased a new-build house nearly 18 months ago, I wasn't particularly keen on buying a new-build due to the vast areas of land which are taken up and the loss of habitat for wildlife. However, I was persuaded by my husband on the basis that we could create a new garden as soon as possible to encompass trees both front and back. I have managed to squeeze in 14 trees in my small back garden with a host of new plants and a water feature. We have bird-feeding areas at the front and back of the property. I was really disappointed and quite upset that in the first year I rarely saw a bird in my garden. However, in the last couple of months birds are appearing and feeding, in fact one landed and sat on the door handle of my french doors for around 15 minutes last week; I was beyond ecstatic! I'm slowly seeing more birds arrive which is great to see. I've had toads in the garden which my dog has very kindly tried to bring inside and there has been a fight between me and the dog's mouth to remove the toad! Trees, plants and wildlife are growing and with the addition of the two new trees to my collection, we are happy to see them continue to grow. Thank you for the trees, which will be planted at the front of the property - much appreciated.</p>
These applicants had applied for a free tree before:	
ID: 206276088	My son suffers with severe mental health and skin issues being outside and connecting with nature helps him calm down and relax
ID: 205738932	In our busy, compact lives, I totally appreciate being able to walk out of my front door and into the fields where you can't hear traffic only nature. It is extremely peaceful and I am very grateful of the experience.

Appendix 4j

Derby City Nature Spaces Test and Learn Project Report

Nature Based Crafts and Wellbeing Sessions

with Spiral Arts – Community Artist Collective

based at Grove Lodge, Derby Arboretum, Grove Street, Derby DE23 8EL

for GreenSPring Oct-Dec2022



Project Overview

Dates: 1.5hour sessions (1pm-2.30pm) over 8 Wednesdays between 2 November to 22 December 2022

Venue: Grove Lodge, Derby Arboretum, Grove Street, Derby DE23 8EL

Session Activities

The afternoons were structured as follows:

- Participants arrive/welcome and made comfortable/housekeeping/chatting between everyone
- Initial assessment through wellbeing sheets
- Introduction to artists and Spiral Arts, and the Derby Arboretum
- Practical arts/crafts session in Grove Lodge
- Closing assessment wellbeing sheets/photographs of work
- Participants leave

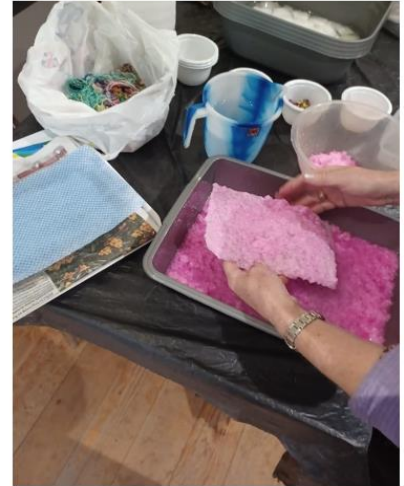
Sessions were developed and delivered by lead artist and facilitator, Jenny Anthony, with assistance from the Spiral team – Claire Floyd, Kate Smith, Venus Behjati and Bhabhinder Gill.

The project was supported by Greenspring advocate Saskia Peet.



The sessions comprised of the following activities:

Papermaking – looking at the textures of paper pulp, learning how to pulp paper and colour it in a liquidizer, and use a wire mesh to make sheets of paper, mix in textures such as wool & threads.



Nature books – using the paper from the previous session, the participants used their paper and other recycled papers to create a book and used Japanese stab stitch to bind the edges with thread/cord and beads



Clay Mandalas – using clay and natural materials to create a mandala to feel textures and smells of natural materials in a circular pattern. We rolled out the clay and cut out a circle, we used seeds, leaves, cones, cardamon, sticks, shells, wood shavings to decorate in circular patterns.



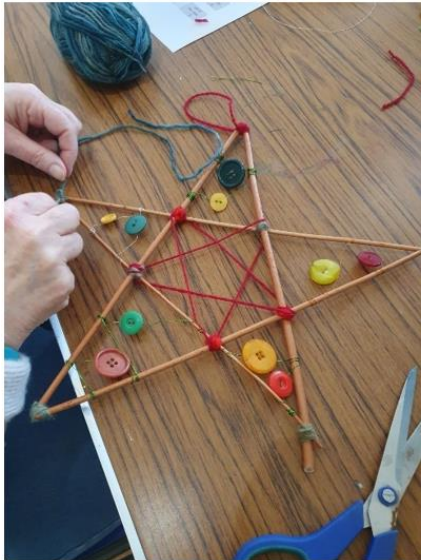
Leaf Printing – using real leaves from the park or pictures in books to create their own leaf printing block onto polystyrene, and apply acrylic paint and press onto calico fabric to make a print, they also used real leaves to print onto brown wrapping paper



Winter Wreath – using willow circles and foliage to decorate a winter wreath. We wrapped with hessian sacking, paper ribbons, string, and attached cones, feathers, lavender, conifer branches, ivy, holly, dried seed pods, and natural netting.



Willow Stars – we created a 5 point star using one piece of willow, and secured the corners with wool and garden string, we decorated the star with coloured wires and buttons.



Foil Decorations – we used cardboard, string and foil to create decorations – stars & trees, the decorations were coloured with bright pens to make them shiny.



Festive Crackers – we used cardboard tubes, crepe paper, raffia, coloured netting to make the crackers and added a joke, a chocolate and a paper hat.



Each session began with completing the wellbeing sheet, to gauge how they were feeling. At first they were a bit unwilling to fill in the sheet, but as the weeks went on, they got used to it and there were no problems. Most of the participants were keen to get on with the activity, there was a sense of urgency and time limit.

Most of the participants were happy to chat with each other, there were one or two who were more reserved, the artists made sure that everyone was included in the sessions and we spent time with each participant.

The activities were very tactile and all of them included looking, feeling and smelling natural objects such as leaves, seeds, sticks, cardamoms, lavender, holly, hessian, string, clay, paper pulp. We had a huge collection of materials on the table each week, so there was plenty to

choose from. We had books with images to look at and postcards and photographs. Each person could make something unique to how they were feeling that day.

We all encouraged each other and commented on each other's work to offer praise and helpful advice.

Process of Receiving Referrals

Emails were initially sent out to 3 social prescribers at Community Action Derby to advertise the project with their participants. I also made contact with 2 other social prescribers from Community Action Derby. These requests did not secure any referrals apart from being asked to allow 3 newly recruited social prescribers to attend one session to see what we were doing and how we were running the activities.

