

# The Wildlife Trusts



- 47 independent charities covering the UK, plus the Isles of Alderney & Mann
- 800,000+ members; 40,000+ active volunteers; 14,400 activities; 3000 aimed at 'vulnerable groups'



# Why is it Important?

Definition of.....

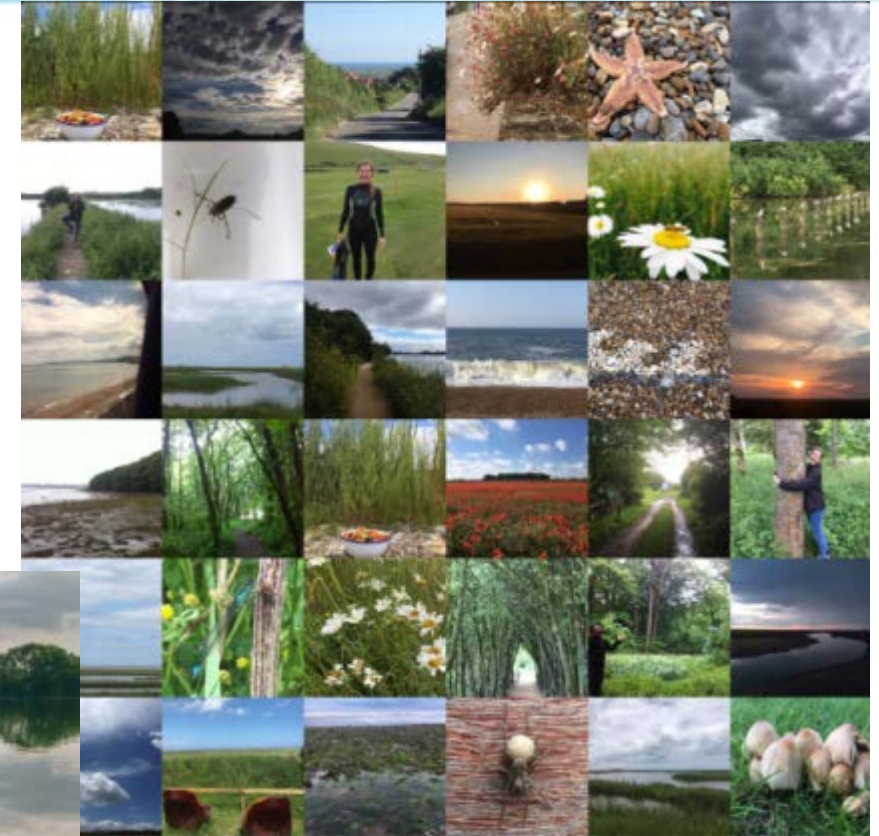
“a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity”

1. Give every child the best start in life
2. Enable all children, young people and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention.





30 Days Wild has been proven to positively affect health, happiness and pro-nature behaviours, through our Impact Study with University of Derby



Rachael @RachaelAnnW · Jul 2  
Thank you @WildlifeTrusts and #30DaysWild community for an inspirational month, #StayWild #365dayswild

