

**DELIVERING THE HEALTH AND WELLBEING BENEFITS OF THE NATURAL ENVIRONMENT:
AN EVENT TO SUPPORT STP IMPLEMENTATION**



A recipe for success



Public Health
England



South West
Local Nature
Partnerships

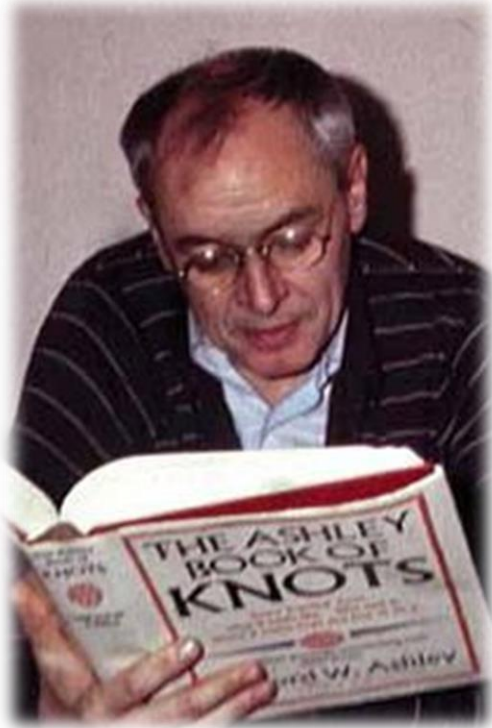


South Region
Sustainability and Health Network





**“Someone is sitting in the shade today because someone
planted a tree a long time ago”** Warren Buffet



Ronald D Laing

- The standard “Medical Model” 1971
- Set of procedures in which all doctors are trained
- Has been very successful for many years
- But everything evolves...
- We propose that the ‘medical model’ is a process whereby, informed by the best available evidence, doctors advise on, coordinate or deliver interventions for health improvement. It can be summarily stated as **‘does it work?’**

The British Journal of Psychiatry Oct 2007, 191 (5) 375-377; DOI: 10.1192/bjp.bp.107.037242

Age

Numbers

Lifestyle

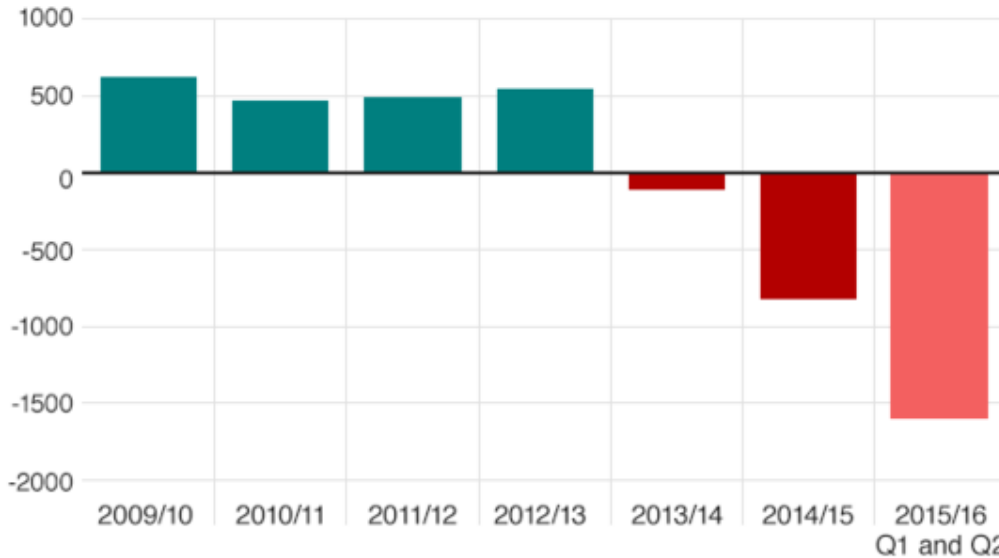
PFI

Pharma'