I had a reply from one Community Action Derby Social prescriber who told me he was sorry for not getting back to me, but asked where do I normally send out details of my events as he was really busy working on a project and was not the best person to forward on my events.

I contacted other wellbeing groups in Derby such as Derby Quad, Derbyshire Mind, Derbyshire Carers, Derby Women's Centre, Funability, and I also asked Community Action to advertise the sessions themselves.

I received one referral from Macklin Street Surgery.

As time was getting near to the start of the sessions, I began to receive more self-referrals and word of mouth referrals. I sent reminders to 7 social prescribers about the sessions but I did not get any replies.



Outcome

Attendance was mixed and varied across the weeks, no one attended all eight sessions (see Table 1.)

Table 1. Programme attendance.

	RJ	HW	NR	CB	GB	JF	BC	AC	RM	SN	PP	CA	CN	A	FC	
Week 1	✓	✓	✓	✓												4
Week 2	✓	✓														2*
Week 3	✓	✓	✓	✓	✓											5**
Week 4	✓	✓				✓	✓	✓								5
Week 5	✓	✓	✓	✓		✓			✓	✓	✓	✓	✓			10
Week 6	✓	✓	✓	✓	✓		✓									6
Week 7						✓	✓				✓			✓		4
Week 8							✓								✓	2

Table 2. Participant/Prescriber Details

Participant initials	Referrer /Social Prescriber	Participant Home location
RJ	Self	Derby
HW	Self	Sinfin, Derby
NR	Quad	Littleover, Derby
CB	Quad	Littleover, Derby
GB	Self	Derby
JF	Self	Mickleover, Derby
BC	Self	Mackworth, Derby
AC	Self	Littleover, Derby
RM	Quad	Derby
SN	Quad	Darley Abbey, Derby
PP	Self	Mickleover, Derby
CA	Quad	Willington
CN	Self	Mackworth
A	Funability	Derby
FC	Self	Derby

We did not have anyone attend all eight sessions, we had two participants who attended six of the eight sessions. Half of the participants came to only one session. The sessions were delivered in the run up to Christmas so the participants had other activities/events taking place.

Two participants from Quad were also trying to attend sessions at Quad which were earlier on the same day as this project; they came to four of the eight sessions. One person rang to say they had Covid. I had five people email to book a place and then not turn up. One person said that they were afraid to walk from the bus stop to the park, for fear of who they would meet on the way, there can be homeless people and alcoholics in this area, as they have been moved out of the centre of Derby. The homeless hostels will not let them stay inside in the daytime so they wander around the Normanton area, but I would say it's much like anywhere else in town and not a dangerous area to be. The participant always came with a friend so as not to be alone when walking.

One participant with learning disabilities came with his carer to the session.

*Week 2, there were two self-referred participants plus three newly recruited social prescribers who came to the session.

**One social prescriber from Macklin Street surgery came along but the person she had booked in did not turn up.

Wellbeing Evaluation

I felt I could have given myself more time to get to know the social prescribers. I had assumed that the prescribers from Community Action Derby would be more helpful and able to refer people to me. When I contacted them, they had not heard of Greenspring and didn't know what I was doing. The one referral I got was because the social prescriber already knew me from a previous project I had delivered so she was aware of my name and what I do. However, sadly, the referral didn't turn up. The prescriber told me she didn't have much time to spend with each of her clients and that mostly they didn't need creative activities, it was more about housing or financial help that was needed.

All the participants who came along wanted the sessions to continue, but I felt that I was not successfully targeting a socially prescribed group.

I did meet up with some of the social prescribers at a Mental Health Forum meeting a few weeks after and they told me they had referred people to me, but they never turned up, so I didn't know this had happened.

I received email feedback from those who had attended

- Your sessions have been a lifesaver, it has really calmed me down when I come to your sessions.
- Lovely to get in touch with my Creative side, using Nature.
- It was an enjoyable workshop, spiral arts Jenny Clare and Kate made us all welcome, relaxing and friendly atmosphere.
- It brought out childhood excitement and happiness of Christmas festivities.
- I was surprised how quickly the time went during the sessions.
- There was a lot of material to choose from and everyone was very friendly and helpful.

- The themes were really enjoyable and despite not having much confidence with art, with the help and encouragement was able to leave with a finished piece I felt proud of which also boosted my confidence.

Summary and Points to consider

- As the sessions were taking place in the Winter no one wanted to walk around the park.
- However, it was beneficial to have a beautiful view to look out onto from the windows of the lodge.
- The participants felt safe inside the building, it was relaxing and calm, warm and bright.
- Most people arrived at the start and we were able to begin on time.
- The participants were a little irritated by having to complete the wellbeing questionnaires at the start and end of the sessions as this took up time that they could spend creating. They understood that this would help the funders understand if their mood had improved by attending the sessions.
- The participants did not all know each other and were friendly towards each other and shared materials. They all brought materials from their gardens to work on the wreaths.
- The venue was convenient to get to, there were bus stops close by and a paying car park as well.
- The day of the workshops did clash with another wellbeing activity at Quad, so some participants did not attend all the sessions as they had booked and paid for a place at Quad.

Nature Spaces 2023

I have secured funding from the Erewash Voluntary Action to continue Nature Spaces during 2023.

I will change the format of the sessions and use outside in the park as part of the sessions. I will run the sessions for 2 hours instead of 1.5hrs, so there is not such a time limit. Most people came on the bus or were happy to pay in the car park, so there was not such an urgency to leave within 2 hours.

I continue to contact and engage with the social prescribers across the city. I sent my flier to Brett Sentence, the VSCE lead, who said he would send it out to the whole network – Derby Wellbeing Collaborative.

So far I have two people booked on the sessions who I believe are socially prescribed. It is not always easy to identify who has been referred and who is self-referred.

I will continue with asking how people feel at the start of the session and I will compile a simple questionnaire to use, taking elements of the wellbeing sheets I used previously.

I have enjoyed working on this project and I am very pleased to secure further funding to be able to use the Arboretum for wellbeing projects.



Jenny Anthony: Lead artist and facilitator - Spiral Arts

Appendix 4k

WELLIES Test and Learn Project Report

Greenspring WELLIES pilot: Six sessions

From: 23rd September 2022

To: 4th November 2022

Mini bus provided from Ashbourne town centre to Chapel on the Hill.

Objective: To support people with poor mental ill health in rural areas to access appropriate support activities.

