

# Guide 2: for Lancashire community groups: Delivering nature / Green Social Prescribing (GSP) sessions



The Wildlife Trust for  
**Lancashire  
Manchester &  
North Merseyside**



**University of  
Central Lancashire**  
UCLan

The purpose of this resource is to get community, voluntary, faith and farm sector organisations ready for community nature projects and “GSP ready”. It is a resource to constantly refer to and considers:

1. Delivering sessions once you have the monies
2. Communications and public events
3. Monitoring and evaluation
4. Resources

Special thanks to Cheshire to Lancashire Natural England colleagues, Sam Pywell UCLAN and Rhoda Wilkinson Lancashire Wildlife Trust.

## Terminology

**Voluntary, Community, Faith Social Enterprise (VCFSE) Sector** – also known as the third sector with private and public sectors being the other two.

**eNGO** Environmental Non-Government Organisations is a catch all for environmental charities e.g. the Wildlife Trusts, Rivers Trusts and Groundwork.

**Co-production** is not just a word, it's not just a concept, it is a meeting of minds coming together to find a shared solution. In practice, it involves people who use services being consulted, included and working together from the start to the end of any project that affects them.<sup>i</sup>



**Social prescribing** – sometimes referred to as community referral – is a means of enabling GPs, nurses and other health and care professionals to refer people to a range of local, non-clinical services. Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

**Green / Blue / Nature-based Social Prescribing** (with the short-hand GSP) brings about opportunities for

communities to get involved in their natural environment usually greenspaces and waterbodies. This could include activities such as walking, cycling, community gardening and food-growing projects, and practical conservation tasks such as tree planting. For people who need help to get involved this could include supported visits from link workers to local green spaces, waterways and the coast, and other outdoor activities to reduce isolation and loneliness.<sup>ii</sup>

**Link workers** - There are many different models for social prescribing, but most involve a **link worker** referrer who works with people to access local sources of support.<sup>iii</sup> The [NHS Long Term Plan](#) commits to significantly expanding the number of social prescribing link workers in primary care. Social prescribing<sup>iv</sup> and community-based support enable GPs, other health and care practitioners and local agencies to refer people to a link worker who gives people time and focuses on what matters to the individual. Link workers are sometime across a Primary Care Network (PCN) which typically comprises of 30,000-50,000 patients and GP surgeries joined together.

**Green Community Hub** a concept championed by Natural England and pioneered by Groundwork. Green community hubs are natural, outdoor spaces that are activated as a base for community activities. They might be community gardens, parks, nature reserves, or even just a small pocket of land on a housing estate. The [www.northernnetwork.org](http://www.northernnetwork.org) is an example of bringing them together as a movement. All Lancashire green providers are welcome to become a GCH and appear on the map.

## 1.. DELIVERING SESSIONS

- ☐ Check that you are meeting all the conditions of the grant / commission / donor.
- ☐ Ensure that everybody in your organisation knows what the obligations are.
- ☐ Provide regular reports and feedback about how the project is progressing.
- ☐ Most funders will only release the next stage of funding once they have received satisfactory interim reports.
- ☐ You can keep in touch with funders through meetings and site visits.
- ☐ Use a diary system to remind you about all these requirements to notify.
- ☐ If you run into problems let the funder know as soon as possible. They may be able to offer advice or vary the terms and timetable of the grant.
- ☐ Don't try to hide problems from funders.

### Get a mentor or work shadow opportunity

How to successfully run a community-nature-intervention or GSP into the long-term is beyond the scope of this guide. However, it is worth saying work shadowing successful projects will give you much practical knowledge and insight. All land-based projects benefit from work shadowing for 12 months so you can see how to operate during every season.

Sample of work programme with Joe Bloggs Community Garden:

- ☐ Spring sowing and ground preparation
- ☐ Summer planting, weeding, harvesting
- ☐ Autumn harvesting
- ☐ Winter tidying, orchard pruning, infrastructure jobs,

Sample of work programme of a Friends Group on a nature reserve.

- ☐ Litter picking all year round.
- ☐ Spring – path repair
- ☐ Summer – Invasives removal e.g. Himalayan Balsam Bashing, pond weed removal
- ☐ Autumn and winter – as trees become dormant pruning, scrub removal, dead heading

### Commissioning from Personal Health Budgets

An integrated personal budget allows for healthcare and social care needs and are commonplace for people living with disabilities and are sometimes part of the “Direct Payments” scheme. A [Personal Health Budget \(PHB\) - NHS Digital](#) uses NHS funding to create an individually agreed personalised care and support plan that offers people of all ages greater flexibility over how their assessed health and wellbeing needs are met.

Examples of people who may attract a PHB:

- adults receiving NHS continuing healthcare outside of hospital
- children receiving NHS continuing healthcare
- people who are referred and meet the eligibility criteria of their local wheelchair service
- people with mental health problems who are eligible for section 117 after-care because of being detained under certain sections of the Mental Health Act.

Currently there is advocacy to the NHS to provide PHB for lower levels of need, such as those being seen and referred to by Primary Care link workers. There is emphasis on goals setting one of those could be to provide financial support for GSP activities.

NHS England's Personalised Care Team are moving away from a national model and are establishing regional communities of practices for people interested in personal health budgets. Sessions are open

to all attendees include community VCFSE providers and partners within the health/ ICS systems. [england.personalisedcarenorthwest@nhs.net](mailto:england.personalisedcarenorthwest@nhs.net) Your group will need to be on The Future NHS Collaboration Platform <https://future.nhs.uk/about> which is a free online platform from the NHS, helping the health and social care sector connect and collaborate. It is open to anyone delivering health and social care services, including GSP.

## Become Quality Assured

The GSP sector does not have a governing body with the <https://greencarecoalition.org.uk/> looking to be the closest to this. Therefore, sector leaders have developed their own quality marks.