External

NHS trusts end-of-year financial results

£ millions



*2015/16 Year to date April-September

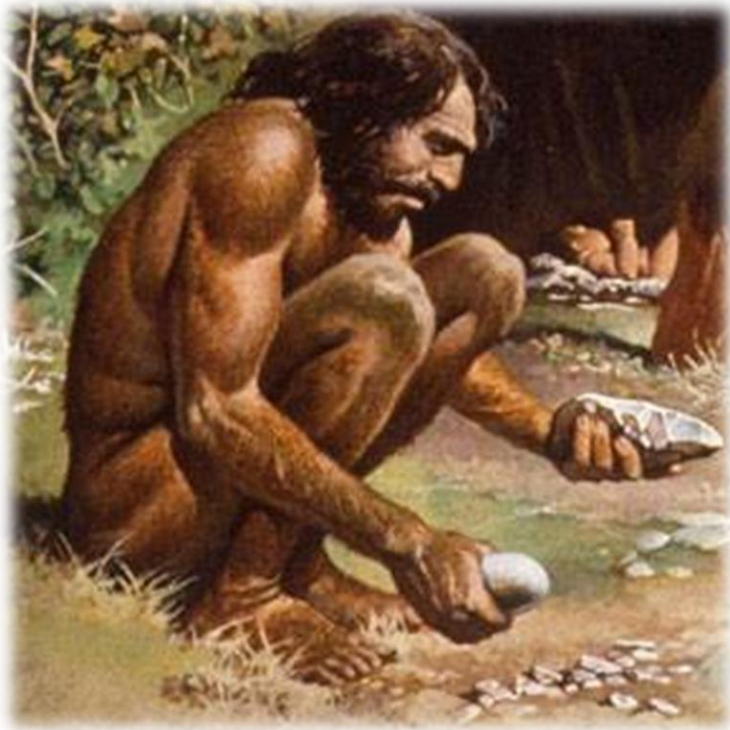
Source: Department of Health

BBC

47% of Trusts are forecasting a deficit for 2016/17

63% of NHS trust finance directors are very or fairly pessimistic about balancing their books in 2017/18





- Habitual PA and socialising is good for you
- Inactivity and isolation are bad for you but...
- being active is not easy (*inherently lazy?*)
- eating lots is (*inherently greedy*)...
- as is getting fat (*thrifty/drift gene hypothesis*)

Importantly

- We like to achieve things (*especially in groups*)
- We like to be appreciated (*remember Maslow?*)



Skeletal muscle secretes myokines

Significantly involved in inflammatory processes

Inactivity is **pro-inflammatory**

Δ a new pharmacological approach for treatment of clinical disorders (STP's)?



Pharmaceutical companies

Medical profession

Public (Patients)

Media

Capitalism

Accessibility

Us

A key part of the solution is city planning that reduces non-communicable diseases and road trauma while also managing rapid urbanisation. (2016)

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(16\)30066-6.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(16)30066-6.pdf)

Long before evidence-based medical care became standard practice, doctors often sent patients to the country or the seaside to recover from ailments. Even without peer-reviewed research to aid them, they were well aware of nature's healing powers. (Lancet 1938)

[http://dx.doi.org/10.1016/S0140-6736\(16\)31579-3](http://dx.doi.org/10.1016/S0140-6736(16)31579-3)

- Green space can reduce stress¹ and BP²
1 Ward Thompson, C. et al. Landscape and Urban Planning, 105,221-229, (2012).
2 Hartig, T. et al. Journal of Environmental Psychology, 23, 109-123, (2003).
- Improvement in attention demanding tasks^{3,4}
3Hartig, T. et al. Journal of Environmental Psychology, 23, 109-123, (2003).
4 Roe, J. & Aspinall, P. Health & Place, 17, 103-113, (2011).
- Access to green space may reduce health inequalities^{5,6}
5 Mitchell, R. & Popham, F. The Lancet, 372, 1655-1660, (2008).
6 Mitchell, R. J. et al. American Journal of Preventive Medicine, (2015).
- Urban green spaces improve social activity and relationships⁷
7 Sullivan, W. C. et al. Environment and Behavior, 36, 678-700, (2004).
- Particularly important for older adults^{8,9}
8 Sugiyama, T. et al. Environment and Behavior, 41, 3-21, (2009).
9 Sugiyama, T. & Ward Thompson, C. Environment and Planning A, 39,1943-1960, (2007).