Session activities:

The days were structured as follows:

Participants arrive/practical info provided/registration

Welcome gathering

Introduction to session/discussion

Practical session in garden/workroom

Lunch break

Continue practical session in garden/workroom

Closing assessment/discussion/check out

The sessions comprised the following activities:

Mindful walking: paying attention to hedgerow plants.

Garden tasks: including harvesting, weeding, seed sowing.

Some small animal care: Chicken care.

Willow: Created Willow planters and bird feeders.

Floristry: Autumn displays using seasonal produce and flowers.

Cooking skills: Bread making, soup, scones.

Woodwork: Tealight holders.



Each session began with a group welcome, where we discussed the Five Ways to Wellbeing and how the day would help us to meet these priorities. This was a priority for planning the sessions and helped the participants focus and understand the relevance of the task.

Referral process.

An invitation to join the pilot was sent out to Social Prescribers, Link Workers, Local Mental Health teams (See *Appendix i*). Initially there was a low uptake, so the invite was then circulated on social media.

Sally Wheel had an initial conversation over the phone with each referral and details of the project including a Welcome Pack and transport arrangement were sent to them in the post.

In total we received nine referrals, out of the nine referred six attended.

We felt that all referrals were appropriate and that the referees had given appropriate consideration to who would be suitable.



Five of the six referrals would not have been able to attend if reliant on own or local public transport.

Case study: DH

All participants were new to the WELLIES project with the exception of DH; because we were testing whether removing the physical barrier of transport would improve attendance rate DH was of high interest as he had attempted to attend in the past, but could not regularly attend as his anxiety heightens on public transport. DH was supported by his Social Prescriber for the first two sessions. This seemed to really help him to attend as in the past he had not managed to stay in the classroom with new people on his own. Community transport was never available to get him to sessions at the right times during the pilot so a taxi was provided. DH said he would not have attended if it were not for this resource being available. Since the pilot concluded, he has managed to get community transport until the end of the year. His dad has changed shifts at work allowing him to pick DH up from the WELLIES drop off point, meaning DH has now attended beyond the pilot. On the 18th November 2022 DH commented, "I'm starting to feel safe here, now I have been to WELLIES for seven sessions I kind of feel I belong. I haven't felt this for a long time as I get very bad anxiety when I leave the house." DH has now started to share his interests with the group this has been touching to see, when compared to his sporadic attendance in the past.



Outcome:

Attendance was good. The weeks where participants did not attend were reported to be due to personal anxieties/dips in mental health and ill health.

Wellbeing UCL 'umbrellas' questionnaires were completed on paper at the first and sixth session.

In total there were 26 separate attendances from a total of six participants, though not all participants attended each session.



Comments and feedback:

What did you find most enjoyable?

"I really enjoyed the woodwork; I made a pen. I will be giving to my friend."

"This is brilliant, can I keep coming."

"I feel more confident, it's a brilliant place."

"I feel more comfortable, my grandad did woodwork and I like it too."

What was least enjoyable?

"It gets cold here sometimes."

"The room can be noisy when there are a lot of people here."

“I’d like to be here more.”

“Cooking is fun, I could do it every week.”

Summary:

Participants were noticeably nervous at the beginning of the first session, but they became much more relaxed with each other and the venue over the six weeks of the programme. We felt that those participants supported in their initial weeks by the referrer settled much better. Once they grew in confidence that they were in a safe and non-judgmental environment they attended alone.

In our sessions we focused on the Five Ways to Wellbeing giving reason for the activities and tasks. Participants were encouraged to leave their troubles at the door and focus on their day.

All participants had a positive response to all sessions and activities, and many requested (and even anticipated) a repeat or longer version of the programme.

There was concern from quite early in the course that participants would wish to continue to attend. WELLIES project was able to offer this through alternative funding. Out of the six participants three are still attending.

The further three that did not take up this opportunity:

- 1) KM decided her mental health was not right and left the project after 2 sessions.
- 2) JL is suffering from poor health due to cancer treatment.
- 3) LH was taken to hospital after a mental health crisis.

Transport conclusion:

- Only one of the six participants would have been able to attend independently.
- Community transport was unable to help both DH and LH at the requested times.
- Public transport was not a viable mode for any of the six to attend from their home.
- All participants had high anxiety when asked to use public transport. This was due to the number of people on the bus, reliability, and waiting times.



Appendix i:

Participants and their referral routes, transport used and attendance

Name and area travelling from	No of sessions attended	Referred by	Other notes	Transport used
D H Wirksworth	5	Harriet, DDCVS	Has a lot of anxieties about going out-attended wellies before	Taxi from Wirksworth Wellies minibus pick up Ashbourne
M P Cubley	6	Self-referred – after a conversation with his wife Julie	Has Alzheimer’s but is able to carry out tasks independently. His wife is happy to bring him.	Lift on first week then wellies minibus from Ashbourne
G R Compton, Ashbourne	0	Someone put the poster through her letterbox	Isolated, has anxiety	
KC Compton, Ashbourne	0	Star, P3 Charity		
JL Ashbourne.	4 (unwell for rest of sessions)	Rachel Spooner St. Oswald’s	Recovering from cancer	Wellies Minibus

K O Marston Montgomery	2	Lizzi Wood St Oswald's	Would like to build self esteem & meet new people Can get to chapel	Drove independently
TT (likes to be called Eren) Ashbourne	5	Lizzi Wood St Oswald's	Anxiety	Wellies Minibus from Ashbourne
A C Ashbourne	0	Lizzi Wood St Oswald's		
L H Hulland Ward,	4 (unwell for rest of sessions)	Rachael spooner Mental health team	Suffers anxiety, really keen to attend- struggles with mornings due to medication	Taxi then wellies bus from Ashbourne

Further information:

D H	Referred through Harriet (Derbyshire Dales SPLW). Has severe social anxiety, Harriet accompanied on the first two sessions and has made all six weeks. Wasn't comfortable getting the bus so the taxi picked up and took home every week. Caught the minibus in Ashbourne. He said he really wouldn't have attended if it wasn't for the support with transport. Community transport was never available for the times he needed and are very slow at responding. It is our hope that he continues attending, but he will be relying on community transport from now on.
M P	Referred by his wife following a facebook advert on their local page. He had a recent diagnosis of dementia and had stopped all social activity. He has attended every week. His wife drove him on the first week and since then has been getting the minibus independently. The experience was incredibly positive for him, taking part in all of the activities with great enthusiasm. He will continue to attend the project as long as transport is provided.
G R	Self-referred, following a number of phone calls never turned up. Severe social anxiety and MH problems
K C	Referred by P3 charity. Never turned up
J L	Came along for 2 sessions then had a couple of weeks off through illness which affected her mental health and she didn't return
KO	Referred through Lizzi Wood, St Oswald's. Came to 2 sessions
TT	Referred through Lizzi Wood St Oswald's. Came to all sessions apart from 1 due to illness. Minibus from Ashbourne.
Ae C	Didn't attend

