



# LANARKSHIRE GREEN HEALTH PARTNERSHIP YEAR 2 REPORT

March 2019 – 2020

The Lanarkshire Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service. [Our Natural Health Service](#) is a national initiative led by Scottish Natural Heritage and supported by national partners including: Transport Scotland, Scottish Forestry and NHS Health Scotland, and locally by the health board, North and South Lanarkshire councils, leisure services and voluntary sector organisations.



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## The story so far...

Lanarkshire Green Health Partnership (LGHP) was established in March 2018 and is a cross sectoral collaboration working together to connect people with nature and maximise the use of health inducing green assets. Our Natural Health Service provides benefits to physical, mental and social health<sup>1,2,3,4</sup> and can help to reduce inequalities in health through access to quality greenspace<sup>3</sup>. The social impact of quality greenspace is particularly relevant to older adults where there is some evidence that people in areas with less greenspace report more loneliness and less social contact<sup>1,2,3</sup>.

LGHP aims to raise awareness and confidence of the health and social care sector workforce and the public to connect with nature. We aim to achieve this by offering holistic care for prevention, treatment and mitigation of ill health by:

- ensuring outdoor activities are promoted, valued and integrated into how we provide health and care services
- calling for action from many organisations
- shaping work around local health priorities

The programme of work includes offering green health opportunities such as walking, cycling, gardening and volunteering as well as enjoying being out in greenspace. Actions have involved:

- Development of gardening sessions at 5 community hospitals for inpatients and outpatients
- Integration of green health activities to existing referral pathways such as Physical Activity Prescription, Active Health, Well Connected and Weigh to Go
- Raising awareness of the benefits of nature with over **600** health & social care professionals
- Identification of over **150** green health activities across both Health & Social Care Partnerships
- Development of a green health directory for staff and the public to find out what is available: [www.bit.do/lan-greenspace](http://www.bit.do/lan-greenspace)
- Infrastructure changes and resources developed to improve active travel
- Quality improvement priorities identified through GIS mapping of SIMD 1 & 2 areas and quality of greenspace surrounding these communities

The LGHP is successfully raising awareness of the benefits of green health and encouraging health & care professionals to reflect on their services and practice to encourage connections with nature. Integration of green health within local plans and strategies are also evident such as: Healthy Weight, Sustainability, Falls and Frailty, Good Mental Health For All and North and South Partnership strategic commissioning plans. A raft of work is continuing to also explore involving NHS volunteers to help connect patients with nature.

This report outlines each of the eight short term outcomes (Years 1-2) as presented in the LGHP logic model and the contribution that we have made in achieving them.

1. Urban greenspaces and health (2016). Copenhagen: WHO Regional Office for Europe (2016). [http://www.euro.who.int/\\_data/assets/pdf\\_file/0005/321971/Urban-green-spaces-and-health-review-evidence.pdf?ua=1](http://www.euro.who.int/_data/assets/pdf_file/0005/321971/Urban-green-spaces-and-health-review-evidence.pdf?ua=1) [Accessed 28<sup>th</sup> January 2020]
2. Evidence statement on the links between natural environments and human health. UK: Department for Environment, Food and Rural Affairs and Exeter University (2017). <http://randd.defra.gov.uk/Default.aspx?Menu=Menu&Module=More&Location=None&ProjectID=19511&FromSearch=Y&Publisher=1&SearchText=BE0109&SortString=ProjectCode&SortOrder=Asc&Paging=10#Description> [Accessed 28<sup>th</sup> January 2020]
3. INHERIT: Exploring triple-win solutions for living, moving and consuming that encourage behaviour change, protect the environment, promote health and health equity Horizon 2020 baseline review Chapter 4 Living – greenspace Statton, B; Van der Vliet, N; Kruize, H et al. Eurohealthnet, Brussels 2017. [http://inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res\\_s.pdf](http://inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf) [Accessed 28<sup>th</sup> January 2020]
4. NICE Physical activity and the environment update: Evidence Review 3: Park, Neighbourhood 5 and Multicomponent Interventions. Bennie, J; Crane, O; Cullum, A et al (2017) NICE. <https://www.nice.org.uk/guidance/ng90/documents/evidence-review-3> [Accessed 28<sup>th</sup> January 2020]

# LANARKSHIRE GREEN HEALTH PARTNERSHIP – LOGIC MODEL 2018-2021

## What we start with

Staff  
Time  
Funding  
Expertise  
Evidence base  
Communication systems  
Information systems  
Leadership

## What we will do

Develop relationships within the Green Health Partnership  
Manage the Green Health Partnership and programme  
Manage the Green Health volunteer development officer and programme  
Review access to Green Health opportunities  
Raise awareness of Green Health benefits and opportunities via a communications plan  
Embed Green Health service information within existing directories  
Increase referral/signposting to Green Health activities  
Facilitate and support an increase in green health initiatives, particularly within SIMD 1 and 2 areas

## What processes we will measure

No. Green Health places / projects / programmes  
No. people (including those with LTCs) participating in Green Health opportunities  
No. pathways and referrals linking into Green Health  
No. different promotional tools for Green Health opportunities  
No. green health volunteering opportunities  
No. volunteers involved in green health opportunities  
No. green health opportunities available within NHS estate

## Short-term outcomes (Year 1-2)

Increased awareness of Green Health opportunities  
Increased buy-in to actively refer to Green health opportunities  
Increased access to Green health opportunities (particularly for SIMD 1 & 2 areas)  
Baseline established of no. people participating in green health opportunities  
Improved quality of greenspaces, particularly for selected SIMD 1 & 2  
Increased profile of Green health within Community Planning Partnerships  
Increased joint working between Green Health partners  
Development of a strategic volunteer framework