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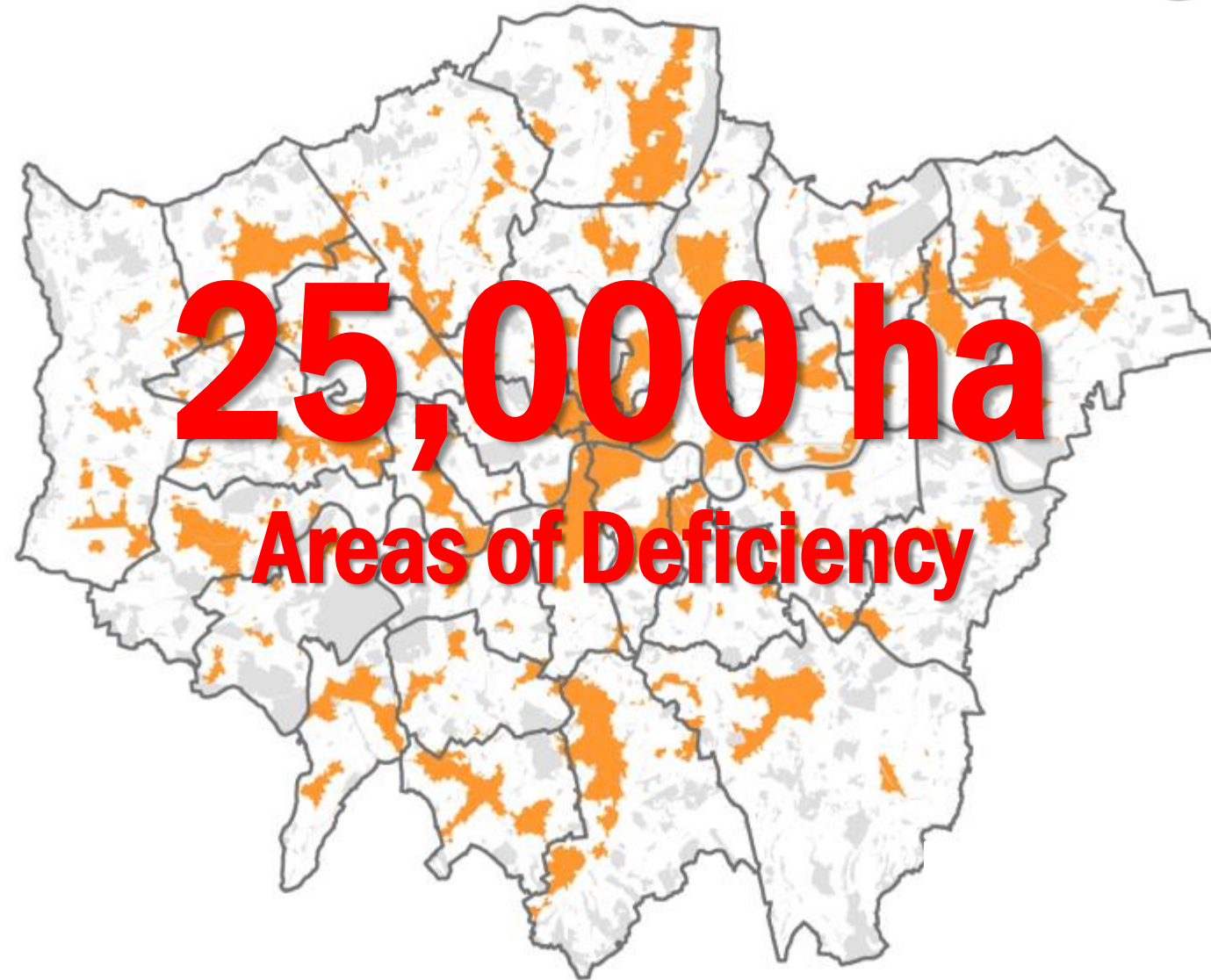