- ☐ Green Care Quality Mark from Social Farms and Gardens [www.farmgarden.org.uk/qualitymark](http://www.farmgarden.org.uk/qualitymark)
- ☐ Quality Assurance for Social Prescribing with TCV [www.tcv.org.uk/wp-content/uploads/2020/09/tcv-quality-assurance-for-social-prescribing.pdf](http://www.tcv.org.uk/wp-content/uploads/2020/09/tcv-quality-assurance-for-social-prescribing.pdf)
- ☐ Social and Therapeutic Horticulture (STH) [www.thrive.org.uk/get-training/training-overview](http://www.thrive.org.uk/get-training/training-overview)

The North West has the support of National Academy for Social Prescribing (NASP)

- ☐ North West Thriving Communities Network <https://socialprescribingacademy.org.uk/our-work/thriving-communities/regions-contacts/north-west/>

## National resources

- ☐ [Nature on Prescription Handbook - European Centre for Environment and Human Health | ECEHH](#)

## Success factors for weekly / monthly drop in volunteering sessions

Volunteering sessions, allow people to self-refer and are generally separate from GSP interventions. However, a goal of GSP is “confidence building” beneficiaries so they can join regular volunteer sessions. The regular volunteering sessions do not provide bespoke mental wellbeing interventions but are a community-nature-activity.

Good practice includes:

- ☐ Induction process including emergency contact, risk assessment, safeguarding
- ☐ Tools talks
- ☐ Manual Handling Training
- ☐ Volunteer “out of pocket” expenses
- ☐ Buddy up more experienced volunteers with new participants until they “know the ropes”.
- ☐ Same time each week
- ☐ Seating
- ☐ Toilet and wash facilities
- ☐ Shared lunch and / or brew breaks
- ☐ An activity co-ordinator or a board or whiteboard of jobs that are required
- ☐ Communication via a whatsapp group and / or facebook page
- ☐ Tools
- ☐ PPE e.g. gloves and waterproofs
- ☐ Selection of jobs so that someone isn’t heavy lifting all day
- ☐ Social element

## Relationships with link workers

There needs to be collaboration between Integrated Care Systems (ICS) Partners and community-nature-interventions to develop GSP demand. It is worth mentioning the language of formal

organisations like the NHS can be very different for the common language amongst community projects, but we are all still trying to achieve the same things.

Once you have your “GSP offer” make sure it complies with legal requirements / quality assurance then you must get your project onto the radar of the link workers.

Different areas can be organized differently but here are the obvious ways.

- ☐ The Future NHS Collaboration Platform <https://future.nhs.uk/about>
- ☐ Northern Network [www.northernnetwork.org/green-map-of-the-north/](http://www.northernnetwork.org/green-map-of-the-north/)
- ☐ Your local job centre
- ☐ Your local Housing Associations
- ☐ Web-based directory often overseen by the relevant Council for Voluntary Service
- ☐ Integrated Care System [www.healthierlsc.co.uk/VCFSE](http://www.healthierlsc.co.uk/VCFSE)
- ☐ From a google search your group could be first if you pay for an ad
- ☐ Your group has a vibrant facebook page which can double as a diary of all the work you do.
- ☐ Find out who is your nearest Primary Care Network (PCN) and perhaps meet your link worker for a coffee or invite them to your project. A list of all Lancashire's PCNs <https://nwlmc.org/guidance/primary-care-networks>
- ☐ Ring up the nearest GP surgery to find out arrangements with link workers.



## Success factors for referral beneficiary wellbeing (formal GSP)

There is an art to running inclusive sessions and it is providing a safe and non-judgmental place that meets people at the point they are at in their lives. Even people who are outwardly successful can still have vulnerable parts of their lives, for example if they have a close relative bereavement. This checklist does not cover clinical counselling / therapist services that happen alongside GSP.

### Prior

- ☐ Link workers and green providers joined up with strong signposting and referrals processes.
- ☐ Have an itinerary of likely activities for the link workers so beneficiaries have realistic expectations.
- ☐ Offer experiential and taster sessions for referrers.
- ☐ Offer prior visits for beneficiaries.
- ☐ Once you have a link worker referral, make sure you have a pre-acceptance process including risk-screening, actively seeking information that could have a bearing on safety of the individual participant, volunteers or staff. This should be recorded clearly in writing. If in paper form it should be kept in a locked cupboard or if on a computer password protected.
- ☐ You need a Designated Safeguarding Officer (DSO) who can escalate and everyone needs to know who this is and that they have holiday cover. This should not be the same person as the green facilitator of the GSP session.
- ☐ Mental Health First Aid Trained green providers
- ☐ Option for beneficiaries to have link worker attending alongside for the first couple of weeks.
- ☐ Agree monitoring and evaluation techniques from the outset.
- ☐ After 12 weeks (or whatever length of the sessions) of GSP beneficiaries can self-refer to the general volunteer drop-in session or the link worker can refer them onto other community project

### Structure



- ☐ Time limit the GSP sessions to avoid co-dependence.
- ☐ The tried and tested formula is 12 x weekly workshop sessions, for maximum 3 hours, with a maximum of 8 beneficiaries on land-based activities.

#### Best practice attributes of a green facilitator

- ☐ High positive energy to lift the group, even if that person is a volunteer.
- ☐ Avoiding presumptions of prior knowledge so always explaining as if talking to a 12-year-old.
- ☐ Have everything ready beforehand. Sessions don't work if beneficiaries are hanging around, feeling uncomfortable in silence, whilst you are rummaging through the tool shed.
- ☐ Use ice breakers if the group hasn't met before or is struggling to interact. [Icebreakers | LEAF \(Linking Environment and Farming\)](#)
- ☐ Over prepare activities you can always do them next week if you haven't finished.
- ☐ Leave enough time at the end of the session for reflection, monitoring and evaluation.

#### Best practice sessions

- ☐ Rotate individuals because not everyone gets on and want to avoid dominating personalities setting the culture of the group.
- ☐ Ensure the beneficiaries are risk aware and get them to sign the risk assessment.
- ☐ Give a "tools talk" with clear instructions about what is involved in the activity.
- ☐ Do activities that everyone can do together whilst chatting. This means having a set of tools for every individual or a rota of tools.
- ☐ If people are doing some individual activity be ready to move them on so they are not waiting and getting frustrated. Rotations of work well so doing an activity for 20 minutes. This also makes activities more memorable.
- ☐ Don't underestimate the power of people feeling that they are helping. For example, litter picking or tidying can be quite therapeutic providing everyone has the right equipment and not doing too much manual handling.
- ☐ There is a judgement call and giving people back-breaking labour like digging means that they are unlikely to return.