## Medium-term outcomes (Year 2-3)

Improved physical & mental health of participants  
Improved social connections for participants  
Improved physical activity levels for participants  
Improved weight management for participants  
Increased no. people participating in green health opportunities  
Increased participation in Green Health opportunities for SIMD 1 & 2 populations  
Reduced prescribing for physical and mental health issues

## National health & wellbeing outcomes

1 People live in good health for longer  
2 People with disabilities or LTCs live independently  
3 People have positive experience of services  
4 Services maintain or improved quality of life  
5 Services contribute to reducing health inequalities  
6 Carers' health & wellbeing is supported  
7 People using services are safe from harm  
8 Staff feel engaged & supported to improve information, support, care & treatment  
9 Resources are used effectively & efficiently

## LGHP Short term outcome 1: Increased awareness of green health opportunities

Over the course of year 2 we have continued to provide numerous articles, newsletters, internal staff briefings and presentations to over 600 people from NHS, partner agencies and voluntary sector. The awareness raising has included use of initial materials developed by LGHP i.e. leaflets, promotional cards, post-it notes, reusable cups and presentation materials.

Highlights include:

- **Greenspace portal** is continually updated to represent the range of green health activities across the 10 localities: [www.bit.do/lan-greenspace](http://www.bit.do/lan-greenspace)
- Good increase in Greenspace portal analytics: **43%** increase in usage comparing Jan' 19 n=1346 to Jan'20 n= 1929. Of this number, 78% are new users to the site. The comparison difference in 2018-'19 was 200.
- **Locator Tool**; green health opportunities updated by the volunteer development officer.
- South Lanarkshire **volunteer calendar** developed on Locator: [www.locator.org.uk/calendar-node-field-event-date](http://www.locator.org.uk/calendar-node-field-event-date)
- **Patient discharge packs** provided with greenspace portal cards- Lanarkshire Links
- LGHP presentation at **Parks Manager Forum** Ravenscraig- Greenspace Scotland
- Update of **Scotland's Service Directory** and communication to 500 NHS, Social care, Community health and libraries to raise awareness of SSD and other directories to help people self-manage such as the greenspace portal and locator tools.
- 3 **Information kiosks** in Airdrie, Carluke and Hunter Health centres include greenspace portal
- Development and promotion of a **Lanarkshire animation** in conjunction with SNH: [www.elament.org.uk/support-projects-groups/projects-campaigns/greenspace/some-facts/](http://www.elament.org.uk/support-projects-groups/projects-campaigns/greenspace/some-facts/)

### National events:

- NSS Sustainability Conference – LGHP presentation with North Ayrshire GHP
- Public Health Conference poster to highlight all four pilot GHPs – prize winner
- Paths For All national conference- presentation of Weigh to Go and walking
- Invited to walk with Catherine Calderwood Chief, Medical Officer: [www.pathsforall.org.uk/news/news-post/scotlands-chief-medical-officer-backs-our-scottish-health-walk-network](http://www.pathsforall.org.uk/news/news-post/scotlands-chief-medical-officer-backs-our-scottish-health-walk-network)
- SNH's ONHS workshop with Dr William Bird – LGHP presentation

Lanarkshire's Natural Health Service

The Greenspace portal shows you options from health walks, gardening groups and nature activities to volunteering across Lanarkshire – they're fun & free!

Visit: [www.bit.do/lan-greenspace](http://www.bit.do/lan-greenspace)

Spending time in nature is good for the body and mind

Get Outdoors Lanarkshire

NHS Lanarkshire

Making more use of Scotland's Outdoors as Our Natural Health Service

Scottish Natural Heritage  
Dùthaich Nàdar na h-Alba  
[nature.scot](http://nature.scot)

There are 12,000 staff in NHS Lanarkshire therefore a need to continue to access team meetings and locality planning events, to increase awareness of green health opportunities and the benefits.



## LGHP Short term outcome 2: Increased buy-in to actively refer to green health opportunities

Through the various approaches we have used in raising awareness of green health, we have started to develop relationships, improve knowledge and confidence of the workforce to engage with green health activities. Of particular relevance has been the recognition of Get Walking Lanarkshire's extensive coverage of Lanarkshire which offers free, led health walks by trained volunteers. Many of the walks have been accredited as Dementia friendly, Macmillan Friendly and recently have also worked with the deaf community to introduce BSL health walks. The LGHP manager has been pivotal in driving forward the creation of an assistant Walking co-ordinator post (based on Glasgow City's model of health walks) and has sought support from funding officers to assist in applying for Smarter Choices Smarter Places funding to enable this to happen and increase capacity.

We have also found that barriers to buy-in of green health have included the workforce not being familiar with local greenspace areas including the name of the park or greenspace area. Many people do not live in the area that they work in so know less about local outdoor assets. We have encouraged and challenged staff groups to use this as an opportunity to explore the greenspaces and are helping with this through locality based health improvement staff providing local information, maps and planning green health events. Many staff also told us that they would and do signpost people to outdoor opportunities, but often do not know if the offer has been taken up unless they regularly see the person for medical/health check-ups, therefore there are challenges in measuring uptake and impact.

### Using Existing Pathways



Active Health Referral Form (Use also for Get Active Teens)

**Details of person being referred**

|                 |          |               |
|-----------------|----------|---------------|
| Name            | Date     | Date of Birth |
| Address         | Postcode |               |
| Telephone: Home | Mobile   |               |
| Email           |          |               |

Does the person being referred have a disability that needs to be considered to encourage them to access leisure activities? If yes, please give details

Does the person being referred require support from a carer to participate in leisure activities?