L H	Referred by Rachel Spooner, St Oswald's. First two weeks was a very appropriate referral; had been off work for a number of months and diagnosed with generalised anxiety. Arrived on the third week in MH crisis. Had been asking for support all week and had an appointment with the crisis team that day. He was given the option of attending wellies or going to the appointment and he chose wellies fearing being sectioned again. He was very distressed and despite attempts to call his mum for him to be collected he decided he wanted to leave independently. We stayed with him as we were concerned for his welfare, rang for an ambulance which wouldn't come, rang his MH support worker for advice, she advised calling the police which we did but they also didn't come. He was eventually driven to hospital by a member of staff after 5 hours of being with us in a state of distress.
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Appendix ii: Costs

The WELLIES Project was really keen to take part in this project to be part of the research and to explore new ways of working and new networks. In order to make the project sustainable the following costs would be appropriate for future projects. These are based on actual costs at the time of writing.

Cost per day

2 staff @ £25 per hour x 6 hours = £300

2 hours admin @ £14 = £28

1 hour project management @ £30

Minibus costs £100

Venue hire £150

Food and materials £100

Contribution to central overheads/contingency £100

Total £808

Appendix 4

Wild Roots Creative Test and Learn Project Report

Wild Roots Creative Pilot

Six sessions

From: 11th November 2022

To: 16th December 2022

At Whitworth Centre, Darley Dale

Objective: To support people with poor mental ill health in rural areas to access appropriate support activities.

The Whitworth centre was chosen as a venue as it's in a semi-rural location but with excellent transport links with buses running from Matlock and Bakewell and taking in the rural villages around Bakewell (Youlgreave, Stanton and Birchover) as well as villages around Chatsworth.

The Whitworth centre had a community room hire rate of £50 for half a day, the venue was wheelchair accessible, with plenty of parking and an accessible park surrounding it.

Parking costs were £1 for ½ day (no concessions)

Session activities:

Sessions ran from 11am – 2pm. This was to enable participants using public transport time to arrive.

Week 1 11.11.22	Willow bird feeders and walk, using bird ID app to identify birds.	Lunch	Bird Collages using British birds as inspiration
Week 2 18.11.22	Weaving with wool Using sticks and wool to create gods eye weaves	Lunch	Working with Felt Needle felted flowers
Week 3 25.11.22	Continue with felted flowers Walk to collect leaves for the afternoon.	Lunch	Leaf stitching



Week 4 2.12.22	Collect natural materials for a Willow Wreaths	Lunch	Making a willow wreath
Week 5 9.12.22	Willow decorations Christmas	Lunch	Corn decorations
Week 6 16.12.22	Macrame decorations Winter walk	Lunch	Macrame gnome

Activities were designed to use natural materials where possible, each session included a chance to get outside into the park at the Whitworth.



The sessions began with an informal cup of tea and a catch up. We provided craft materials so participants could begin crafting straight away if needed. After the first week we had an ongoing craft making bird collages

We aimed to start the day's activities at 11:20 am as one of the participants who used public transport couldn't get there until then.

We gave an introduction to the session and looked at ways the activity linked the natural environment and the five ways to wellbeing.



Referral process.

An invitation to contribute to the pilot was sent out to Social Prescribers, Link Workers, Local Mental Health teams (See Appendix 1). Initially there was a low uptake, so the invite was then circulated on social media.

Sally Wheel had an initial conversation over the phone with each referral and gave details of the project.

In total we received seven referrals, out of the seven referred six attended. Of the six that attended the average attendance was 72%

We felt that all referrals were appropriate and that the referees had given appropriate consideration to who would be suitable.

Participants, referral route, attendance

Name	Referred by	Attendance		Transport use	
P	Debbie Rushworth (Derbyshire Dales SPLW)	4/6 sessions	New to the area, anxious. Has some mobility problems, Needs extra support for confidence	On Universal credit and found use of buses difficult. Relied on car but struggled with costs of petrol and parking	See Case Study P below
K	Self-referred	6/6	Carer for elderly parent. Needed some time to themselves	Drives	
M	St Oswalds mental health team	3/6	Has severe anxiety. Issues with coordination	Reliant on Public Transport	See case study M below
A	Self-referred from facebook post	5/6	Isolated and suffers poor mental health due to bereavement	Drives	
T	Self-referred	4/6	Poor mental health	Drives	

J	Self-referred	4/6	Poor mental health	Got a lift with another participant.	
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Case study: M

M was referred through St Oswalds Mental Health team as someone who would greatly benefit from the activities. I spoke to M on the phone initially and she explained she has severe anxiety and wouldn't be comfortable getting public transport from Wirksworth to the Whitworth. Unable to get a response from Community transport we suggested a taxi for week one whilst we looked at options.

I spoke with community transport and, whilst the Ashbourne service could collect from Wirksworth, they could only take her as far as Matlock Bath. Bakewell community transport then covered that area. Unfortunately, Bakewell community transport no longer operate on a Friday due to a shortage of volunteers.

Plan B was to look at the Connex service. They were able to do some of the journeys but not all and the cost was £10.50 each way (a taxi was £20 each way).

M ended up getting a taxi for the first week then I spoke to her and explained the situation. She was happy to try the bus and I found bus times and where the stops were to help her anxiety. M had a gold card so bus use was free. M made it to the following two sessions but then missed the last three. On the first missed day she said she just couldn't face getting out of bed, but then the following sessions fed back that getting the bus made the days seem really long and it was just too much to face so she decided not to. She said she had really enjoyed the sessions and found the group really supportive. M has since attended some of our other sessions in Wirksworth.

Case Study P

P was referred to us through a social prescriber. She had recently suffered an accident which meant she could no longer work, had limited mobility and had also recently moved so was very isolated. She was a blue badge holder and gold card so could get free public transport but in a preliminary conversation with her she was very reluctant to do this as she felt it took away her ability to leave sessions early if she was in pain. She was on Universal Credit and had to look at whether financially she could afford to attend the sessions. We offered to pay for her parking through the project which we refunded her £2 for the first two sessions she attended. Unfortunately, P only attended three sessions, on speaking to her it appears that despite paying for parking on the third week the cameras in the car park didn't register her number plate correctly and she received a £60 fine. She could have contested this but put herself at risk of further fines and felt that mentally she didn't have the strength to do so, so paid and decided not to risk attending again. She had made some really good progress through the project and had enjoyed the sessions and looked forward to them so this was a real disappointment.



Outcome:

Attendance was good with the average participant attended 4.3 sessions out of 6 when the mean was calculated. That's 72% attendance. In total there were 26 separate attendances from a total of six participants, though not all participants attended each session.

The weeks where participants did not attend were reported to be due to personal anxieties/dips in mental health, appointments and reasons stated in case studies above.

Wellbeing UCL 'umbrellas' questionnaires were completed at the beginning and end of all sessions.

Participants reported that they found some of the working difficult and had to re-read to ensure they were completing them correctly every time (they weren't very intuitive/user friendly)

UCL Wellbeing Umbrellas Feedback.

The UCL umbrella feedback showed almost consistently that participants felt less negative emotions and more positive following sessions. The only anomaly is that in the first week the scores were reversed. We realised this immediately after the session and ensured the following week we took more time to explain the scoring.

The mean and median charts Appendix 2 (which are the average, weekly post and pre results from all participants) show that negative feelings like 'scared', 'nervous, and 'unhappy' score consistently higher at the start of the sessions and show a large decrease after the sessions.

Positive feelings like 'inspired' showed the largest improvement following the sessions.

In 100% of cases participants scored feeling happier after all sessions.

Comments and feedback:

"Crafts have been nice simple techniques that produce beautiful items"

"getting outside every week is lovely"

"I look forward to it each week."

"Nice to have some time to yourself, not having to think about others or all the other stuff you have to do."

"It's taken me out of my comfort zone, trying something new."

"It's an encouraging , supportive group, we've bonded well."

"good to meet new people"

"I thought 'I'll never make that' then I did!"

Summary:

Whilst the venue was accessible and linked well to public transport there were other barriers that meant some participants were unable to attend all sessions, confidence and anxiety around public transport proved to be a barrier to some. And whilst community transport exists in this area and is free of charge for those with a gold card (£2.50 fare otherwise). Its reliability in terms of regular transportation and the area covered means it doesn't offer a transport solution.

In terms of the delivery of the project and the outcomes experienced by the participants the UCL Umbrella shows that the activities were of great benefit to those who attended.

Whilst early on in the project participants reported a high level of negative feelings at the start of the project such as scared, nervous and unhappy these reduced through the sessions.

Verbal feedback from participants showed they really valued the time spent at the project and the value in taking part in something creative. They enjoyed the opportunity to engage with new activities and use natural materials.

A number of participants took home materials and tools to continue with the activities, including willow, needle felting materials and collages.

Out of the six participants four have now independently attended our sessions in Wirksworth, one lady has said she will be attending when her health improves and another is away during January but plans to take part when she returns.



Appendix i) Publicity materials

About the project

This is a pilot project funded through Greenspring www.greenspring.org.uk, the aim of which is to explore how removing transport barriers (i.e. providing funding for public or community transport) to projects enables people to access green health activities in the Derbyshire Dales area.

We would like to encourage participants who wouldn't normally be able to access projects such as these due to a lack of transport from living in a rural area. Ideally we would like referrals from areas where public transport/ community transport must be used to get to Darley Dale. We will cover all transport costs to and from the project. If community transport is needed we will arrange this for the participant

Course dates;

The project will run for 6 weeks

Fridays 11/11, 18/11, 25/11, 2/12, 9/12, 16/12 Starting at 11am and finishing at 2pm.

Who is it for?

The project is for anyone who is recovering from mental ill health (for example anxiety and depression) or people who want to build their confidence, skills and self esteem.

What will we do?

Participants will take part in a range of activities in a supportive and welcoming environment. Activities will include a range of creative, nature-based activities and crafts including willow weaving and plant care.

Where is it

The project is being run by Wild Roots Creative, a community interest company www.wildrootscreative.org. It's based at the beautiful Whitworth Centre and Park site at Darley Dale near Matlock.

Further Details

- Sessions will take place in the gallery room at The Whitworth, Station Road, Darley Dale, Matlock, Derbyshire, DE4 2EQ
- We will be going outdoors if the weather is fine so warm clothes are advised
- Support and funding is available to cover all transport costs.
- A number of bus routes link the Whitworth to surrounding villages including Birchover, Stanton, Winster and Wensley. We can offer advice to participants on bus times and will cover all costs.
- We are able to arrange transport through Community Transport for individuals not on a bus route or unable to get public transport.
- Warm drinks are provided. Please bring your own lunch.

Please get in touch if you need any further information regarding this project or would like to sign up. We will require a name, address and contact number or email address for the participant.

Email ; Sally@greenspring.org.uk Phone: 07791947027

Appendix ii: UCL Umbrella data

Median scores of all participants pre and post sessions

		Distressed	irritable	nervous	scared	unhappy	upset	Excited	Happy	inspired	Active	Alert	Enthusiastic
Week 1	Pre	1.5	1	4	3	1.5	1.5	3.5	3	2.5	2.5	3.5	4
	Post	2.5	2.5	2.5	3	2	2	3.5	3.5	3.5	3	3	3
Week 2	Pre	3	3	3	2.5	2.5	2.5	2.5	3	2.5	2.5	2.5	3
	Post	1	1.5	1.5	1.5	1.5	1	4	4	5	4	3.5	4.5
Week 3	Pre	1.5	1.5	2	2.5	2	2.5	3.5	3	2.5	2.5	2.5	3
	Post	1	1	1	1	1	1.5	3	4	5	4	3.5	4.5
Week 4	Pre	3	4	3	3	3	3	2.5	3	3	3	2.5	3
	Post	2	2	2	2	2	2	3.5	3	4	3	3.5	4
Week 5	Pre	2	2	2	2	3	2	4	3	3	3	3	4
	Post	1	2	1	1	1	1	3	4	4	4	3	4
Week 6	Pre	2	2	1	2	2	2	3	3	3	3	3	3
	Post	1	1	1	1	2	1	4	4	4	4	3	4

Mean Scores of all participants pre and post sessions

		Distr esse d	irrita ble	nerv ous	sca red	unha ppy	ups et	Exci ted	Ha ppy	insp ired	Act ive	Ale rt	Enthu siastic
Wee k 1	Pre	1.75	1.25	3.5	3	1.75	1.5	3.5	3	3.5	2.5	3.7 5	3.75
	Pos t	2.25	2.25	2.75	2.5	2.25	2.2 5	3.5	3.2 5	3	3	3.2 5	3.25
Wee k 2	Pre	3	2.5	3.75	3.2 5	2.25	2.5	2	2.7 5	2.75	2.2 5	2.7 5	2.5
	Pos t	1.5	1.75	2.25	2	1.75	1.5	3.5	4	5	3.7 5	3.5	4.25
Wee k 3	Pre	2.6	2.8	3	2.8	2.8	2.8	3.5	3	3.1	2.5	3.5	4
	Pos t	2.4	2.4	1.8	1.6	2.4	1.8	3	3.5	3.8	3.5	4	3.3
Wee k 4	Pre	3	3.6	3.3	3.3	3	3.3	2.3	3	2.6	2.6	2.3	2.6
	Pos t	2	2.3	2.3	1.6	2.6	1.3	3.3	3.3	4	3.3	4	4
Wee k 5	Pre	2.3	2.6	2	2	2.6	2.3	3.6	3	3	3.3	3.3	3.6
	Pos t	1.3	2	1.6	1.3	1.3	1.3	3.3	3.6	4	4	3.6	4
Wee k 6	Pre	2	2.3	2	2	2.6	2	3	3.3	3	3.3	3	3
	Pos t	1.6	1.3	1.3	1.6	1.6	1.3	3.6	4	3.3	3.6	3	4

Appendix 4m



Whispering Trees Test and Learn Report

Test the South Derbyshire Green Social Prescribing referral pathway.

July – December 2022



1. Project context

As part of the GreenSpring testing Whispering Trees CIC were approached to run a test and learn project as part of the Nine-Site testing programme.

The focus of the work was to explore referral pathways in South Derbyshire. This project was designed to understand the experience of a new VCSE provider and any barriers and blockages (as identified from feedback of local organisations attempting to offer GSP interventions, and experiencing low numbers of referrals and difficulty in interacting with the local system). The aim was to track the journey through the system; from design of offer, through the referral process to delivering a programme of activity; to learn the difficulties and blockages, document successes and evaluate failures.

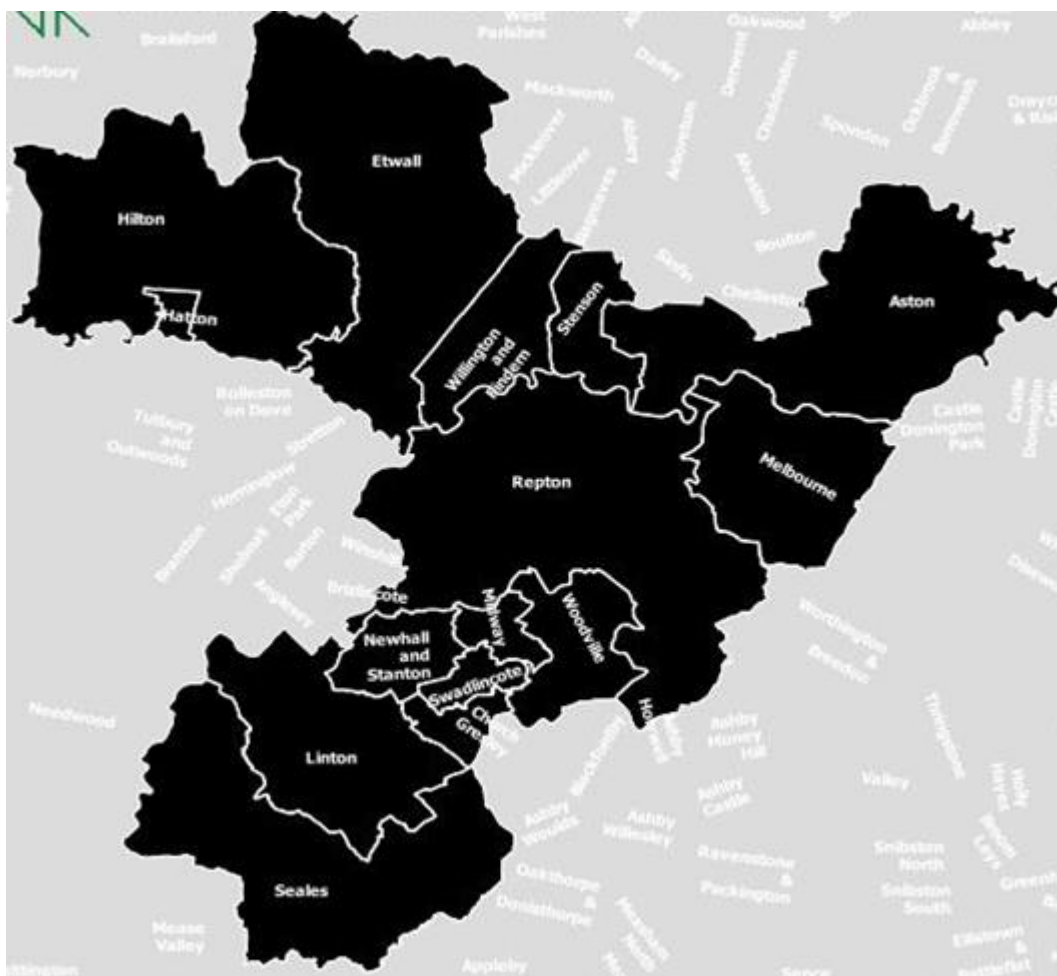
The test and learn project was designed to find and connect with social prescribing referral partners working in South Derbyshire with a specific brief to;

A. Develop a green social prescribing programme for adults at the Whispering Trees location in Aston on Trent, South Derbyshire as set out in the project proposal (Care to Connect).

B. Explore all possible referral routes to offer the Care to Connect programme in South Derbyshire including formal, informal and self-referral routes and distribute promotion/information relating to the Care to Connect programme to those within the Social Prescribing network and referral routes (identified above) in South Derbyshire.



2. South Derbyshire demographic



The District of South Derbyshire is divided into 15 community (parish) areas – these are served by two PCNs – Derby City South and Swadlincote.