#### Five ways to Wellbeing designed by the New Economics Foundation<sup>v</sup>

- ☐ Activities to do in wild places  
[www.johnmuirtrust.org/assets/000/000/961/Five\\_Ways\\_to\\_Wellbeing\\_original\\_original.pdf?1604156294](http://www.johnmuirtrust.org/assets/000/000/961/Five_Ways_to_Wellbeing_original_original.pdf?1604156294)
- ☐ Use of reflective diaries at the end of the session and the "Five Ways to Wellbeing", is accepted by NHS [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/)

## Nature Connection

- ☐ There are many resources from Derby University but the stand out one for groups is [NatureMe-Booklet-2021.pdf \(derby.ac.uk\)](#)

We can feel pathways to Nature Connection through our

- ☐ Senses – e.g. listening to birdsong
- ☐ Beauty – e.g. time to feel wonderment
- ☐ Meaning – e.g. songs, stories, poems, art, celebration.
- ☐ Emotions – e.g. experiencing joy / calm of being in nature
- ☐ Compassion – e.g. caring for nature, such as creating homes for wildlife, supporting charities and rethinking how we shop.

Podcasts to play outdoors (free) you will need a speaker connected to your mobile

- ☐ [Beat Stress With Nature | Carbon Landscapes](#)
- ☐ [Guided Meditations | Carbon Landscapes](#) around different wildlife habitats

## Barriers to successful GSP

GSP is about creating a “safe space” where people can experience the health and wellbeing benefits of nature. The National “Test and Learn GSP Pilot” has recommended that it is important to develop a definition of mental ill-health and a set of ‘mental health levels’ for each area’s implementation of GSP to provide some guidance about when it is appropriate to offer someone GSP. Defining mental health levels increases the sense of shared responsibility and shared risk management.

- ☐ Without a Personal Health Budget attached to the beneficiary the community sector is expected to provide GSP without obvious income.
- ☐ There is anecdotal evidence that link workers are referring people with high levels of need to community-run projects and this may be considered an “inappropriate referral”.
- ☐ It is difficult to manage groups with widely differing needs: for example, an elderly person who adapted tools and a zimmer frame would not work alongside an active able-bodied neurodiverse young person.
- ☐ It is inappropriate for people to discuss their conditions in an open forum.
- ☐ The green provider must keep confidentiality unless there is a safeguarding issue and at that point they escalate to the DSO.
- ☐ Green providers often feel that weekly monitoring of mental health undermines nature connection.
- ☐ Several organisations working together can cause GDPR complications with mapping the individual beneficiary’s mental health recovery.
- ☐ There is still no standardized GSP monitoring and evaluation. See Section 7.

## Future scope for GSP

According to [green-social-prescribing-toolkit.pdf \(socialprescribingacademy.org.uk\)](#) future opportunities for GSP may include:

- ☐ “Wait well” whilst patients are waiting for operations.
- ☐ Cardiac patients.
- ☐ Community discharge from Accident and Emergency.
- ☐ Frailty and Falls Prevention Pathways.
- ☐ Peri and post natal.



## 2.. COMMS AND PUBLIC EVENTS

Your commissioner or funder may prescribe how your communications known as “comms” should work.

### Top Tips for communications

- ☐ Messages should be simple and not cluttered with jargon
- ☐ Use quotes to give the impression that someone is telling a story
- ☐ People like to latch onto personalities or David and Goliath “stories” of overcoming adversity
- ☐ Fluffy animals and cuteness
- ☐ Tell your story from different perspectives
- ☐ Be upbeat – make bad news into positive news such as an opportunity
- ☐ Using insights such as ‘what green spaces do people know about and how do they feel about them?’ as an opportunity to start discussion with the wider public.
- ☐ Use the hooks of awareness days, weeks and months
- ☐ Utilise existing networks such as the Link Worker Peer Support for informing and upskilling
- ☐ Build up an extensive picture library



### Keep a file of credibility<sup>vi</sup>

- ☐ Media coverage
- ☐ Testimonials
- ☐ Evaluations
- ☐ Successful projects
- ☐ Successful events
- ☐ Individual case studies
- ☐ Sponsorships
- ☐ Grants
- ☐ Prominent patrons

### Public event checklist

- ☐ Plan the event - Write out the tasks that are required and assign them playing to different people's strengths
- ☐ Take responsibility for own tasks and delegate if possible
- ☐ Communicate effectively to the team
- ☐ Consider communications to the intended audience – posters, press release, social media, mainstream media.
- ☐ [www.eventbrite.co.uk](http://www.eventbrite.co.uk) is affordable and linked to facebook and Instagram and can do the advertising for you.
- ☐ If an event is advertised and it is not suitable for all ensure a positive explanatory note accompanies it e.g. *this walk involves x miles, at own pace but may include rough terrain and climbing steps.*
- ☐ Look at organisation policies and procedures especially health and safety and safeguarding
- ☐ Write a risk assessment in line with the insurance policy
- ☐ If it is a large event do you need extra provision portaloos, hand washing, caterers, St Johns Ambulance?
- ☐ Consider what could go wrong and plan a contingency



- ☐ Will the event be cancelled in the advent of bad weather?
- ☐ On the day – make it clear to the team what time they should arrive and how the set up will work
- ☐ Monitor the event – how many attendees
- ☐ Evaluate the event – what worked and what didn't.

## Press releases

Before you even attempt to write a press release, think about the things you like to read, watch and listen to in the media. Most of us are generally interested in things we haven't heard before, find surprising or help solve our problems. So before drafting your press release, it's worth asking yourself these questions:

- ☐ Is there anything "new" in my story?
- ☐ Is there anything unusual or unexpected about it?
- ☐ Would this be of interest to anyone outside our circles?
- ☐ Once you commit to the press release
- ☐ Don't try and be clever with headlines. That is the journalists job. It is better to say exactly what the press release is about in the subject bar of the email.
- ☐ Getting a journalist to open your email is only the first step but if your first sentence doesn't grab them then they may not read further. Therefore, the "top line" is most important. Your first line should be a summary of your story (in no more than 20 words) and read like the opening of a news story
- ☐ Journalists are generally taught to get as many of the five Ws in the opening lines of a news story (who, what, where, why, when) so ensure you include this information in the text without waffle.
- ☐ Use quotes to give the impression that someone is telling a story.