Is the person being referred a Carer? If yes please also direct to [www.caretogether.org](http://www.caretogether.org) or telephone 01696 404065 for further information on support opportunities available.

Ethnicity

GP and Practice Name

Health Centre / Location

**Reason for General Referral (Refer to)**

|  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Increase physical activity    | <input type="checkbox"/> Improve mental well being                      | <input type="checkbox"/> Reduce body weight         | <input type="checkbox"/> Support for addiction challenges |
| <input type="checkbox"/> Support for return to work    | <input type="checkbox"/> Improve mobility                               | <input type="checkbox"/> Anticipated mal            | <input type="checkbox"/> Weight to Go                     |
| <input type="checkbox"/> Support for Smoking Cessation | <input type="checkbox"/> Move More Programme (MacMillan Cancer Support) | <input type="checkbox"/> Walking/Outdoor Activities |   |

Our leisure providers are very supportive of including green health activities as an option for physical activity and recognise that many people may take up an indoor and an outdoor activity. Figures for referral from South Lanarkshire Leisure's Physical Activity Prescription and North Lanarkshire Leisure's Active Health referral remain considerably low and one possible reason is due to the referrer introducing the programme as a "gym referral" rather than pitching it as a holistic physical activity referral. We are also aware that many GP practices encourage people to self-refer where possible, therefore we are unclear of the influence that health staff have had using activity referrals prior to someone attending an outdoor activity. The main programme for social prescribing in Lanarkshire "Well Connected"



continues to promote greenspace and green health activities and anecdotally this is an area of good interest and uptake; work is planned to improve knowledge of onward referral choices.

## Green Health Events:

Of considerable note, is the success of green health events which allow the workforce and their service users to experience what we mean by green health activities (conjures up the image of “Boot camps” for some!) Involving local green health providers and volunteers we have been able to showcase some of the fantastic range of activities on offer and build networks between locality health staff and green health providers. In May 2019, we had **170** health & social care professionals attend a green health event at Chatelherault Country Park trying out activities such as pond dipping, health walks, ebikes, conservation tasks, bushcraft activities and environmental art. Staff could select a morning or afternoon sessions and a packed lunch was provided on the day. A video filmed by a volunteer of the day can be viewed here: <http://www.elament.org.uk/support-projects-groups/projects-campaigns/greenspace/good-news/>

*‘It was a well-planned out and organised day which showed the volunteering opportunities possible in a way which lets individuals in organisations see how accessible these could be for patients/ clients.’*

Health Professional

## Evidence of workforce impact from Chatelherault event:



**Who:** Targeting children & young people in an area of North Lanarkshire where diversionary activities are provided to reduce anti-social behaviour and increase positive behaviours such as physical activity, social connections and improve well-being.

**What:** Two members of the Health Improvement Team provided a “flower bomb” station in addition to regular activities such as street soccer etc. The aim was for the flower bombs to be made with little tags including positive messages for the people of Holytown. These were placed around the park and school and some were taken home with the kids. Over 50 were made and photos were shared on the Holytown facebook page for residents to go for a walk and look for them and post the messages on the page.

**Impact:** The feedback was very positive and had over 100 likes and encouraged people to visit local green spaces. More green health activities planned for future such as the clay tree pictures.

**Green Health Partnership:** The catalyst for these activities was staff attendance at the Green Health Event for Health & Social Care staff, where they had the opportunity to get involved with outdoor activities and groups.

**Public health priorities:** Place, Mental Wellbeing, Reduce substance misuse & Active.

### LGHP Short term outcome 3: Increased access to green health opportunities (particularly for SIMD 1 & 2 areas and priority groups)

In addition to locality work that is being carried out by health and environmental agencies there have been opportunities to work jointly to increase access to green health such as:

**Voluntary sector:** By raising awareness via the greenspace portal, and targeting health & social care workforce, there has been a considerable increase in the information about environmental/green health organisations available on Locator, and at voluntary sector forums across North and South Lanarkshire. In June 2019 during volunteering week both third sector interface (TSI) organisations adopted green health as a theme to engage with members of the public and to encourage voluntary sector agencies to reflect on the outdoor opportunities available to their client groups.

**Increase access to 1 mile walking routes:** To improve access to local short walks the LGHP manager worked with Leisure, Get Walking Lanarkshire and Paths For All to deliver training workshops to Weight Management coaches to encourage signposting to health walks and also to consider integrating walking into the physical activity component of the programme where possible. Twenty coaches received training and 15 leisure centres have been mapped and risk assessed for 1 mile walking routes from the leisure centre. This work is currently being progressed by NHS physical activity officers within the healthy weight team.

**Healthy Schools:** Working with North Lanarkshire education and SNH schools officers, a survey monkey was carried out to find out the challenges and barriers for primary schools in NL to engage with the outdoors. 53 schools responded stating that they had varied access to outdoor space including allotments and local greenspace; only a few schools reported having a dedicated outdoor classroom/garden. There were lots of great examples of engaging with parents/guardians and community volunteers to help maintain and develop outdoor areas such as helping to weed allotment areas and delivering afterschool gardening clubs. However, more in-class support and in-service support on using the outdoors was highlighted as a need by most; whilst another teacher commented: *“Training is not essential, it’s planning and seeing the outdoors as an extension of the classroom”*. Follow up to the survey included provision of case studies and resource examples to all primary schools, including a link to the NHS Healthy Schools Framework: <https://healthyschools.scot/lessonplans/healthy-lifestyles-second-level-active/>

**Green health events targeting priority groups:** Following on from the larger event at Chatelherault, feedback from the day recommended smaller locality based green health events so that people could invite the green health providers relevant to their area. Health improvement teams across North and South Lanarkshire were approached to identify outdoor opportunities in their area, a suitable venue and establish a locality “green health partnership” to co-ordinate and manage the event. Green health events have gone ahead and are planned for:

- **Rutherglen/ Cambuslang:** Fernbrae Meadows November 2019 (See Appendix 1)
- **Coatbridge/Airdrie:** Summerlee Heritage Centre 11<sup>th</sup> February 2020
- **\*Clydesdale:** Castlebank Park Lanark 1<sup>st</sup> May 2020
- **\*Wishaw:** Green Head Moss 6<sup>th</sup> May 2020
- **\*Cumbernauld & North:** Palacerigg Country Park 5<sup>th</sup> June 2020

*\*Dates to be rescheduled due to Covid-19 pandemic*



## Lanarkshire Green Health Partnership

There are lots of green spaces, parks, gardening groups, health walks and opportunities to volunteer.