DCS has 9 practices: Village Surgery, Alvaston Medical Centre, Hollybrook Medical Centre, Willington Surgery, Haven Medical Centre, Melbourne & Chellaston Medical Practice, Wellbrook Medical Centre, Parkfields Surgery

Swadlincote has 5 practices: Newhall Surgery, Swadlincote Surgery, Woodville Surgery, Gresleydale Healthcare Centre, Heartwood Medical Practice

The South Derbyshire infrastructure organisation (SDCVS) is based in Swadlincote.

The population of South Derbyshire is largely centred around the urban area of Swadlincote and surrounding settlements, with Melbourne and Hilton being the next tier of population density.

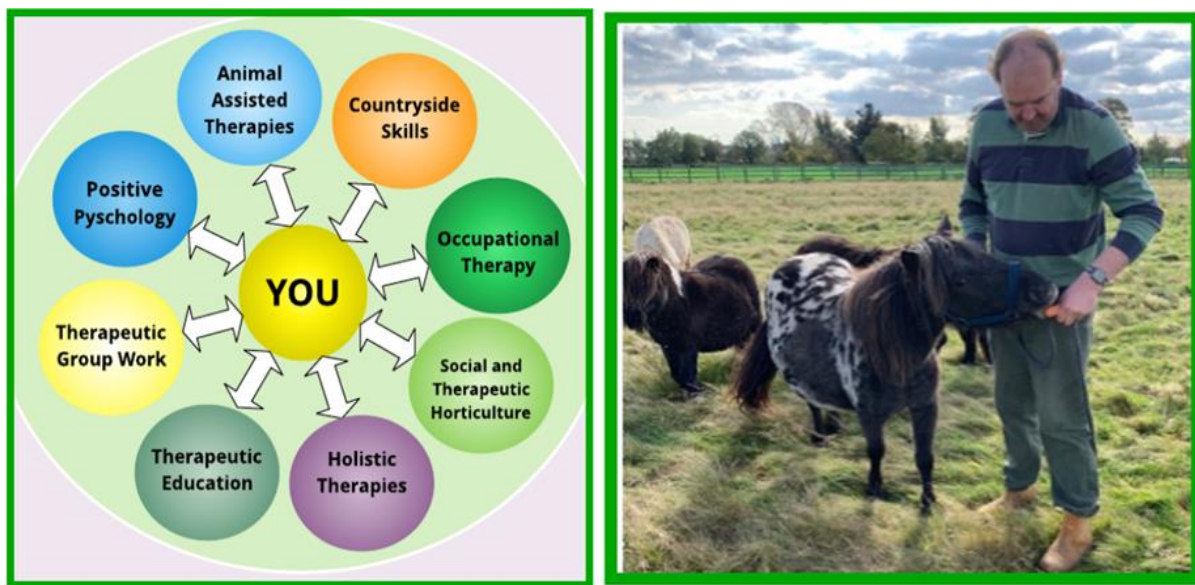
The rural/urban divide is exaggerated by higher rates of inactivity, deprivation and health inequalities concentrated in the urban areas.

3. Project: Testing Referral Pathways

The project was to run from 20 June to 2 September 2022 however, due to the lack of referrals and the ongoing efforts to engage referral partners, the project was extended to Christmas 2022.

A: Develop a green social prescribing programme for adults at the Whispering Trees location in Aston on Trent, South Derbyshire as set out in the project proposal (Care to Connect).

Whispering Trees is located in Aston on Trent – in the Northeast of the district and is situated on a 4-acre semirural site. The centre offers a range of person-centred activities to support wellbeing. Including Occupational Therapy, Animal assisted Interventions, Holistic Therapies, countryside skills and craft and Social and Therapeutic Horticulture.



Whispering Trees promotes the creation of “safe spaces” for participants to access the support they need. We recognise this can be different one day from another and thus Whispering Trees does not so much run courses but rather seeks to create a supportive, creative therapeutic community to help participants make helpful connections with nature, others and self.

Starting in July Whispering Trees promoted two half day “Care to Connect” sessions on a Tuesday afternoon and Thursday morning. These sessions would offer a person-centred, therapeutic experience where participants could access the full range of activities/therapies on offer at Whispering Trees. A flier^[1] was produced to advertise and promote this opportunity. Two staff members and up to 10 participant spaces were allocated to each half day session.



B. Explore all possible referral routes to offer the Care to Connect programme in South Derbyshire including formal, informal and self-referral routes and distribute promotion/information relating to the Care to Connect programme to those within the Social Prescribing network and referral routes (identified above) in South Derbyshire.

Extensive efforts were made to promote this SP opportunity that was being offered through Care to Connect. The flier was distributed via our Facebook page, emailed to all South Derbyshire doctors' surgeries, SPLW, CVS, several local charities and local business and community networks^[2]. Whispering Trees sought to invite as many possible referral partners to site, this was to help people experience what Whispering Trees was offering as this does not always translate well onto paper and it is the most meaningful way to make connections and build trusting relationships (which after all is one of the central purposes of how and why we work). Visitors included;

- Jen Stothard Assistant Director of Commissioning – Adult Mental Health, Learning Disabilities and Autism. NHS Derby and Derbyshire Integrated Care Board / Joined Up Care Derbyshire
- Jodie Cook - Mental Health Policy Officer, Derbyshire Mental Health Forum
- Roger Moores CEO – SDCVS
- Lynne Hare SPLW for Oakdale Park PCN (Borrowash but also into South Derbyshire as so close)
- Ben Gough – Rethink
- Katie Hutchenson – P3
- Lydia Alty and Sammy Cornwell DCS PCN (based out of Community Action Derby).
- Various Nurse practitioners, Occupational Therapists, and small community group leaders.

In addition to the numerous visitors Whispering Trees have made a host of connections by joining several online and face to face forums and groups including;

- Participation in the Alliance with Wynne Garnett the Programme Lead Embedding the VCSE sector in the Integrated Care System.
- Active participants of the Derbyshire Mental health Forum – and have given a presentation to this group.
- Part of Derby Carrots business network
- Delivered a presentation to the south Derbyshire Place alliance meeting with Samantha Elks Health Improvement Practitioner - Derbyshire Dales & South Derbyshire.
- GreenSPring provider collaborative
- Thriving Communities with Sarah Paine

4. Results

Despite the significant amount of effort made to connect with referrers and the referral system in South Derbyshire we did not receive a single referral during the test and learn programme – we did have one referral from Erewash CVS who still regularly attends Whispering Trees for support.

This has been very frustrating as we have had resources available to support our community however because of the focus, we put into the care to connect offer we did manage to connect with 5 participants' directly and create a small cohort who refer to themselves as our Thursday Troopers – this group has flourished, and it has been great to be part of their wellness journey.