Join in, feel good

...and also

© The Conservation Volunteers 2016





Meet
and
greet

Safety
talk

Warm
up

Activity
session

Mid
session
break

Activity
session

Cool
down

Social Return On Investment:

For every **£1 spent** on Green Gym, **£4.02 is returned**
Social, Environmental & Economic outcomes (NEF).

Join in, feel good

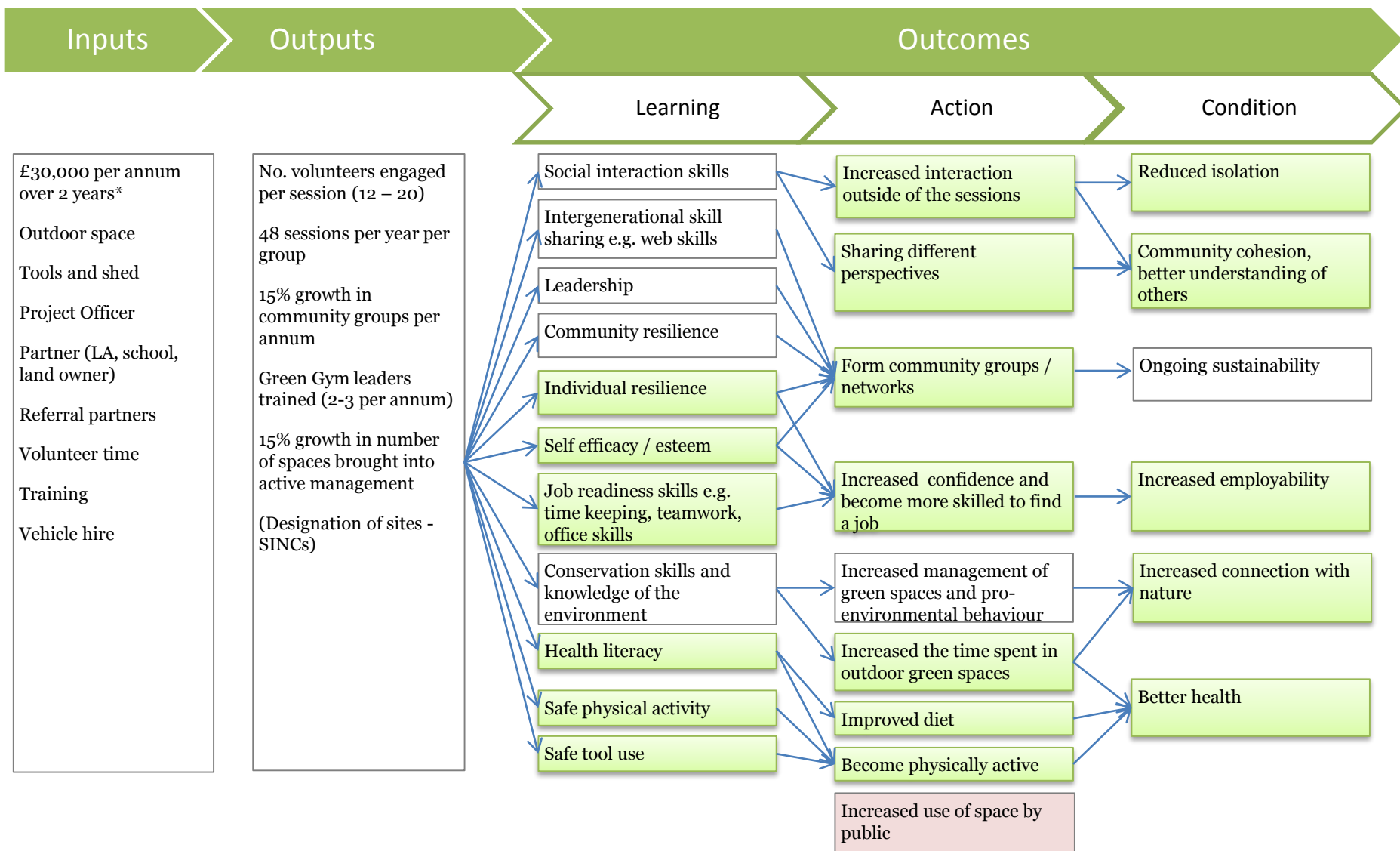
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Natural exercise for community health