Here are some examples...

**Nature at Home:** Potter about in your garden, look out at nature, sit and soak up the fresh air, visit your local park and take a picnic – get a daily dose of nature!

**Get Walking Lanarkshire:** Free, local, short, gentle health walks.  
Tel: 01698 402077; [www.facebook.com/getwalkinglanarkshire](http://www.facebook.com/getwalkinglanarkshire)

**Active Health:** gentle activity for older adults at local centres.  
Tel: 01698 476262 or ask in your local leisure centre

**Weigh to Go:** Free weight management and activity programme.  
Tel: 01698 476262 or ask in your local leisure centre

**Healthy 'n' Happy:** A community development trust offering lots of outdoor opportunities in Cambuslang and Rutherglen.  
Tel: 0141 646 0123; [www.facebook.com/HealthynHappyCDT](http://www.facebook.com/HealthynHappyCDT)

Breathe some fresh air into your life

The outdoors helps us cope with life's ups and downs



Making more use of  
Scotland's outdoors as  
Our Natural Health Service

Scottish Natural Heritage  
Dùn Èideann na h-Eillean  
nature.scot

NHS  
Lanarkshire

**Integrated Care & Support Team (ICST):** Working with a senior physiotherapist within the Cam/glen ICST a tailored green health leaflet was developed to provide within the home packs that the frail/elderly patients receive from the team. In additions to physiotherapists, there are occupational therapist and homecare support workers who are able to promote the therapeutic benefits of being outdoors and encourage their carers and family members to connect with nature and encouraging some physical activity to aid in developing balance and good bone health.

**Care home pilot South Lanarkshire countryside rangers:** The LGHP manager was able to introduce the SL countryside ranger team to the NHS service manager for Hamilton to engage with Care Home managers. The Rangers offered to pilot a 12 week programme of outdoor activities for one care home, (there was a fantastic response to this with difficulty in

choosing only one care home!). There were a number of learning points and positive outcomes from the pilot and findings are currently being written up. To spread the learning from this work the countryside ranger team have offered to develop two one day workshops highlighting ideas to get residents engaged with nature and a further half day networking session to share good practice. Alzheimer's Scotland have also offered to provide Dementia friendly training to both the Green Health Partnership steering group and the green health volunteer network.

**Branching Out:** has been effectively delivered in Lanarkshire over a number of years with North Lanarkshire greenspace team delivering the majority of Branching Out opportunities, and Clydesdale Community Initiatives (CCI) delivering the programme too. A working group has been formed to look at the current provision in Lanarkshire and the possibility of applying for a regional bid to upscale and secure the provision of the Branching Out programme and the model of practice that could be used.

Example of increasing access to green health opportunities in a priority area:

*It's a small step but both the volunteers from Strutherhill on training today are marvels and will hopefully encourage others in the area to participate. One 62 year old wants to do the walk leader training because she has 'never led anything before in her life' and both have a string of health conditions but are still out walking and laughing in the dark in November. Paula Hubens and Community Links have been a brilliant support too. It's the feel good walk of my winter!*

SL Countryside Ranger

## LGHP Short term outcome 4: Baseline established of number of people participating in green health opportunities

There has been an increase in the number of people attending green health opportunities and an increase in the number of activities and volunteering on offer. The LGHP has contributed to the national Our Natural Health Service data collection and have submitted Jan 2019-Dec 2019 figures (as well as qualitative data). Figures have maintained for a number of voluntary sector and volunteering opportunities which is positive since frequently it is not the same people who attend. A snapshot of some of the figures can be seen below. Case study examples can be viewed in Appendices 2 & 3):

| Jan-Jun '19  | Jul-Dec '19  | Comment   |
|--|--|---|
| 49 participants per week CCI hospital gardening sessions             | 56 participants per week CCI hospital gardening sessions             | ↑ 5 Community hospitals sites                                   |
| 32 walking groups per week (total of 352 walkers)                    | 36 walking groups per week (total of 396 walkers)                    | ↑ A total of 14 walks in SIMD 1 areas, 11 walks in SIMD 2 areas |
| 48 participants to Branching Out (NL greenspace team)                | 59 participants to Branching Out (NL greenspace team)                | ↑   |
| 40 participants per week to Cumbernauld Living Landscapes programmes | 56 participants per week to Cumbernauld Living Landscapes programmes | ↑   |
| 20 volunteers per week with SL countryside team                      | 20 volunteers per week with SL countryside team                      | ↑ additional 12 from care home pilot                            |
| 7 volunteers per week for Lanarkshire Association for Mental Health  | 7 volunteers per week for Lanarkshire Association for Mental Health  | → Maintained  |
| 19 volunteers per week for Northern Corridor volunteers              | 19 volunteers per week for Northern Corridor volunteers              | → Maintained  |
| 16 volunteers per week for Lanark Community Development Trust        | 16 volunteers per week for Lanark Community Development Trust        | → Maintained  |
| 10 volunteers per week Grow 73                                       | 10 volunteers per week Grow 73                                       | → Maintained  |

## Five Community Hospital Garden sites:



**Lend a hand at Kirklands Hospital**  
Interested in gardening & growing vegetables? Come along and take part in fun and therapeutic gardening sessions. Family & friends all welcome.  
Meet at the Hospital Entrance, Fallside Road, Bothwell, G71 8BB every Tuesday, 1.15-3.15pm  
To book contact helen@cciweb.org.uk / 01555 664211  
No experience required. Bring suitable clothing/footwear for outdoors.



