

# Green Health Prescribing: its role in Lothian's COVID recovery



## Workshop 3 Summary

### Co-developing a Green Health Prescribing Outcome Map

Wednesday 9th December 9.30 - 11:30 am

#### Present:

Role	Organisation	Area
Service Manager	Volunteer Edinburgh	Edinburgh
GP	NHS Lothian	Edinburgh
Public Health Practitioner	Health & Social Care Partnership	Edinburgh
Evaluation Consultant	Matter of Focus	
Wellbeing practitioner	Health & Social Care Partnership	Midlothian
GP, Harbour Med Practice	NHS Lothian	East Lothian
Area Manager	Royal Society for the Protection of Birds	Central Scotland
Director	Matter of Focus	
Chief Executive Officer	Edinburgh and Lothians Greenspace Trust	Lothian
Consultant in Public Health, Associate	greenspace scotland	Lothian
Service Manager, Cyrenians Hospital Community Gardens	Cyrenians	Edinburgh and Midlothian
Wellbeing practitioner lead	The Thistle Foundation	Midlothian
Green Health Programme Manager	Edinburgh and Lothians Health Foundation	Lothian
Eco-therapist	Health all Round	Edinburgh
GP, West Calder, green gym leader, community garden	Health & Social Care Partnership	West Lothian
Senior Health Promotion Specialist	Health & Social Care Partnership	Midlothian
Senior Project Officer	Green Health Partnership	North Ayrshire
Senior Project Worker	Health in Mind, Rowan project	Midlothian
Public Health Consultant	NHS Lothian	Midlothian
Integration Manager	Health & Social Care Partnership	Midlothian
Head of Evaluation and Learning	Matter of Focus	
Programme Director	East of Scotland Partnership - prevention and remission of Type 2 Diabetes	East Region

#### Aim of workshop

Building on the learning from previous sessions to co-develop an outcome map that will capture the potential contribution of the Lothian Green Health Prescribing project to a range of outcomes, and in co-developing this outcome map, outline the key activities and stakeholders for the next phase of the work.

## Preparation for the outcome mapping workshop

Criteria for invitation of attendees:

- geography
- prescriber/provider representation
- previous experience with outcome mapping

Two outcome maps relating to Green Health Prescribing at a personal and practice level were created on OutNav and could be viewed in advance of the workshop. Workshop 1 and 2 reports were also shared in advance.

At the start of the workshop, Matter of Focus gave a brief overview of outcome mapping: it is used for complex, people based change. Useful for creating a shared vision with tangible steps, and a way to check in on progress and reflect on the process. The Lothian Green Health Prescribing lead shared the five golden threads which summarised the reflections from the first two workshops.

### What does success look like?

Attendees were asked what success would look like for this project. The following responses were recorded in the chat function:

- **Clarity** on what organisations should focus on
- **Shared understanding** of what we are looking to achieve
- Reaffirm our Green Health Referral/Signposting/Prescription framework for North Ayrshire Green Health Partnership and **gain knowledge** from other health boards experiences
- **People are as well as they can be** as a result of engaging with green health activities; people value green health activities and recognise importance of quality accessible greenspace; health inequalities are mitigated
- **Practitioners feel comfortable** with green health prescribing
- We can **represent a wide cross section** of opinions and experience
- We have a **clear understanding** of what we need to do to embed green health prescribing across the system
- People are offered **tools to incorporate nature connection** into their lives long-term, not just for a short time whilst struggling with mental health
- An increase in people using green spaces to achieve a **healthy weight**
- Clients feel the **benefits and know their options**
- Green prescribing is recognised as a "**natural**" **response from practitioners** to help address health and inequalities
- Having a wellbeing practitioner in place to **support the staff, practitioners and community** to access Green Health opportunities
- Have a **coordinated approach** between GP practices and wellbeing workers about green health prescribing
- Success would look like in primary care - **Engaged** multidisciplinary team. Working with patients exploring **what matters to them**. Ability to signpost to general greenspace activities, specific locally mapped resources and specific **local** accessible groups

- It is the **norm** to have a good conversation to see green prescribing and other wellbeing type service etc as a first choice not an after thought
- People having a **range of options** of green activities and support to access them locally
- **More** people feel able to access a range of other activities, and green prescribing enables this