I also believe the professional connections made during the GreenSPring test and learn has been a positive outcome and very much hope as these relationships develop future positive connection and referrals will follow* (*Note 3/3/23 some of the initial connections made to referrers have made positive connection with the provider collaborative work and we are starting to get some referrals into the southeast Derbyshire Hub of this network).

5. Measures of effectiveness.

It has been an ongoing challenge for us to find the most appropriate way to gather both qualitative and quantitative data from our work. When we started to develop our offer we investigated the Warwick – Edinburgh scale (WEMWBS - <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs>

We have found this difficult to run as our ethos is very much based around the participant and them being able to access a “safe space” at Whispering Trees – we understand this does and should not include measuring the effectiveness of the participants journey but we found many of the statistical measures quite cold and detached.

There is also the challenge of when to take the measure – recovery, improvement or even stability around mental health and wellbeing is not a linear process and thus snapshot measures can be difficult – the context of a participants day or week can have a huge impact on how they answer the questionnaire – they also tend to be preoccupied in the moment and often struggle to be able to see improving trends.

With the new provider collaborative work we have opted to use the very simple ONS4 questions but then focus very much more closely on the participants journey as the most authentic and accurate measure of the undoubtable help and support our service offers.

Going forward Whispering Trees seeks to gather this journey in a more formal way, not primarily for funders but to strengthen the participants' experience and to help them reflect on the positive journey they have taken.

6. Conclusion.

In summary, here are the findings from our test and learn process.

- The current network for social prescribing in South Derbyshire seems somewhat underdeveloped. Many of the social prescribers Whispering Trees connected with during the six-month test and learn study were not associated with the South Derbyshire district. Positive connections have been made within the city and Erewash valley who seem to have a well-developed SPLW network through either PCN's or infrastructure organisations.
- The SPLW seem to struggle to have the resources (or remit) to properly refer into community opportunity – due to the nature of anxiety and other poor mental health issues participants often require support to attend and sometimes this can be a lengthy process – simply signposting may not be enough.
- Measures of effectiveness should be participant focused and take a more qualitative approach measuring the holistic journey.
- Referral routes need to be dramatically expanded and not simply focussed on the GP. Much of the advantage of community provision is that help can be found locally, quickly and effectively without too much drain on statutory resources – this assumes well organised, quality provisions (see the work of the GreenSPring network and the provider colab).

7. Reflections

In terms of interrogating and exploring the referral pathway in South Derbyshire, this proved to be incredibly challenging, time consuming and non-productive. Multiple attempts at contacting organisations and individuals to connect with the green provider were frequently met with returned emails (staff retention in the referrers posts seems to be an issue) or nil response. Where contact was made, no real results have been seen. From an outsider's view into the 'system' it is a closed shop, hard to get into and then navigate.

Certainly, a lack of referrers and an underdeveloped network will impact on numbers of patients entering the referral pathways. Without adequate resource, referral numbers will continue to be low or nil, despite practitioners and green providers who on paper, 'tick all the boxes'.

Until these connections between Health Practitioners and Green Providers can be strengthened then it is unlikely that link workers will have either capability, opportunity or motivation to refer to GSP activities, and numbers will remain low.



Whispering Trees



Supporting Wellbeing and Mental Health
in our Community



Tel: 01332
987 752

Aston-on-Trent
DE72 2AN

Care to Connect

Do you lack energy and motivation?
Feeling a bit overwhelmed with life at the moment?
Are you battling stress and anxiety?

Or do you simply want to invest in some quality "me time".

Whispering Trees would like to invite you to join in with our "Care to Connect" sessions. Experienced staff will support you through a range of engaging activities including animal care, horticulture, relaxation and holistic therapies - helping you make stronger connections with the environment, self and others.

Fully funded sessions available: Tuesday 1pm-4pm and Thursday 10am-1pm. For further information or to book your place please email us on learnmore@whisperingtrees.org.uk

Whispering trees CIC , Shardlow road, Aston-on-Trent, DE72 2AN

Appendix ii) South Derbyshire NHS Contacts.

Name	Organisation	Role	email	mobile	area	action	feedback
Maggie Palmer	NHS Derby & Derbyshire CCG Place Alliance	South Derbyshire Place Lead	maggie.palmer1@nhs.net			06/07/22 emailed	
Amy Tidball	Gresleydale Surgery	Health and Wellbeing Coach	amy.tidball@nhs.net		Gresleydale Surgery	06/07/22 emailed	
Claire Austin	DHFT	CMHT				06/07/22 emailed	
Claire Stapleton	Heartwood Medical Practice	Health and Wellbeing Coach	claire.stapleton1@nhs.net		Heartwood Medical Practice	06/07/22 emailed	On maternity leave until 01/23
Gary Stoppard	Community Action Derby	Social Prescriber (Willington, Hilton, Melbourne)	gary.stoppard@communityactionderby.org.uk			06/07/22 emailed	
Jessica Beddow	DCHS	Care coordinator	jessica.beddow1@nhs.net		Wellbrook (Hilton)	06/07/22 emailed	
Jo Macavoray	Woodville Surgery	Social Prescriber	jodeci.macavoray@nhs.net		leaving	06/07/22 emailed	
Lewis Kind	Woodville	Health and Wellbeing Coach	lewis.kind@nhs.net		Woodville	06/07/22 emailed	
Lydia Alty	Community Action Derby	Social Prescriber (Willington, Hilton, Melbourne)	lydia.alty@communityactionderby.org.uk			06/07/22 emailed	
Marie Hall	DCHS	Care coordinator	marie.hall1@nhs.net	0775403335	Gresleydale Healthcare Centre & Woodville	06/07/22 emailed	
Nathan Bridges	Newhall Surgery	Social Prescriber	nathan.bridges2@nhs.net			06/07/22 emailed	
Nicola Yeomans	DCHS	Care coordinator	nicolayeomans@nhs.net	07580 725174	Newhall	06/07/22 emailed	
Ruth Collins	DCHS	Care coordinator	r.collins9@nhs.net		Heartwood Medical Practice	06/07/22 emailed	
Samantha Cornwell	Community Action Derby	Social Prescriber (Willington, Hilton, Melbourne)	samantha.cornwell@communityactionderby.org.uk			06/07/22 emailed	
Sarah Hanel	DCHS	Care coordinator	sarah.hanel@nhs.net	07580 728044	Swadlincote Surgery	06/07/22 emailed	