

## Lanarkshire Green Health Partnership Annual Highlight Report March 2018-19

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The Lanarkshire Green Health Partnership (LGHP) has had a fruitful first year generating a number of positive relationships, pathways and green health opportunities. This report captures the breadth of work that has been carried out and highlights the direction of travel for year 2. The following sections detail the main successes across planning, places & projects, people involved, pathways and promotion of Lanarkshire's Natural Health Service.

This report does not include existing programmes of work e.g. forest schools delivered by South Lanarkshire countryside rangers or the number of health walks and new walkers in Lanarkshire. We are reporting on the added value of the Lanarkshire Green Health Partnership.

**PLANNING:** Green health opportunities need to be of the right kind; located in the right places; well connected and accessible to those people who we want to use and benefit from. In the first year we have established:

**1** Action plan agreed by the LGHP

**20** partner representatives from multi agencies to form the LGHP implementation group and agree terms of reference, governance and scope of the group including sharing of evidence, funding streams, training and local updates of green health activities.

**25** partner representatives from multi agencies to form the LGHP strategic group, chaired by the Director of Public Health

from NHS Lanarkshire, agreement of the evaluation logic model.

**4** subgroups operating to progress: Green health volunteering group, North & South Green space quality/SIMD and health impact led by GCV Green Network and supported by NHS Lanarkshire evaluation team. Finally a short life sub group for education and outdoor activities; this has involved input from SNH education officers.

**3** regular steering groups attended by LGHP manager: Get Walking Lanarkshire and Healthy weight/ physical activity and the environment and NHS Informs Scotland's Service Directory national steering group. Attendance at a number of planning meetings such as North Lanarkshire Physical Activity strategy group for Active Communities, and Lanarkshire's play strategy event.

**5** key physical activity strategic leads in Lanarkshire (including LGHP manager) invited to meet with Derek Grieve, Head of Active Scotland Division, Scottish Government to discuss activity options and challenges in Lanarkshire.

**3** pilot Green Health Partnerships in Dundee City, North Ayrshire and Highlands have had access to LGHP action plan, evaluation model and core presentation material.

**PLACES & PROJECTS:** The spaces need to be well-managed both in terms of maintenance and to support appropriate activities and use, particularly in the areas of greatest deprivation:

**10** localities across NHS Lanarkshire scoped for green health activities and volunteering opportunities and promoted through the greenspace portal and locator tools for North and South partnerships.

**160-200** green health activities and opportunities identified over North and



South Partnership areas (some have seasonal variations).

**7** best investment areas for physical activity (Toronto Charter) scoping activity carried out by LGHP manager for NHS Lanarkshire. Three of the best investment areas are Transport, Urban design, Infrastructure and Natural Environment-green health partnership activities highlighted for each of these areas and in health & social care setting opportunities too.

The places and projects which align with the three pillars of the Our Natural Health Service are detailed below:

### **1. Everyday contact with nature**

**1** Green Health Volunteer Development Officer recruited and deployed to develop a strategic framework for volunteers. Examples of outputs include development of a calendar of volunteering opportunities and mapping of volunteer activities across Lanarkshire, regular briefings provided at voluntary forums and in newsletters for the third sector.

**60 +** Green Health Volunteering opportunities identified and promoted through greenspace portal, third sector locator directory and voluntary sector forums. Some activities are ongoing others have one off events at various times of the year. A green health volunteer sub group for Lanarkshire is also established.

**1.8** meters of railing removed at Wishaw general Hospital to allow better access to King George Vth Park directly beside hospital.

### **Active Travel**

**1** Active travel guide in development: walking, cycling and public transport options to healthcare facilities and services.

**£12,000** secured from Sustrans Community Links fund to design improved visibility and signage from Wishaw train station to Wishaw General Hospital with a view to applying for £200,000 for the construction phase.

**2** Beat the Street pilot areas of Rutherglen and Lanark supported by increasing awareness and connecting potential community partners to implementing and promoting the 6 week initiative. The aim is to improve air quality, increase active travel and increase awareness of walking, cycling and scooting in the local community. "Go wild week" of the initiative using greenspace portal to highlight local opportunities.

### **2. Nature based health promotion initiatives**

**1** Walking Development officer post now secured as permanent offering a long term planning vision for health walks in Lanarkshire.

**15** main leisure centers across North & South Lanarkshire mapped for one mile routes and risk assessed to promote walking as a physical activity component of the community Weigh to Go (W2G,) weight management programme. 3 training workshops developed in partnership with Paths For All and leisure then delivered to W2G coaches. Aiming for a spring time 2019 start. Number of people through W2G is 1257 per year.

**1** potential community garden site in Bargeddie, North Lanarkshire identified and is now being discussed and actioned by the locality regeneration team.

**1** replacement portacabin provided for Lanarkshire Association for Mental Health (LAMH) gardening group at Chatelherault to help to expand their work and improve accessibility to welfare facilities for the group. LGHP manager canvassed for this improvement work.



### 3. Nature based interventions with a defined health or social outcome

**76** individuals who experience significant barriers have engaged in regular green health activities from February to Dec 2018. Clydesdale Community Initiatives (CCI) was commissioned to set up four community food growing groups within local hospital settings. These facilitate health and wellbeing improvements for hospital inpatients, NHS out-patients and individuals most at risk of health inequalities, as well as encouraging local volunteers to join the sessions.

**91%** of the individuals who completed an evaluation of the hospital gardening project, recognised and valued the benefits of green exercise.

**2** courtyards at Wishaw General Hospital adjacent to a stroke care wards and dementia ward have been identified as possible areas of development to encourage more use by patients, family and friends. Currently in discussion with NHS Volunteer manager, and lead occupational therapist from the hospital.

**1** lead physiotherapist in Cambuslang/Rutherglen locality testing the inclusion of a Green Health Partnership leaflet with frail/elderly patients. This includes workforce development of Allied Health professionals working with this priority group such as occupational therapist, homecare workers and physiotherapists.

**PEOPLE:** Awareness raising of health & social care workforce and the public; of the benefits of connecting people to nature.

**400+** health and social care staff presented to with information on the Green Health Partnership, activities available, how to access them and pathways for sign

posting and referral. Audience members and team meetings include: Frailty & long term conditions, occupational health, community mental health, addictions teams, locality planning groups in North and South, older people, brain injury team, health improvement team meetings and events, department of work and pensions, sustainability groups, community GP link workers, peer mentors and leisure staff.

**4** Lunch and learn workshops in conjunction with healthy working lives at Rutherglen Health Centre, Cambuslang clinic, Coatbridge Health Centre and Airdrie Health and Community Care Centers. One significant outcome from this is working with the lead physiotherapist in Cambuslang/ Rutherglen to develop a green health leaflet to be provided to older people.

**100** public and staff members of Lanarkshire Links, mental health Christmas event provided with presentation on Lanarkshire Green Health Partnership.

**7** G.P Practices (E.K & Strathaven cluster), requested presentation and information on Green Health Partnership.

**1** student placement with LGHP manager for 4 weeks, to learn more about green health; as well as NHS structures and staffing.

**PATHWAYS:** Enhancing and adding value to existing sign posting and referral routes these include:

- SLL Physical Activity Prescription now offering “green health” as a formal opportunity in addition to leisure based activities.
- NLL Active Health: incorporated walking/outdoor opportunities into their referral options.
- Well Connected: social prescribing programme for wellbeing. Both North and South booklets contain information for Get Walking



Lanarkshire and North and South Countryside/greenspace ranger teams.

- Weigh to Go (W2G) community weight management programme- in development, incorporating walking as a physical activity component of the programme and a potential exit strategy to health walks beyond the 15 week programme.
- Community Link workers are promoting green health opportunities and peer mentors as part of this programme are able to accompany people to access services and activities.
- Third sector volunteer forums are being used by the green health volunteer development officer to raise awareness and knowledge of opportunities.
- Hunter Health and Community Centre are involving volunteer “Wayfinders” to signpost people to community services and groups including green health opportunities. They also have the Paths For All promotional video loaded onto the health centre screen.
- sportscotland Community Sport Hubs developing links with Get Walking Lanarkshire to offer a range of activities and sports on offer.