## Top tips for posters (paper and jpegs)

- ☐ Select a large, eye-catching image –
  - ☐ Photograph that represents your event (ensure you have permissions).
  - ☐ Graphic design. Note the graphic design in this report is available free under creative commons licence [drop-box link](#)
- ☐ Ensure your text is dyslexia friendly. For example, use arial or a sans serif font with strong contrast. [www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide](http://www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide)
- ☐ Text should only have key information e.g event title, date, time, location, safety features.
- ☐ If you are laminated a colour poster for outside use ensure it has been colour photocopied as the ink from jet printers can run.

## Social media for outreach into communities

- ☐ Facebook [www.facebook.com](http://www.facebook.com) (57 million UK users) – best for communicating with older people and families. It utilises video, image and text although is the most involved for example, responding to posts which can be time consuming. It is possible to set up private groups for logistics organization.
- ☐ Whatsapp [www.whatsapp.com](http://www.whatsapp.com) (40 million UK users) – not a tool for outreach for new audiences but once a group is formed very easy for all users to administer for communication. Mobile numbers can be seen by members of the group and offers a potential safeguarding issue.
- ☐ Instagram [www.instagram.com](http://www.instagram.com) (30 million UK users) – best for communicating with young people as you only post images and short videos. Can you set up private groups for logistics organization.
- ☐ Twitter / "x" <https://twitter.com> (16 million UK users) – best for organization-to-organization communication more text based with the use of "tweets" and limited characters.
- ☐ Padlet <https://en-gb.padlet.com> - However, there are safeguarding issues with all of the above

e.g. sharing of each other's' online presence or mobile number. Padlet is a way of sharing where everyone is anonymous and often preferred by education establishments. It can also be used for reflective practice e.g. The Five Ways to Wellbeing where participants can see each other's comments.

- ☐ Eventbrite [www.eventbrite.co.uk](http://www.eventbrite.co.uk) for reaching new audiences to come to your events. It has linked logarithms with others in the "meta" family including Facebook, Instagram and Whatsapp
- ☐ There are other social media platforms including [www.linkedin.com](http://www.linkedin.com) for professionals
- ☐ Snapchat which would not be considered appropriate as it is regularly used by children and teens and the images are only available for a short time [www.snapchat.com/en-GB](http://www.snapchat.com/en-GB).
- ☐ Tik tok [www.tiktok.com](http://www.tiktok.com) would not be considered appropriate as a video-based platform which is popular with children and teens but may outreach into a more diverse audience. As it is not "meta" logarithm based one person can more easily go viral on the reposting by others.
- ☐ Finally, [www.pinterest.co.uk](http://www.pinterest.co.uk) may be considered not appropriate for community outreach but may work to link globally to similar projects.

## Tagging organizations or an individual

Generally speaking, logos will be important to your commissioner or funder.

They could well have a "Comms package" that tells you how to use those logo and how to tag them on social media. This also helps generate traffic for your organization.

Tagging is a useful tool on social media. Tagging refers to linking your page to other pages or personal accounts, making a hyperlinked connection between the pages and increased opportunity to raise awareness of other activities and groups.

You use the "@" form before the username (handle). *@JoeBloggsGarden* with every new word beginning with a capital letter.

General tagline:

- ☐ Natural England North West twitter handle: @NENorthWest
- ☐ UCLan Social Prescribing Unit twitter handle: @UCLanSocPres
- ☐ Groundwork Northern Network facebook / Instagram / twitter handle: @GW\_N\_Network

<https://www.northernnetwork.org/wp-content/uploads/2023/05/Marketing-Toolkit.pdf> has a social media toolkit available via drop box.

Hashtags (#) are a really useful tool in collecting together information on social media sites. By searching for a hashtag then your phrase without any spaces between you can pull together posts from other profiles, known or unknown and see the network of communications around the topic. You can often see what is trending in terms of hashtags. If you decide to create your own hashtag ensure every new word starts with a capital letter e.g.

- ☐ #GreenSocialPrescribing
- ☐ #NatureBasedSocialPrescribing
- ☐ #NBSP
- ☐ #GreenerCommunities
- ☐ #GreenCommunityHubs
- ☐ #GreenHubs

## Have a good understanding of your digital footprint and remember it can linger!

- ☐ The BBC want to interview someone about your field of activity. Do they call your organisation or do they call someone else? The most likely way a journalist would find your organisation is through a google search.
- ☐ A funder is also likely to use google and expect you to tag them on social media.

### 3.. MONITORING AND EVALUTION

There is no standardized form of monitoring for community-nature projects nor formal GSP. Your commissioner or grant funder may have conditions. Here is a selection of recognized monitoring techniques although you may need to consult with your board as a form of ethics approval. With the lack of standardization monitoring and evaluation can feel quite overwhelming. Different monitoring will be required for different occasions.

#### People's actual voices can be more powerful than statistics

Consider capturing them through:

- Film
- Blogs
- Quotes
- Case Studies

#### “Light touch” monitoring at large events with no baseline

Get out a map and get where people have travelled from using a “sticky dot”

Fill out the questionnaire on behalf of beneficiaries or give them a QR code so they can fill out on their mobile. Aiming for 2 minute maximum. Five star rating is commonly understood in the population because of Amazon, Google reviews and Trustpilot etc

\*\*\*\*\*

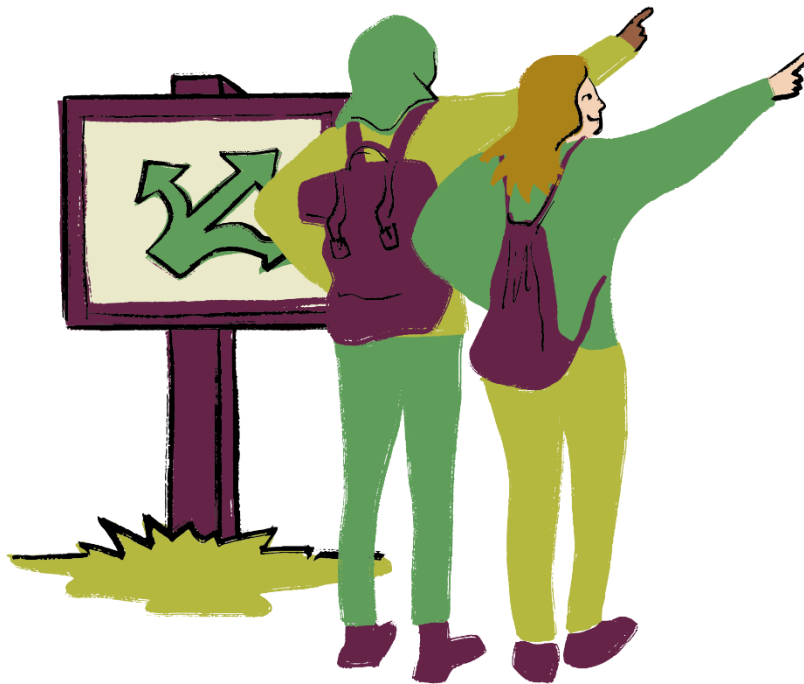
- ☐ **Because of this event, I / my family / my organization feel connected to nature**



Not at all

Completely

- ☐ **What was best?** [text box]  
☐ **What could we improve?** [text box]  
☐ **I am likely to attend this event next year?** [or similar pro social behaviour] Yes / No



The rest of the monitoring is aimed at more detailed monitoring. This provides an overview of all typical questions, however, it is **unlikely that you would ever use all of them** and so can be seen as a “pick and mix” menu.

## Demographics and baseline health

The following are sample questions taken from Natural England’s People and Nature Survey  
[www.gov.uk/government/collections/people-and-nature-survey-for-england](http://www.gov.uk/government/collections/people-and-nature-survey-for-england)

### Are you...?

- ☐ In full-time employment (31+ hours per week)
- ☐ In part-time employment (Up to 30 hours per week)
- ☐ Self-employed
- ☐ Unemployed – less than 12 months
- ☐ Unemployed (long term) – more than 12 months
- ☐ Not working – retired
- ☐ Not working – looking after house/children/other caring responsibilities
- ☐ Not working – long term sick or disabled
- ☐ Student – in full-time education
- ☐ Student – in part-time education

### Total annual household income before tax?

#### Ethnicity

**Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?**

- ☐ Yes
- ☐ No

**You previously said that you have one or more physical or mental health conditions or illnesses lasting or expecting to last for 12 months or more... Which if any of the following conditions or illnesses affect you?** Please select all that apply

- ☐ Vision (for example blindness or partial sight)
- ☐ Hearing (for example deafness or partial hearing, tinnitus or hyperacusis)
- ☐ Mobility (for example walking short distances or climbing stairs)
- ☐ Dexterity (for example lifting and carrying objects, using a keyboard)
- ☐ Learning or understanding or concentrating
- ☐ Memory
- ☐ Mental health
- ☐ Stamina or difficulty breathing or fatigue
- ☐ Socially or behaviourally (for example autism, attention deficit disorder or Asperger's syndrome)
- ☐ Any other heart or lung condition
- ☐ Other (specify)

**Does your condition or illness reduce your ability to carry-out day-to-day activities?**

- ☐ Yes, a lot
- ☐ Yes, a little
- ☐ Not at all

**In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?** This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that may be part of your job.

- ☐ Please type the number of days between 0 and 7

**Do you experience any other day-to-day disadvantage?** Please describe.

## People and Nature Survey – greenspace and pro-environmental behaviours

**In the last 12 months, how often, on average have you spent free time outside in green and natural spaces?**

- ☐ Every day
- ☐ More than twice a week, but not every day
- ☐ Twice a week
- ☐ Once a week
- ☐ Once or twice a month
- ☐ Once every 2-3 months
- ☐ Less often
- ☐ Never

**My local green and natural spaces actually are:**

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Within easy walking distance					
Good places for mental health and wellbeing					
A high enough standard to want to spend time in					
Good places for children to play					
Places that encourage physical health and exercise					
Good places to meet other people					
Provide good opportunities to see nature					



**What was the main reason or reasons for not spending free time outdoors in the last 14 days?**

Please select up to three answers

- ☐ Bad / poor weather
- ☐ Poor physical health (or illness)
- ☐ Poor mental health or well being
- ☐ Lack of facilities and access points for those with disabilities
- ☐ Too busy at home
- ☐ Too busy at work / with family commitments
- ☐ Not interested
- ☐ Prefer to do other leisure activities
- ☐ Fear / worry about crime or anti-social behaviour
- ☐ Fear / worry about getting hurt or injured
- ☐ Nowhere near me is nice enough to spend my free time in
- ☐ Cost / too expensive
- ☐ Stayed at home to stop coronavirus spreading
- ☐ Other (specify)

**Thinking about the last month, which have you done?** Please select all that apply

- ☐ Composted food waste, or put food waste out for collection
- ☐ Switched off lights and appliances to save energy/ to protect the environment
- ☐ Recycled items
- ☐ Brought your own bags when shopping
- ☐ Bought products with an environmental label
- ☐ Bought produce that is grown locally or in season
- ☐ Bought second-hand items
- ☐ Watched wildlife/nature programmes
- ☐ Taken shorter showers to save water or energy
- ☐ None of the above

**Office for National Statistics (ONS) Wellbeing 4.**

Can be used as baseline (before) and to measure progress (after the sessions).

Life satisfactions, worthwhile, happiness, anxiety.