### **Developing a shared outcome map**

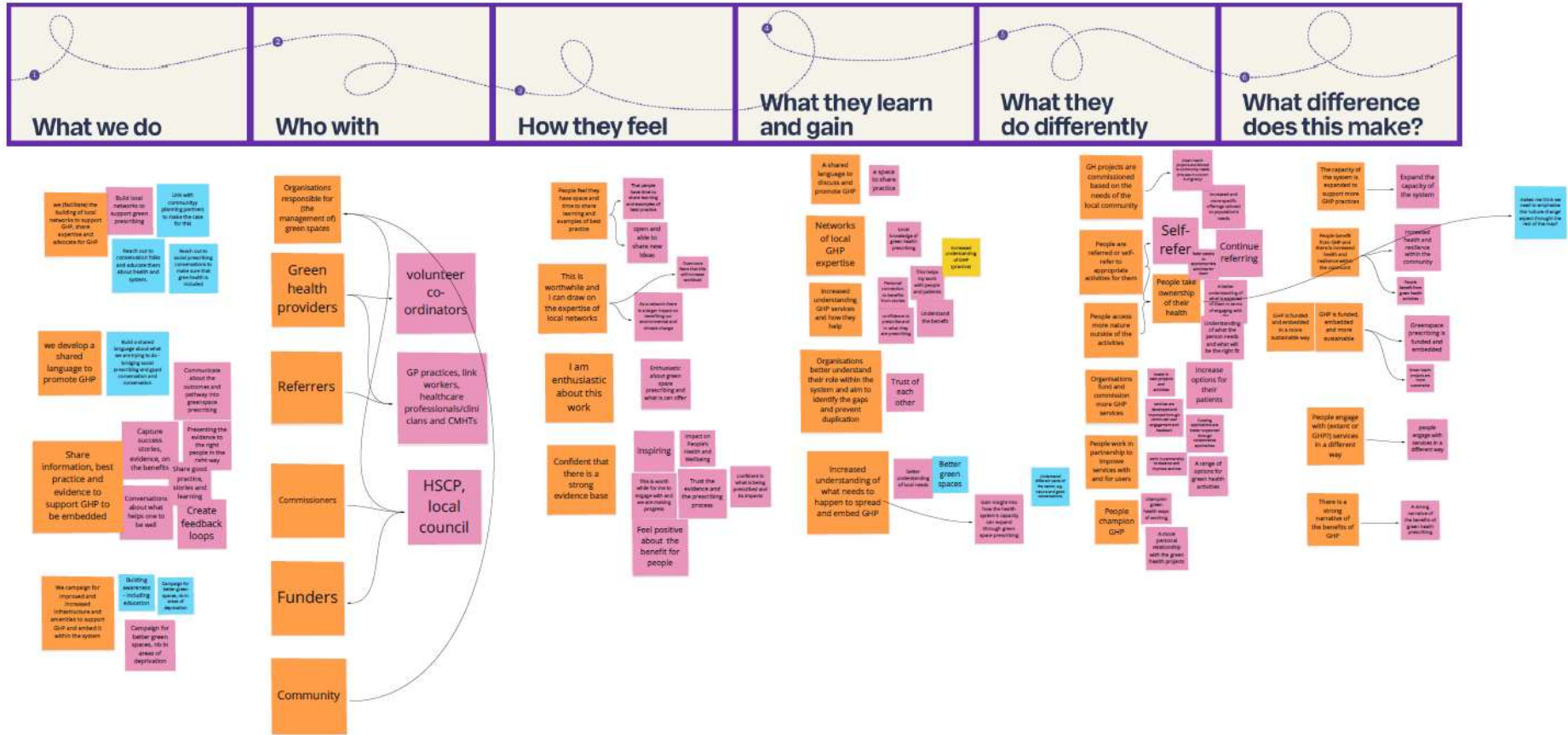
Break-out rooms facilitated by Matter of Focus, one focusing on making the case, another on making things happen, were followed by a whole group session which focussed on health inequalities and long term sustainability.

All discussion was recorded on the Miro Board as it happened:

[https://miro.com/app/board/o9J\\_kkO2gqk=/](https://miro.com/app/board/o9J_kkO2gqk=/)

It was agreed that this development project was an important contribution to **making the case** for GHP, and the outcome map and pathways would be useful **communication aids**. The outcome map will reflect **what needs to happen**. Pathways can then be derived from the outcome map which can be used to inform local action plans

Matter of Focus agreed to draft an outcome map for the project based on the discussion at the workshop on 9 December, and it was shared by email on 17 December:



## Workshop feedback

At the end of the workshop, participants were asked questions and the following responses were recorded in the chat function.

What will you take away?

- A more focused idea on how we can develop the golden threads
- Value of involving lots of people in co-creating an outcome map!
- Networking and communication to stakeholders is key to success
- Network links, knowledge that others are working in the same way and hope that it will happen
- The range of thoughts on this subject and the incredible passion!
- Working in local community and linking with local GP practice and connecting these is very important to influence any change
- Very helpful ideas and feedback to inform our developing work

How was your workshop experience?

- Found the process/structure a useful way to think about this issue so will continue to develop ideas on those lines
- Intellectually challenging in a good way!
- Useful hearing everyone's different experiences
- Informative and constructive
- Feeling motivated and inspired but still not sure how we will make it all happen
- Inspiring and challenging.
- Good discussions, challenging to do it all in the time available
- Useful new tools for the future, lots of great people, constructive and motivated
- Well run - small groups effective. Miro best shared screen rather than individual

## Next steps:

A small group met on 12 January 2021 to refine the outcome map and develop pathways. A draft will be circulated to the outcome map workshop attendees for feedback.

Once agreed, a data audit will be completed for the outcome map, identifying what data we have behind each of the "stepping stones". Outnav software will be used to analyse the data, prepare summaries and grade the evidence behind each stepping stone. This will be used as the basis for the report on the development project and for outlining the way forward for green health prescribing.

For further information, please contact [ian.mackenzie@nhslothian.scot.nhs.uk](mailto:ian.mackenzie@nhslothian.scot.nhs.uk)