**Lend a hand at Lady Home Hospital**  
Interested in gardening & growing vegetables? Come along and take part in fun and therapeutic gardening sessions. Family & friends all welcome.  
Meet at the Hospital Entrance, Ayr Road, Douglas, Lanark, ML11 0RE every Tuesday, 10-11.30am  
To book contact helen@cciweb.org.uk / 01555 664211  
No experience required. Bring suitable clothing/footwear for outdoors.



**Lend a hand at Cleland Hospital**  
Interested in gardening & growing vegetables? Come along and take part in fun and therapeutic gardening sessions. Family & friends all welcome.  
Meet at the Hospital Entrance, Bellside Road, Cleland, ML1 5NR every Thursday, 10.15am-12.15pm  
To book contact helen@cciweb.org.uk / 01555 664211  
No experience required. Bring suitable clothing/footwear for outdoors.



**Lend a hand at Udston Hospital**  
Interested in gardening & growing vegetables? Come along and take part in fun and therapeutic gardening sessions.  
Meet at the Hospital Entrance, Tarn Road, Hamilton, ML3 9JA every Tuesday, 11.00am-12.30pm  
To book contact helen@cciweb.org.uk / 01555 664211  
No experience required. Bring suitable clothing/footwear for outdoors.



**Lend a hand at Coathill Hospital**  
Interested in gardening & growing vegetables? Come along and take part in fun and therapeutic gardening sessions. Family & friends all welcome.  
Meet at the Hospital Entrance, Hospital St, Coatbridge, ML5 4DN, every Thursday, 1.15-3.15pm  
To book contact helen@cciweb.org.uk / 01555 664211  
No experience required. Bring suitable clothing/footwear for outdoors.

## LGHP Short term outcome 5: Improved quality of greenspaces, particularly for selected SIMD 1 & 2 areas

The LGHP has been fortunate to benefit from the skills and support of the Glasgow Clyde Valley Green Network, which has been key in helping the partnership to identify areas of poor quality greenspace in SIMD areas 1 & 2. In terms of addressing inequalities we would like to focus on the areas identified and all agencies are asked to reflect on the actions that they can take forward to help address poor quality greenspace as outlined in the agreed LGHP action plan.

The recurrent themes arising from GIS mapping and observational visits include: a lack of biodiversity, lack of identity, low levels of functionality, lack of play for a range of age groups, low aesthetic value and numerous redundant red blaes pitches. The areas of priority are

### North Lanarkshire:

- Wishaw (See detail in next section)
- Coatbridge – Kirkshaws (GWL health walk started) /Souterpark
- Bellshill – Orbiston
- Bargeddie – Community garden area identified, regeneration team leading

### South Lanarkshire:

- Fairhill – community planning consultation underway
- Larkhall-Strutherhill – Walking group started (SL Countryside ranger)

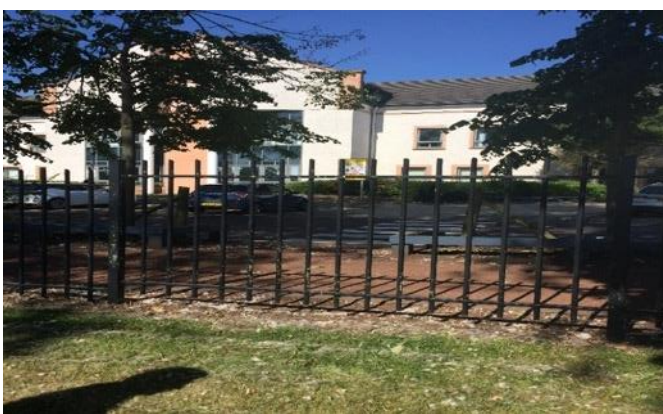
### Wishaw Quality Improvement

King George Vth Park sits directly in front of Wishaw General Hospital and was identified last summer as an under used green asset that staff, patients and visitors could be engaging with for therapeutic and general wellbeing options. The park is a highly regarded community park and is used for recreational purposes by many local residents in addition to people from the hospital.

The workforce raised a number of barriers to accessing the park such as perimeter fencing design, uneven surfaces, lack of benches, lack of safe crossing areas into park and being unaware of the proximity of the train station for active travel options. The LGHP manager has led on gradually making quality improvements and building relationships with NHS estates and PFI staff.

**July 2018:** Removing section of railing to provide direct access to the park

**Before**



**After**



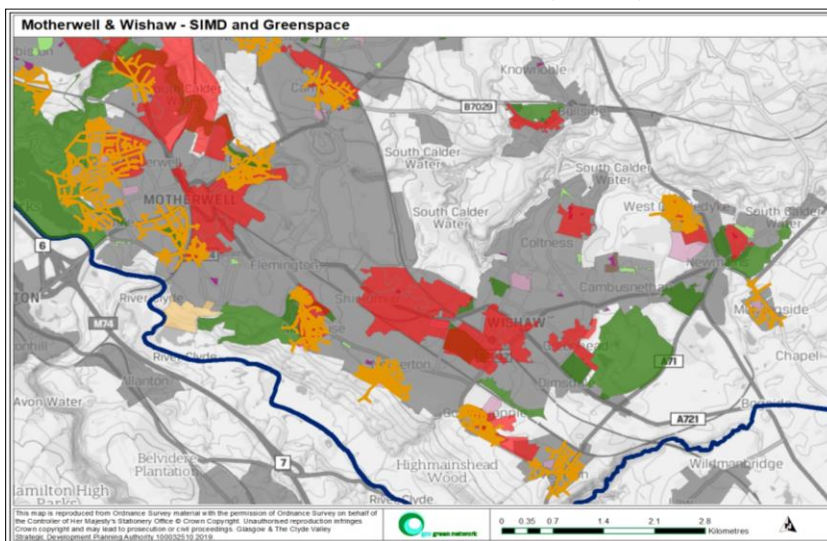


**December 2018:** Successful application for Sustrans Community Links funding (£12k) to commission concept designs for improving active travel from Wishaw train station to the hospital.

**January 2019:** Two ward managers, physiotherapists and estates staff within Wishaw Hospital keen to improve access to courtyard areas and wider greenspace options, however the current red blaes surface is challenging for those with mobility aids and wheelchairs, therefore unable to reach adult gym equipment section.

**April 2019:** Glasgow Clyde Valley Green Network and the Green Health Partnership carried out an analysis across Lanarkshire of the quality of greenspace in SIMD 1 & 2 areas. The image here shows the findings for Motherwell & Wishaw with the red area (high level of deprivation) in the middle of the map highlighting where Wishaw Hospital is and surrounding area.

### Motherwell & Wishaw – 400m quality network



**May 2019:** Secured £75K funding from North Lanarkshire Council Roads department for a safe crossing to be installed and signage added to Wishaw train station to show walking/cycling times.

**June 2019:** Successful application for £50k to Green Exercise Partnership for path and greenspace improvement in park and garden area.

**October 2019:** Approval for work to go ahead from NLC

park manager, tarmac path laid to allow better access for wheelchair, walkers and cyclists. Path extended to top left corner where a new community garden will be built by NL restorative justice in Spring 2020.

**Spring 2020:** LGHP manager approached and spoke to a number of local groups and services who have now expressed an interest in taking on a planter and to help maintain the garden. Groups include Veterans First Point, The Haven Wishaw, Rehab team in Wishaw hospital, Beechwood care home, nursery, staff health & wellbeing service, mental health services.

**Before**



**After**





**Access to Hospital / Park**



**Area for Community garden**



### **LGHP Short term outcome 6: Increased profile of green health within community planning partnerships**

Both North and South Strategic Commissioning Plans include reference to environmental improvements/ green health. Community planning colleagues in Hamilton are currently undergoing a community consultation exercise and the findings of this will hopefully help to guide any future quality improvement work for the Fairhill area as identified in our GIS /SIMD mapping. In line with this, meetings have taken place with the NHS Healthy Schools Team and community planning and the LGHP manager to try to influence the opportunities as outlined in the RSPH: Routing out Childhood Obesity 2019 report i.e.

- Youth-led improvements to green spaces
- More safe and social areas for young people to congregate
- Physical signage outside school gates directing to the nearest greenspace
- Open up school grounds during the school holidays

**Healthy weight and the environment:** the healthy weight strategy sub group is developing a workshop to enable planners and health professionals to come together to discuss the challenges around protecting and enabling greenspace to be secured and developed for health and wellbeing where possible.

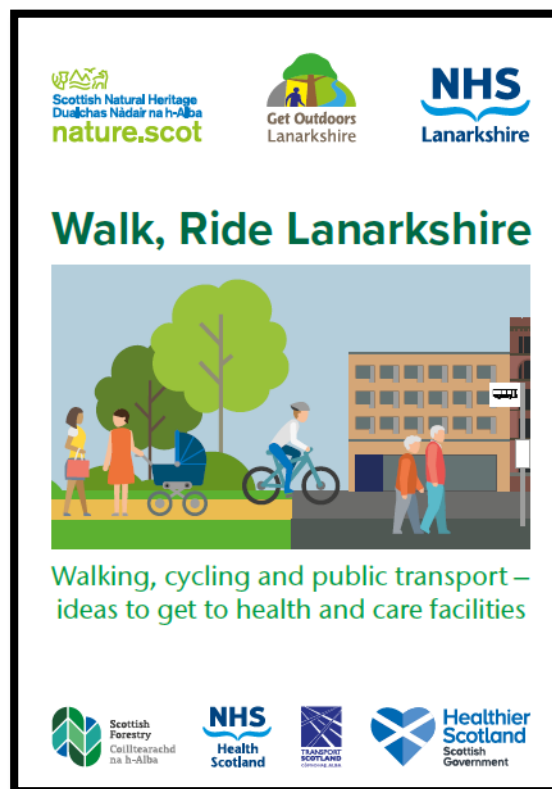
**Strategic influence:** The LGHP continues to make good traction around inclusion within strategic direction for priority areas such as:

- Good Mental Health For All Action Plans
- SL Commissioning Plan
- SL Sustainable Development & Climate Change
- NL The Plan
- Healthy Weight Strategy
- Health Improvement plans- locality teams adopting green health within public health priority areas
- Sustainability Toolkit and Strategy Development for NHS estates
- Health Promoting Health Service
- East Kilbride Volunteering Collaborative
- Realistic Medici

## LGHP Short term outcome 7: Increased joint working between green health partners

In addition to areas of work already presented in this report, there has been an increase in joint working due to the partnership and also in the following areas:

- ▶ 20 Healthy Working Lives coordinators provided with the Walk, Ride Lanarkshire resource booklet to disseminate to their facilities and teams across NHS Lanarkshire. Bike User Group co-ordinator has identified active travel amenities such as showers and bike shelters in the main facilities.
- ▶ Sustrans workforce engagement officer for active travel post starting Summer 2020. This was progressed through work with Sustrans, NHSL Weight Management Service Manager, Health Improvement Manager for the North, Energy and Efficiency Officer and the LGHP manager.
- ▶ Diabetes Framework monies appointed a health improvement senior physical activity post (also embedding green health) and a health improvement senior for active travel post.
- ▶ The LGHP manager has submitted a bid to NHSL endowment committee to seek funding for CCI continuation post Dec 2020~ £102k for 2 years.
- ▶ NHS Sustainability Assessment toolkit has a number of overlapping areas with the LGHP areas of work namely active travel, biodiversity and use of NHS green space.
- ▶ A mapping exercise of NHS greenspace is taking place with assistance from Glasgow Clyde Valley Green Network to identify possible green space areas for improvement particularly in areas with little access to nature.
- ▶ Engaging with partners about the multitude of redundant red blaes pitches and the opportunity to use for other recreational activities such as gardening and cycling.



## LGHP Short term outcome 8: Development of a strategic volunteering framework

**Who:** Part of the remit for the Green Health Volunteering Development Officer (VDO) was to develop a strategic framework for green health volunteering. Through working with the volunteer involving organisations who offer green health volunteering opportunities, and alongside both of the Third Sector Interfaces (TSIs) in Lanarkshire who deliver the volunteering infrastructure in the local authority areas.

**What:** One area of delivery for Lanarkshire Green Health Partnership (LGHP) was to develop a strategic framework for volunteering to increase the health and wellbeing benefits gained from volunteering in the natural environment. The aim was for the strategy to make recommendations around increasing current capacity, how to improve coordination of volunteering opportunities and the ease with which volunteers can progress and how to respond to possible demand for new opportunities.

The framework builds on the work of the previous group; Lanarkshire Greenspace Health and Wellbeing Partnership, and the issues pulled together by South Lanarkshire Council Countryside Rangers around volunteer involvement in the green health sector. Through the work of the LGHP the Green Volunteering Network has expanded to include a wider range of voluntary and community groups who offer green health volunteering opportunities. The work of this group and their discussions has informed the content and actions in the strategic framework. The VDO also worked in collaboration with the volunteering staff in the two TSIs to ensure their input as they will be a key delivery agent going forward.



**Impact:** Development of an implementation plan with suggested actions for the VDO to take forward with the Green Volunteering Network, should lead to a greater number of green health volunteering opportunities and closer working relationships between the groups that provide these opportunities. Working on the framework as well as delivering the action plan will help embed green health volunteering within the more general volunteering activities of the TSIs and will keep green health on the agenda beyond the life of the current LGHP project.

**Next steps:** Implementation of the Volunteering Strategic Framework due to confirmation of a further year's funding for the VDO, and continue to reflect and review the framework with the help of the Green Volunteer Network.

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**In conclusion,** the Lanarkshire Green Health Partnership has made substantial progress and achievement towards the outcomes set out in the evaluation framework. The term “*Green Health*” is becoming more recognised and valued, and awareness of the range of activities across Lanarkshire has risen considerably. The first two years of workforce awareness raising has focused on locality planning groups and primary care and moving forward there is more work to be done within the acute sector workforce, including mapping of NHS green estates.

As we move into the 3<sup>rd</sup> year of the pilot, we are embedding green health within the Lanarkshire Weight Management Service, which will build capacity and enable up-scaling and spread with regards to the benefits of engaging with nature. At the same time, local authorities must make difficult decisions about the prioritisation of resources which means a reduction in environmental services funding. So whilst we encourage health & social care staff to promote connection with nature for wellbeing; greenspaces are lacking in the necessary investment they required to optimise both their quality and use.

One of the most fundamental lessons we have learned is that most people do not work in the same place that they live, so they know less about the local greenspace and nature activities. Short awareness sessions and asset mapping of greenspace are tasks that many of the locality areas are carrying out e.g. Greening Camglen group. In addition, planning and delivering local Green Health Events where “taster” activities are provided by green health providers and participants are from voluntary, health and social care sectors have been reported to be extremely effective in raising awareness and promoting community nature options. The fabulous range of volunteer opportunities are also showcased at these events and encourages people to experience first-hand the wealth of support and activities available in their community.

As this document has been finalised we have entered into unprecedented times with a worldwide pandemic of Coronavirus. LGHP has responded to this with the development of a resource “19 ways to stay connected to nature during Covid-19” <http://www.elament.org.uk/support-projects-groups/projects-campaigns/greenspace/>. We have also worked with a community social enterprise; Wishaw Social Track, to offer free bike servicing and bike loans to staff in Wishaw locality to help them get to work whilst public transport timetables are restricted. We are hopeful that the silver lining to the lockdown restrictions is that people are taking the opportunity to connect with nature and use their exercise allocated time to explore local walking and cycling routes, and that this will be maintained after restrictions start to relax once people experience the wellbeing effect of Our Natural Health Service.



## Appendix 1:

### Fernbrae Meadows Case Study



## Case Study: Workforce Impact Fernbrae Meadows.

**Who:** Targeting both Health and Social Care Professionals, 3rd Sector groups and their service users in Cambuslang/Rutherglen to raise awareness of the benefits (both physical and mental) of getting outdoors and spending time in Green Space. The aim was to get health and social care professionals out of their normal office environment while also raising their awareness as to what outdoor activities are accessible locally for groups they are working with.

**What:** The Health Improvement Team in Cambuslang and Rutherglen in conjunction with the Green Health Partnership manager, the SL Countryside Ranger Service and Greening Camglen organised an event in a local park called Fernbrae Meadows. The following organisations were represented: Fire Service, Leisure, Men's Shed, Healthy and Happy Development Trust, NHS Lanarkshire, Get Walking Lanarkshire, Bike Town, Vaslan, Grow 73, Home Energy Scotland, Carers and Ace Place Nursery Out of School Care and a range of volunteers. Events included trying an ebike, taking a minute for tea or coffee break in the woods over an open fire, networking with Grow 73, Transient Art Activities and Play with the Nursery, learning about Healthy and Happy's Services, seeing craft demonstrations from Men's Shed and finding out about opportunities for Carers and Home Energy Scotland.

**Impact:** The feedback was positive despite the Scottish weather and some outcomes of the day included: 47 adults attended and participated as well as 14 children. The walks were well attended and enjoyed. Cycle rides were also offered. Networking was also beneficial as one member of a community organisation (non-profit) took up the offer of an ebike, and he has since told others who live in the local area how to borrow an ebike. The Countryside Ranger did a demonstration in the woods of baking apples over a fire.

Leftover apples were given to a health care professional who couldn't make the event and she turned them into a gorgeous apple crumble to share with staff. The local allotment opened up in the afternoon to give health and social care professionals a tour of the gardens, and a range of vegetables and fruits they were growing. We saw blueberries, strawberries, yellow squash, different varieties of kale, spinach, and even corn. Overall staff felt more aware and confident to signpost people to outdoor activities in the area.

**Green Health Partnership:** This event was delivered in conjunction with the Green Health Partnership and SL Countryside Ranger Service and a local collaborative; Greening Camglen. The Green Health Partnership has helped to raise awareness and promote adoption of the outdoors to tackle inequalities in health and improve social, mental and physical wellbeing.

## Appendix 2: Case study of health walks and social opportunities.

**Your name:** Paula Hubens – Get Walking Lanarkshire

**Today's date:** 20th February 2020

### About the case/person

Name (not their real name): Donald

Gender: Male

Age: 63

Area they live: South Lanarkshire

Health condition/Significant info: depression, anxiety, diabetes type 2, epilepsy

### Which Green Health activity did the person get involved in and how did they find out about it?

Referral by occupational therapist (summer 2018) who thought that Donald's wellbeing would benefit from the exercise and also from having something to do during the day.

### What difference did green health make to this person?

*Please detail what was different when this person was involved in the green health activity e.g. you may wish to say what things were like before and after*

Donald said: *'Before I came to the health walks I didn't really bother with things. Any activities that were suggested to me, I would ignore. I was pushing people away. It was like going backwards. With the depression and anxiety things were often too much, so I was isolating myself and finding excuses not to see people.'*

The occupational therapist accompanied Donald for the first 2 walks, which he very much appreciated. He found it daunting to try something new and not knowing any people there. Donald said: *'The people on the walk were really friendly. Everybody was talking with everybody and I enjoyed it. So I decided that I would come back and continue without the OT.'*

Donald is no longer isolating himself, has made new friends and found informal support in the group. He said: *'It has been a great choice. I enjoy meeting different people. I talk with everyone and don't stick with the same person every time. I want to find out about other people's lives as well. There is no more pushing people away.'*

*'Knowing that the others will be on the walk really helps. If it's cold outside and warm in my house, and I'd have nobody to meet up with I wouldn't go out.....I'm swapping vinyl records with another walker in the group. It's nice to have found somebody with the same interest..... If it wasn't working or I wasn't enjoying it, I wouldn't be going.'*

His diabetes is a bit unstable at the moment (he is going to see the nurse about this), but Donald said that it would probably be worse if he wasn't doing the walking.

### What did this person say about the green health activity?

Donald said that the exercise helps and that interacting with people has given him ideas about other things he could do. The socialising is good and going to the walk also pushes him a bit: the walk is quite early in the morning (10am) so it encourages him to get out of bed.



### Appendix 3: Case study of individual impact of getting outdoors.

Back in December 2018 South Lanarkshire Leisure and Culture (SLLC) received an Active Health referral form for Lorraine Trainer from her GP. The Active Health programme is a 10 week referral only class to help support Lorraine on her journey back to exercise whilst continuing treatment for Cancer.

After discussions with Lorraine about accessing a new initiative about ebikes she grabbed the opportunity with two hands and attended the launch event that month and she hasn't looked back!

SLLC has invested in a fleet of electric bicycles, funding has come from the council and the Scottish Government eBike Grant Fund, managed by the Energy Savings Trust. An eBike, or electric bike, is a standard pedal cycle fitted with a battery and electric motor. When you pedal, the motor kicks in to take up some of the strain.

On completion of the ebike training on a cold, wintery day in January at Bike Town in Rutherglen Lorraine had her bike delivered and her journey continued with the bike playing a positive part in supporting her building her fitness.



The ebike has allowed Lorraine to get back outside after being housebound for almost a year, she is really enjoying using the bike and seeing new places, Lorraine said "I have discovered local places I didn't even know existed through cycling and I have seen a good improvement with my fitness, I cycle a couple of times of week and done over 150 miles so far, having the bike has given me the motivation and confidence to be back outside more." It has also reignited her husband's enjoyment for cycling and Jim has also embraced cycling again and they both enjoy traveling and cycling together.

Alongside accessing the ebike Lorraine has also had access to the gym at Eastfield Lifestyles where she is building her strength to get back to running, Lorraine is taking things one step at time and is setting goals to continue improving her strength and wellbeing.

SLLC would like to thank Lorraine for taking up the opportunity and embracing the programme a true inspiration for taking on a new initiative and we wish her all the best for the next journey!