**Overall, how satisfied are you with your life nowadays?** Circle one.

Not at all										Completely	Prefer not to say
0	1	2	3	4	5	6	7	8	9	10	

**Overall, to what extent do you feel that the things you do in your life are worthwhile?** Circle one.

Not at all										Completely	Prefer not to say
0	1	2	3	4	5	6	7	8	9	10	

**How happy were you feeling yesterday?** Circle one.

Not at all										Completely	Prefer not to say
0	1	2	3	4	5	6	7	8	9	10	

**How anxious were you feeling yesterday?** Circle one.*Note this scale is the opposite way around from the other ONS questions.*

Not at all										Completely	Prefer not to say
0	1	2	3	4	5	6	7	8	9	10	

# Warwick-Edinburgh

For nearly two decades this has been the preferred wellbeing scale for the NHS known as “WEMWBS” and with a shortened version “SWEMWBS”. <https://measure.whatworkswellbeing.org/measures-bank/wemwbs> You have to pay and have permission to use the scale and so are only likely to use it if a condition of your funder or commissioner.

## Derby University Nature Connection Index<sup>vii</sup>

Each of these statements are rated on a seven-point scale.

- ☐ I always find beauty in nature
- ☐ I always treat nature with respect
- ☐ Being in nature makes me very happy
- ☐ Spending time in nature is very important to me
- ☐ I find being in nature really amazing
- ☐ I feel part of nature

Completely disagree	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree	Completely agree
---------------------	-------------------	----------	----------------------------	-------	----------------	------------------

## Adapted Nature Connection used in the Natural England People and Nature Survey

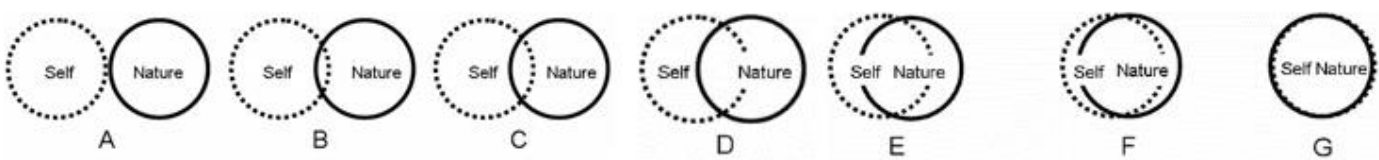
Each of these statements are rated on a seven-point scale:

- ☐ I feel part of nature
- ☐ Being in nature makes me very happy
- ☐ I am taking more time to notice and engage with everyday nature (e.g. listening to birdsong, noticing butterflies)

Completely disagree	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree	Completely agree
---------------------	-------------------	----------	----------------------------	-------	----------------	------------------

## Schultz<sup>viii</sup> Nature in Self Scale

This is the 7-point scale explains a similar concept to nature connection in a diagram. It does require some explanation and may not be suitable for people with learning disabilities nor young children.



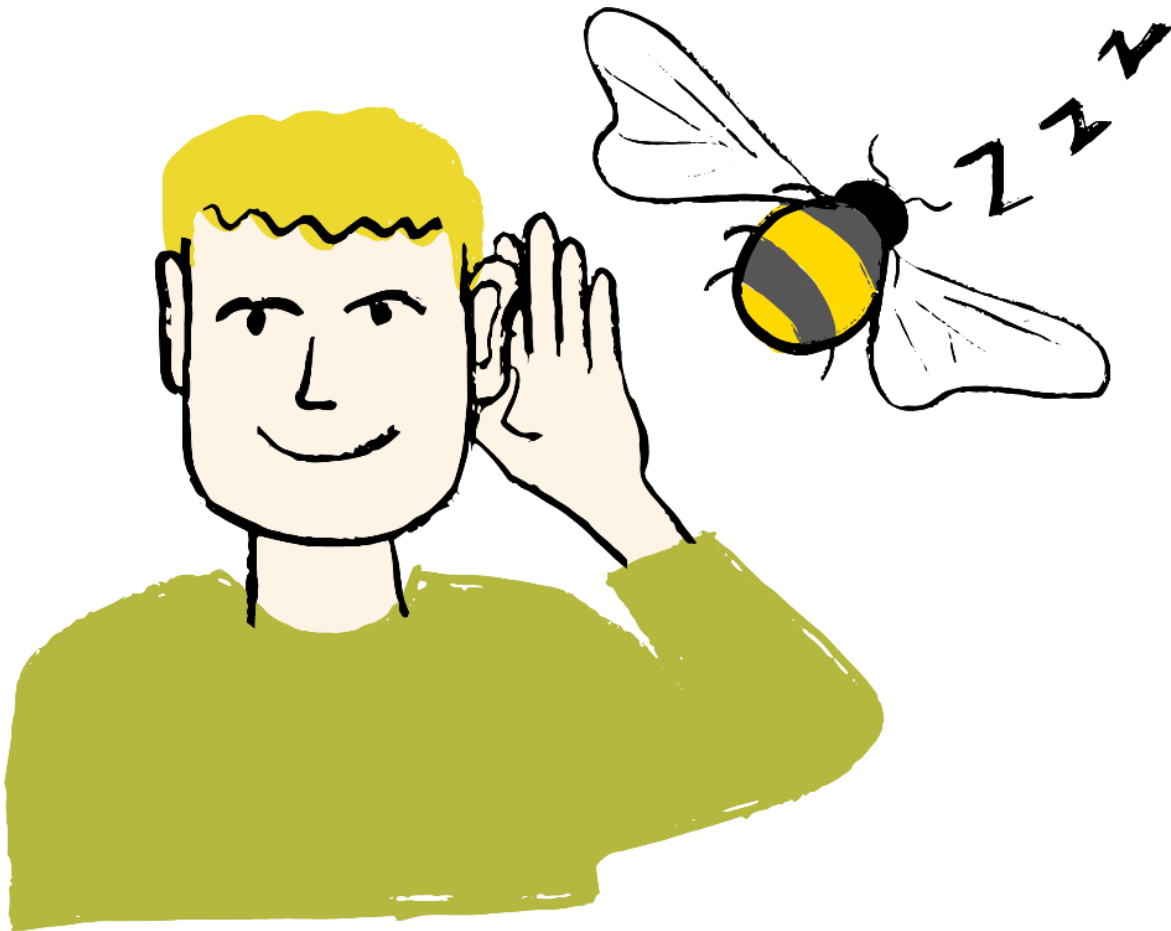
## Five ways to Wellbeing – Self-help tool

Five ways to Wellbeing designed by the New Economics Foundation<sup>ix</sup> is accepted by NHS as a self-help tool [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/)

Finish sessions with reflective diaries around the Five-Ways-To-Wellbeing. This is to enable the beneficiary to personally look back on their sessions.