**PROMOTION:** To promote the vast range of outdoor services, activities and volunteering to Lanarkshire a range of directories and communication channels and mediums have been utilised to ensure that individuals can find out what is available and how to access it.

- **LGHP Launch** event took place on 10<sup>th</sup> September with 80 people in attendance at CCI’s premises. Aileen

Campbell MSP for Clydesdale formally launched the LGHP. Speeches also provided by the Chair of NHS Lanarkshire; Neena Mahal and the Director of South Lanarkshire Health & Social Care Partnership; Val de Souza.

- **Greenspace portal** has been updated to represent the range of green health activities across the 10 localities: [www.bit.do/lan-greenspace](http://www.bit.do/lan-greenspace)
- **304** new users in January 2019 to the greenspace portal according to data analytics, in comparison with website traffic from 2018 which had 103 users.
- **Locator Tool** is a third sector online directory and is maintained by North and South Voluntary sector organisations. Green health opportunities have been added to and updated by the volunteer development officer.
- South Lanarkshire **volunteer calendar** developed on Locator: <http://www.locator.org.uk/calendar-node-field-event-date>
- **NHS Inform: Scotland’s Service Directory.** North & South Countryside rangers teams added to physical activity services in Lanarkshire. LGHP manager is part of this national steering group. <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services?hb=s08000023&sortdir=Asc&svctype=21>
- **Social Media:** ONHS key messages and programmes e.g. #GirlsGetOot targeting teenage girls shared through the health improvement department facebook page Lana K Shire.
- Numerous articles, newsletters, internal staff briefings provided for NHS and partner agencies.



- LGHP Communication materials: reusable travel mugs, post-it notes, flyers and wallet card promotional materials developed using ONHS graphics.
- Circulation of Paths For All health walks video to practice managers to upload on surgery screens.
- LGHP manager presentation at National Paths For All event in Perth to share steps and progress of integrating walking with a community weight management programme. In addition to this, PFA have requested that the LGHP manager join them to meet with the Chief Medical Officer to highlight the partnership work with LGHP to promote the Scottish Health Walk Network to Health and Social Care professionals.

## Looking forward to year 2:

### PLACES & PROJECTS:

- Working with the lead physiotherapist in Cambuslang/Rutherglen locality to develop knowledge and awareness of the AHP workforce of green health activities, so that they can promote the benefits of connecting to nature with frail/elderly patients.
- Areas of poor green space quality in SIMD areas 1 & 2 identified for further community consultation and possible upgrading work. Larkhall (Strutherhill and Hareleeshill) and Fairhill in Hamilton have been highlighted in South Lanarkshire. North Lanarkshire sites to be confirmed but include: Coatbridge, Airdrie, Viewpark, Bellshill, Motherwell and Wishaw.
- Sustrans community links initial funding is for the design of improvements to road safety,

signage, and a new path through King George vth Park to make better connections between Wishaw hospital and train station. Possible interest from Green Exercise Partnership to support this work.

- Continue to manage the LGHP programme of work as directed in the action plan including managing the green health volunteer development officer and overseeing CCI's programme of work in 4 community hospital sites.

### PEOPLE:

- Continue to access health & social care team meeting and locality planning groups to raise awareness of green health opportunities including requesting presentation time at G.P cluster meetings.
- Exploring the potential of using NHS volunteers to help connect patients with nature.

### PATHWAYS:

- Nurture newly established pathways with leisure such as the Weigh to Go programme.
- Explore additional volunteer/community connector roles which can help to sign post people to the outdoors.

### PROMOTION:

- Green Health Event aimed at raising awareness of health & social care staff- May 16th 2019.
- NHS Lanarkshire Communication team supporting Green health awareness week 22<sup>nd</sup>-26<sup>th</sup> April.
- Maintenance of greenspace portal, locator and Scotland's Service Directory.
- Use of Our Natural Health Service promotional tools.

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