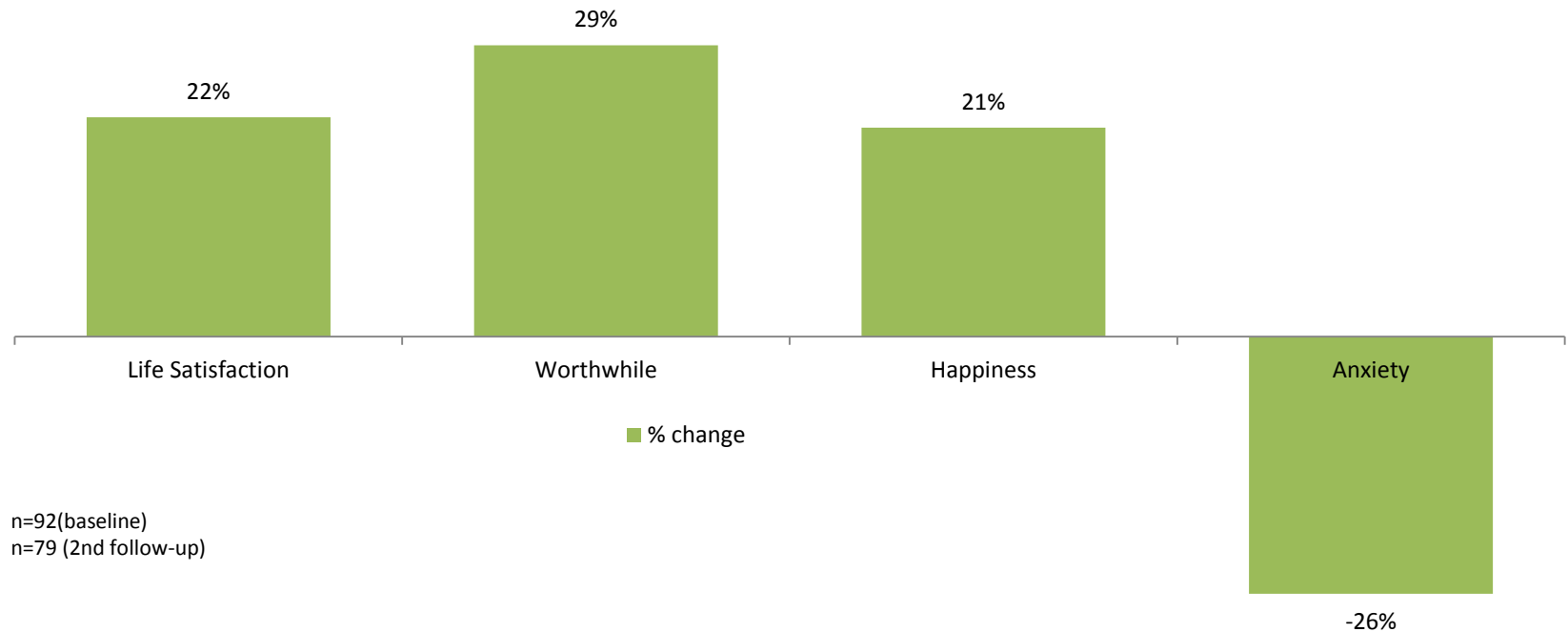




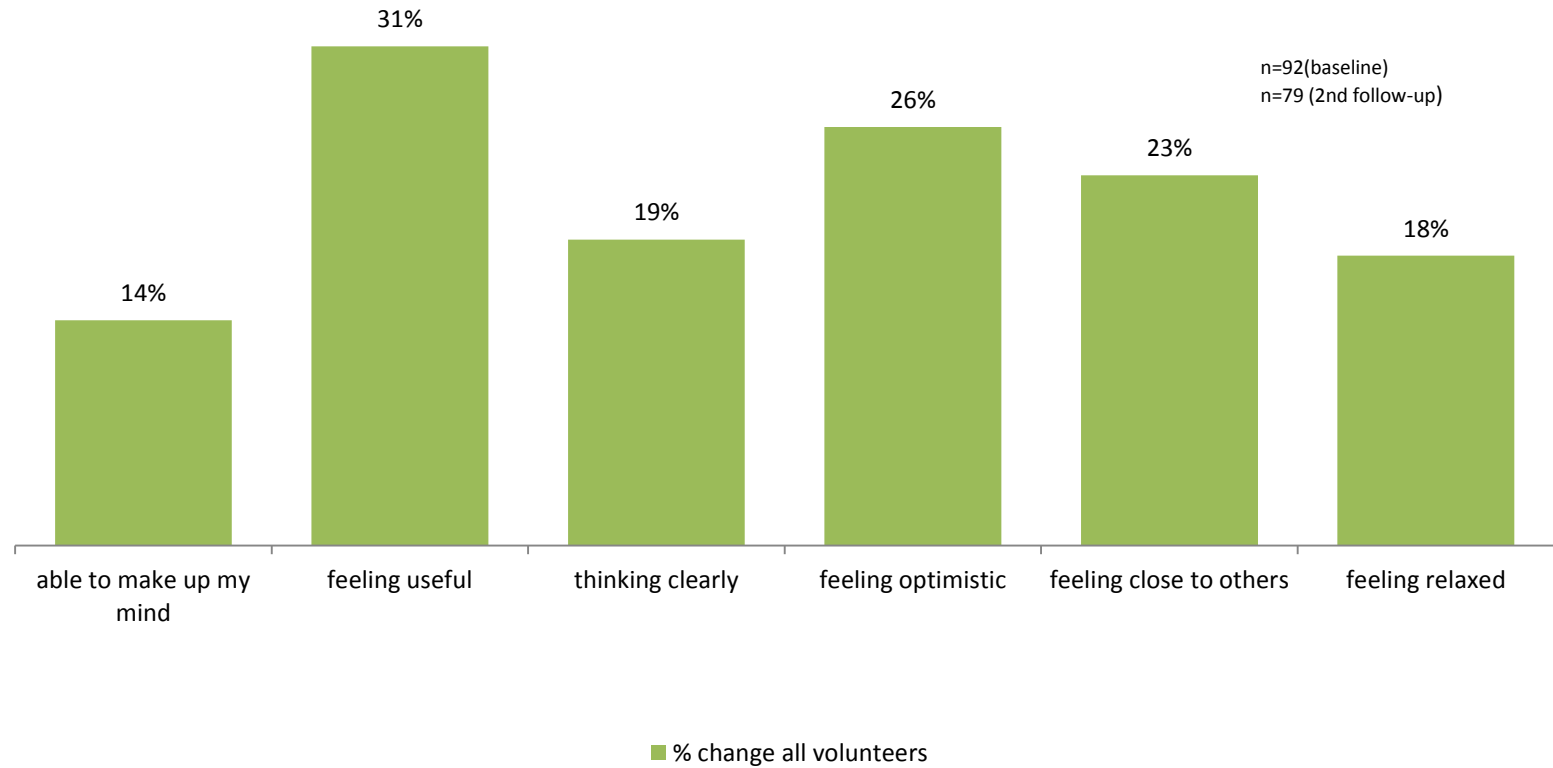
Overall Impact Pathway (PWC)



ONS wellbeing improves by a fifth or more and anxiety drops by more than a quarter



Feelings of wellbeing improve - biggest increase in 'feeling useful'



TheKingsFund> Ideas that change health care

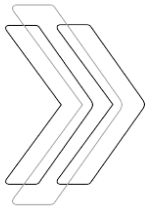
Gardens and health

Implications for policy and practice

Author
David Buck

May 2016

This report was commissioned by the National Gardens Scheme



Physical activity and health

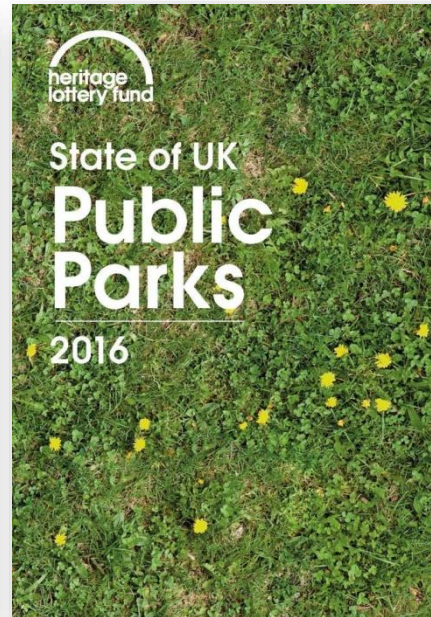
Working together to get the nation moving

July 2016



heritage
lottery fund

State of UK Public Parks 2016



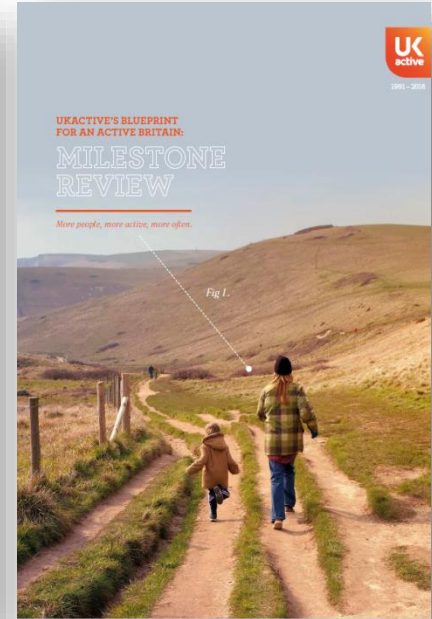
UK active
2015 - 2016

UKACTIVE'S BLUEPRINT
FOR AN ACTIVE BRITAIN

MILESTONE REVIEW

More people, more active, more often.

Fig 1.



TCV won the coveted three year Health and Wellbeing Award from the **Royal Society for Public Health (RSPH)**, one of only 4 organisations nationwide.

2014 \approx 54% living in urban environments... moving towards 70% by 2050

United Nations (Department of Economic and Social Affairs – Population Division). World Urbanization Prospects: The 2014 Revision, Highlights (ST/ESA/SER.A/352). (2014).

Almost $\frac{2}{3}$ of urban area by 2030 yet to be built = **opportunity**

A programme where the sell is not just health, but also;

reducing isolation

reducing inequalities

resilient communities

Pro-Active Minds

- Pro-Active Minds is a 3 year practice development project to promote individual resilience and wellbeing for people who are **at risk** of developing a mental health condition or who have otherwise presented with emotional distress
- Delivered in key areas across NHS London, Enfield, Hackney, Hounslow and Newham
- Co-designed and endorsed by Public Health Commissioners
- Partnership - TCV, 4 Local Minds and Mind – Developed through partnership working on Ecominds, Wellbeing Comes Naturally and Green Exercise.
- Funded by Department of Health – Health and Social Care Volunteering Fund
- Pro-Active Minds will utilise an innovative and sustainable volunteer-led, peer support model within an ecotherapy setting 'Green Gym' based on a framework of 'Five Ways to Wellbeing'.



Pro-Active Minds: impact

"After a period of massive upheaval in my life I was suffering with depression, anxiety and panic attacks. Under the guidance of the Green Gym Project Officer, my abilities and confidence grew and I was able to apply for a job with TCV – a massive step for me."

Vicky, TCV Schools and Community Education Officer

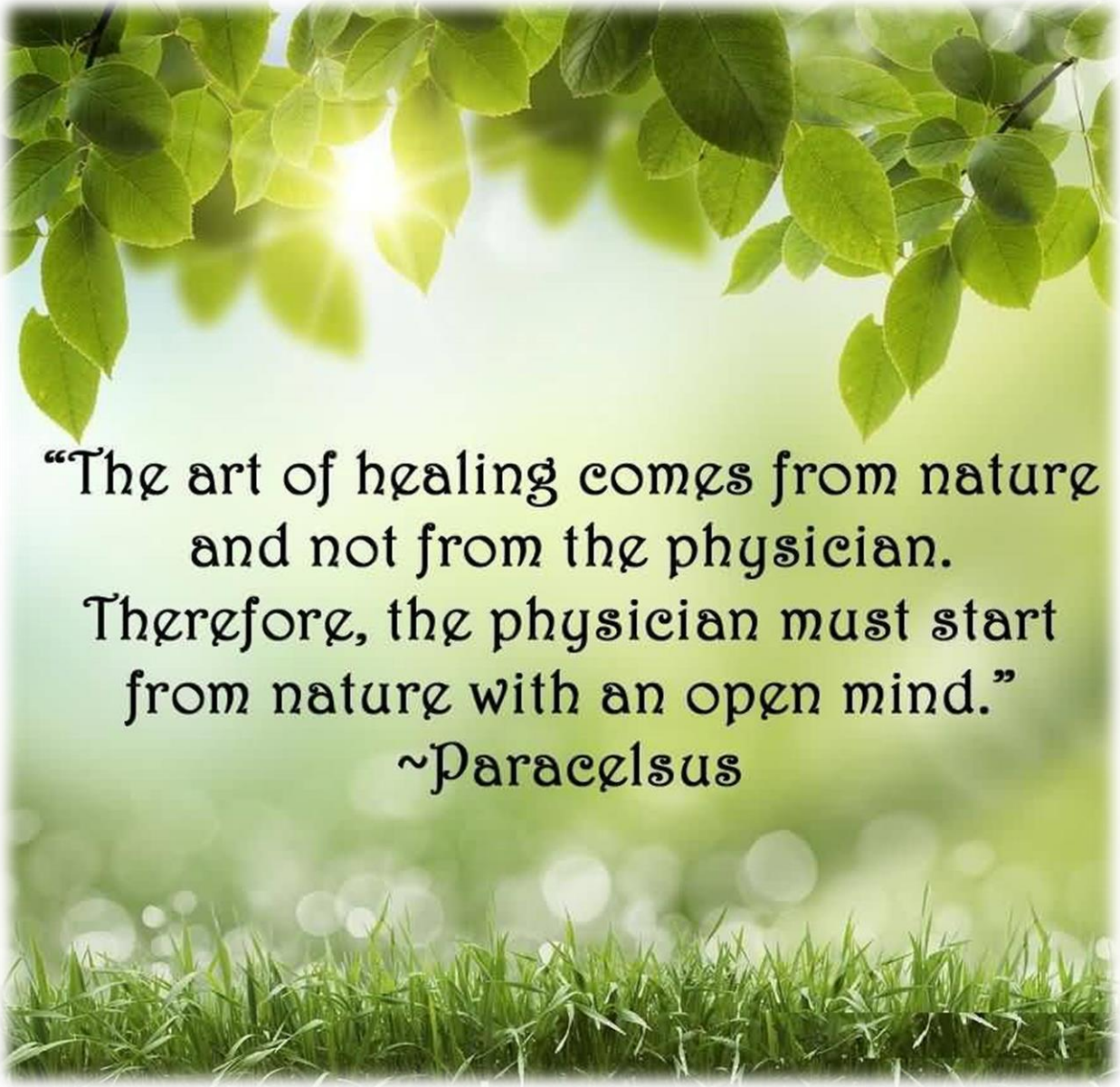
"Since joining Green Gym, I have become a lot more confident in front of large groups of people - as I suffer from mild Tourette's syndrome I tend to shy away from the world – get embarrassed by my condition – but this group makes me feel normal and welcome."

Green Gym Participant

"Over the past two years I have watched with interest as this dedicated group of volunteers has transformed Winsford Gardens into a haven for wildlife and a safe and beautiful place which can be enjoyed by all local residents. Their diligence and commitment has to be commended".

Local Resident to Penge Green Gym, London





“The art of healing comes from nature
and not from the physician.
Therefore, the physician must start
from nature with an open mind.”
~Paracelsus

Conclusions...

Next steps...

Thanks for listening to me, now it's your time...



Craig Lister, Managing Director of Green Gym

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