- ☐ I feel closer to nature and have spent time in the natural world.
- ☐ I have developed my skills
- ☐ I have increased my physical activity
- ☐ I have a greater connection to other people
- ☐ I have put something back into the community

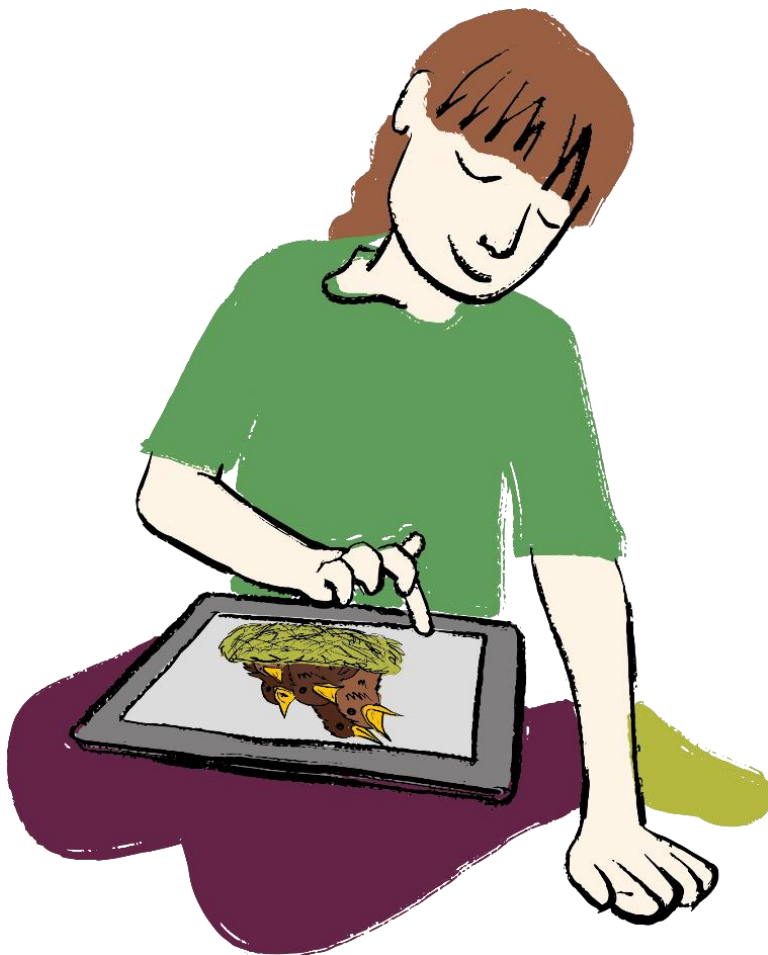
As part of a PhD study by Jess Thompson of City of Trees /Salford University has developed the “Greenways to Wellbeing” (no web presence). This uses a 0 to 10 scale (which also complements the ONS Wellbeing 4).



## Film case studies

Whilst the written word is valuable for funders and commissioners, and monitoring data can be evaluated with “headline” statistics, it is really film on social media that impacts local communities “hearts and minds”. Here are a series of taster films.

- ❑ **Have you ever considered Green Social Prescribing?** Natural England and NASP with poet Clare Shaw: <https://youtu.be/ff547SxNetw>
- ❑ **D Amir Khan | A wild way to wellbeing** a clinicians introduction to the Five Ways to Wellbeing in Nature the Wildlife Trusts <https://youtu.be/6zRxTwyCORU>
- ❑ **Greater Manchester Nature for Health** inspiration as to how a network can work <https://youtu.be/ZRY48BUPvBU>
- ❑ **Young People's Recovery and Nature's Recovery** Lancashire Wildlife Trust <https://youtu.be/SB8t8rrk1UQ>
- ❑ **Angie's story of GSP in Wigan** Groundwork in Cheshire, Lancashire and Merseyside <https://youtu.be/xi8crfYIAqw>
- ❑ **Prince Harry meets young people on the Myplace project at Brockholes** Lancashire Wildlife Trust / Lancashire and South Cumbria NHS <https://youtu.be/iv9TjluOdsU>
- ❑ **Health and Wellbeing with The Conservation Volunteers (TCV)** good introduction to wider concepts <https://youtu.be/He-5UagN2KM>
- ❑ **Inclusion Tips with Idaraya Life CIC at Little Woollen Moss, Salford.** Natural England and Lancashire Wildlife Trust. <https://youtu.be/OznLRXniWTY>
- ❑ **Grow Blackpool** Grow and Eat Beetroot Soup <https://youtu.be/xOtVbOliT3Y>
- ❑ **Nature Recovery Rangers** The Centre for Sustainable Health Care <https://youtu.be/VKz7x2tjC6w>
- ❑ **Food Growing & Wellbeing with Lower Kersal Community Group** Groundwork Greater Manchester <https://youtu.be/V9e0Cv3DGZA>



## 4.. RESOURCES

Community-nature-interventions and GSP have cross-cutting relevance to several policy areas.

- The 25 Year Environment Plan <https://www.gov.uk/government/publications/25-year-environment-plan/25-year-environment-plan-our-targets-at-a-glance>
- Environmental Improvement Plan [www.gov.uk/government/news/ambitious-roadmap-for-a-cleaner-greener-country](http://www.gov.uk/government/news/ambitious-roadmap-for-a-cleaner-greener-country)
- The NHS Long Term Plan <https://www.longtermplan.nhs.uk/online-version/>
- Major Conditions Strategy <https://www.gov.uk/government/publications/major-conditions-strategy-case-for-change-and-our-strategic-framework/major-conditions-strategy-case-for-change-and-our-strategic-framework>
- Levelling Up [www.gov.uk/government/news/government-unveils-levelling-up-plan-that-will-transform-uk](http://www.gov.uk/government/news/government-unveils-levelling-up-plan-that-will-transform-uk)
- Tackling Loneliness Strategy [www.gov.uk/government/publications/loneliness-annual-report-the-third-year/tackling-loneliness-annual-report-february-2022-the-third-year](http://www.gov.uk/government/publications/loneliness-annual-report-the-third-year/tackling-loneliness-annual-report-february-2022-the-third-year)
- Uniting the Movement / Physical Activity strategy [www.sportengland.org/about-us/uniting-movement](http://www.sportengland.org/about-us/uniting-movement)
- Active Travel plans [www.gov.uk/government/publications/active-travel-local-authority-toolkit/active-travel-local-authority-toolkit](http://www.gov.uk/government/publications/active-travel-local-authority-toolkit/active-travel-local-authority-toolkit)