# My Wild Life



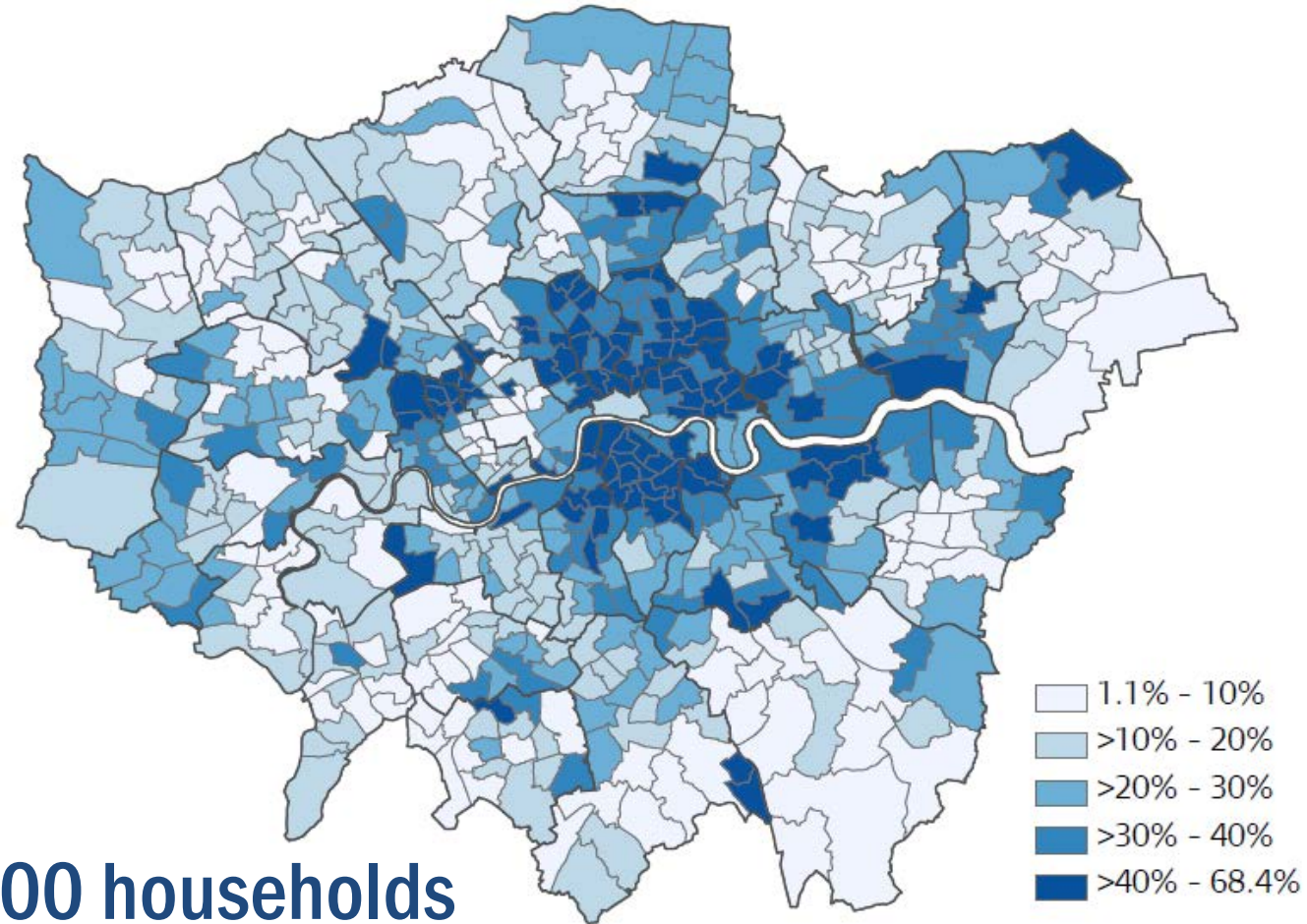








## Social tenants as a proportion of all households in London by ward, 2011



**2011**  
**786,000 households**  
**24% of total**

*ONS, 2001 and 2011 census data*





neighbourhoods **green**

IMPROVING THE GREEN SPACES FOR SOCIAL HOUSING



## Housing estate landscapes and anti-social behaviour

An afternoon seminar on addressing anti-social behaviour

Monday 11 December 2006  
1-5pm

City Hall, GLA,  
The Queen's Walk  
London SE1



A natural estate



neighbourhoods **green**

IMPROVING THE GREEN SPACES FOR SOCIAL HOUSING



## where the wild things grow

A free seminar on improving the ecology of housing estates

26 February 2007  
10am-2pm

Conference Centre  
Royal Horticultural Halls  
London SW1







# RecoVERY Project at Idle Valley



- Aimed to work with people with a mental health issue (diagnosis) using access to nature to aid with recovery – “ecotherapy”.
- Funding:
  - Ecominds – 4 years,
  - Bassetlaw CCG – 2 years
  - Self-funded – 2 years annual.
- Very successful and award winning provision.
- Initiated our dementia work.





# Evidence



We had evidence, but not the right sort:

- New Economics Foundation evaluation in 2013 found that the financial benefit for one service user in one year was over £4,000.

*Table 3: Summary of annual economic benefits from Wayne and Idle Valley*

Benefits	Value (£)
Avoided prescription costs	258.27
Avoided medical consultation costs	408.92
Reduced number of visits from the community psychiatric nurse	3,484.00
<b>TOTAL</b>	<b>4,151.19</b>

- