



Edinburgh & Lothians Health Foundation



In partnership with

1 APPENDICES

1.1 APPENDIX 1. EVENT PROGRAMME

Green Social Prescribing Conference

21st March 2022 - 11:30am - 4:00pm Newbattle Abbey College, Dalkeith, EH22 3LL

11:30-12:00 Registration & workshop sign up

12:00-12:20 Welcome & golden threads

Kim Simpson and Rachel Hardie (on behalf of Ian Mackenzie) Edinburgh and Lothian Health Foundation / greenspace Scotland

12:20-13:15 Perspectives on developing green social prescribing in Lothian

Tracy McLeod, NHS Lothian Public Health

Judy Paul, Newbattle Abbey College

Charlie Cumming, Edinburgh and Lothian Greenspace Trust

Hannah Macrae, Cyrenians

- 13:15-14:00 Lunch & networking
- 14:00-15:00 Workshops / experiences

Opportunities to get together and share what we want to do, what we have learned and what we need to do next.

- 15:15-15:45 Q&A panel discussion
- 15:45-16:00 Closing remarks

1.2 APPENDIX 2. IMAGES FROM THE DAY



Attendees gathered in the conference room at the start of the day.



Workshop providers meeting facilitators



Workshop A: Good Conversations



Workshop B: Nature Prescriptions



Workshop C: Green Health Strategies



Workshop E: Discover the Elder Tree



Workshop F: Kelly Kettles and Tree Art



Workshop G: Mark the Spring Equinox Mandala Making



The completed mandala

2 APPENDIX 3. WORKSHOP SUMMARIES

1. What have you been doing / want to do?

Attendees of all the workshops represented all three of the groups of potential prescribers, providers and enablers. The common theme for the aims and motivations for attending were to gather information and foster a better understanding. For prescribers this was largely a fact-finding mission for most attendees who were looking to find out more about what projects and services were available and how they worked. For providers it was about explaining their services and what the benefits of them were to previous and existing users as well as promoting them to potential prescribers to gain more referrals.

Individual answers included:

<u>I have been:</u>

- Hosting outdoor activities with mums & kids.
- Helping to build resilience they don't see it as learning.
- Therapeutic gardening.

I want to:

- Find out what options exist.
- See how it will actually work. I think we all believe in the idea of green social prescribing but are not sure how to access it and make it work, particularly in built up parts of the city.
- Understand which projects are available.
- Find out how to engage with and support the project.
- Join up the various services and providers and not feel like we are working in isolation.
- Start providing blue prescribing.
- Get clients to identify a green area where they are and visit them there and meet them where they are.
- Understand the mechanisms of prescribing.

2. What have you learned?

Attendees of all sessions were very open to listening and learning from the providers and from each other. The experiential workshops provided a real taste of the sort of benefits that green social prescribing can offer, while the indoor workshops provided opportunities to share experiences.

Individual answers included:

• Women take up and prescribe more than men.

- Prescriptions really help people take up the recommended activity they are more than just a piece of paper.
- Evaluation and measurement can be difficult. Forms / paperwork remind users of negative experiences and can negate the benefits.
- You need to treat whole family social prescribing can help with that.
- It's so simple, you don't need loads of equipment, you don't need experience to attend a session.
- It's so accessible, activities can be done on a long or a short walk.
- It's great for people who are disconnected to nature.
- You need patience, trust, sustainability it can be difficult to build up trust with programmes as they can pop up and disappear due to short term funding.
- Suitable for all ages, all social groups.
- I think medical staff have been blinkered to medication, but we are realising that there are other options to be used alongside or even instead of meds.
- This is really suitable for people who have experienced trauma. The outdoors works well as they are able to walk away / escape if they feel uncomfortable.
- To try to meet in neutral spaces which are not an institution.
- Being outside promotes ownership and a sense belonging in that space.
- I am feeling more empowered after today.
- To take time to listen to nature and just be.
- That Covid offered an opportunity for a rapid response and investment in outdoor learning.
- That personal journals give a greener insight and show the benefits of nature in building confidence.
- That meeting people's needs is the most effective way to help.
- Outdoor activities give people a sense of purpose eg. witnessing nature and becoming custodial / empathetic / conservation minded (such as litter picking, helping wildlife).
- Being present, slowing down, enjoying the journey.
- It's great to find some space in the day.
- We don't get permission as adults to reconnect with childhood.
- You can learn so much by being outdoors.
- If you are prescribing you must experience it yourself.
- We are all just humans.
- Activity can be passive as well as active.
- A prescription form is an aid to write down and take-away but prescribers need to actually understand what they are signposting patients to. A 'warm handover' is far better and likely to result in the patient accessing a service.

3. What do you need to do next?

The workshops and experiential sessions created an environment of empowerment for attendees to feel positive and able to make positive change.

Individual answers included:

- Understand about referral to both open sessions / drop ins and closed sessions.
- Understand and talk through the process when prescribing.
- Understanding offerings is key but takes time / NHS doesn't have time to do research.
- Training in *Good Conversations*.
- Start designing an 'action research' project.
- Start small.
- Put info in our practise to raise awareness of local green spaces.
- Make more of an effort to put my *Good Conversation* training into practice.
- Follow up networking people I have meant to chat with before and have met today.
- Look into local third sector organisations that I can link up with.
- I'm going to carry on trying to smash through my middle-class filter of what outdoor spaces are!
- Just because I view a space a certain way it doesn't mean everyone else does.

2.1 APPENDIX 3. FACILITATOR NOTES:

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WHAT NEXT

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* Develop level 5 TOLA award

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2.2 APPENDIX 4. MARKETPLACE:



2.3 APPENDIX 5: VISUAL MINUTES



2.4 APPENDIX 6: FILM OF GREEN SOCIAL PRESCRIBING FORUM 2022

hosted https://www.elhf.co.uk/what-we-do/greenspace/



Report prepared by Ros Halley, Tartan Jigsaw,

30. March 2022