### Green Social Prescribing

- The Green Social Prescribing Toolkit <https://socialprescribingacademy.org.uk/media/mona1pmt/green-social-prescribing-toolkit.pdf>  
Go to the “Links to more Resources” for sections on
  - National View of Social Prescribing
  - Integrated Care Systems
  - Health Inequalities and Disparities
  - Commissioning
  - Partnership working with VCFSE Sector
- North West Report about GSP [www.northernnetwork.org/new-report-the-missing-link-for-green-social-prescribing/](http://www.northernnetwork.org/new-report-the-missing-link-for-green-social-prescribing/)
- National Evaluation of the Preventing and Tackling Mental Ill Health through Green Social Prescribing Programme (Sheffield University) various reports <https://www.shu.ac.uk/centre-regional-economic-social-research/projects/all-projects/national-evaluation-of-the-preventing-and-tackling-mental-ill-health-green-social-prescribing>
- Nature on Prescription [Nature on Prescription Handbook - European Centre for Environment and Human Health | ECEHH](#)
- Wildlife Trust’s work generally [Nature for health and well-being | The Wildlife Trusts](#)
- The Wildlife Trusts Natural Health Services Economic Assessment - [23JUN Health Report FINAL \(1\).pdf \(wildlifetrusts.org\)](#)
- Social Return on Investment of the health and wellbeing impacts of Wildlife Trust programmes [wildlifetrusts.org/sites/default/files/2019-09/SROI Report FINAL - DIGITAL.pdf](http://wildlifetrusts.org/sites/default/files/2019-09/SROI Report FINAL - DIGITAL.pdf)

### Nature Connection to tackle Health Inequalities

- Marmot Review [www.parliament.uk/globalassets/documents/fair-society-healthy-lives-full-report.pdf](http://www.parliament.uk/globalassets/documents/fair-society-healthy-lives-full-report.pdf)
- Institute of Health Equity [www.gov.uk/government/news/natural-solutions-for-tackling-health-inequalities-conference-report](http://www.gov.uk/government/news/natural-solutions-for-tackling-health-inequalities-conference-report)

### Nature Inclusion, Community Engagement and Green Community Hubs

- Northern Network of Green Community Hubs <https://www.northernnetwork.org/green-map-of-the-north/>
- Recommendations around “Included Outside” [The ‘Included outside’ publication series \(naturalengland.org.uk\)](#)



- ❑ What motivates communities [Groundwork-UK-Communities-Taking-Action-September-2019.pdf](#)
- ❑ Urban Wetlands for Wellbeing [wwt-creating-urban-wetlands-for-wellbeing.pdf](#)
- ❑ Community Environmental Toolkit with Wiltshire Council which includes the wellbeing attributes of different habitats [26 MARCH Toolkit WebMR.pdf \(wiltshire.gov.uk\)](#)

#### Nature Connection and Wellbeing

- ❑ Natural England Summary Review [Connection to Nature - EIN068 \(naturalengland.org.uk\)](#)
- ❑ Strengthening relationships with nature [NatureMe-Booklet-2021.pdf \(derby.ac.uk\)](#)
- ❑ [Nature connectedness and noticing nature: Key components of a good life. | Finding Nature](#)
- ❑ Oxford Textbook on Nature and Public Health. It is expensive however, this is the author speaking [Lecture - Nature and Public Health](#)
- ❑ Nature Connection handbook [the-nature-connection-handbook.pdf \(wordpress.com\)](#)
- ❑ [Links between natural environments and mental health - EIN065 \(naturalengland.org.uk\)](#)
- ❑ [Links between natural environments and physical health - EIN066 \(naturalengland.org.uk\)](#)

#### Children

- ❑ [How the Natural Environment can support Children and Young People - EIN067 \(naturalengland.org.uk\)](#)
- ❑ [Links between natural environments, learning and health: evidence briefing - EIN063 \(naturalengland.org.uk\)](#)
- ❑ [Social and economic benefits of learning in natural environments - NECR442 \(naturalengland.org.uk\)](#)
- ❑ Council for Learning Outside the Classroom Social Return on Investment [Summary of Evidence: LOtC in Natural Environments - Nov 2022](#)

---

<sup>i</sup> Think Local Act Personal (2011) Making it real: Marking progress towards personalised, community based support, London: TLAP.

<sup>ii</sup> [www.gov.uk/government/news/new-sites-to-test-how-connecting-people-with-nature-can-improve-mental-health](#) accessed 30.6.22

<sup>iii</sup> Definition adapted from [www.kingsfund.org.uk/publications/social-prescribing](#) on [www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health](#) accessed 30.06.22

<sup>iv</sup> [www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/](#) accessed 30.6.22

<sup>v</sup> [Five ways to wellbeing: New applications, new ways of thinking | New Economics Foundation](#) accessed 18.8.23

<sup>vi</sup> Information adapted from a training course attended by the author and run by Ian Benson.

<sup>vii</sup> Richardson, M., Hunt, A., Hinds, J., Bragg, R., Fido, D., Petronzi, D., Barbett, L., Clitherow, T.J., and White, M. (2019). An Affective Measure of Nature Connectedness for Children and Adults: Validation, Performance and Insights. Sustainability, 11(12), 3250

<sup>viii</sup> Schultz, P.W.; Tabanico, J. Self, identity, and the natural environment: Exploring implicit connections with nature. *J. Appl. Soc. Psychol.* **2007**, 37, 1219–1247

<sup>ix</sup> [Five ways to wellbeing: New applications, new ways of thinking | New Economics Foundation](#) accessed 18.8.23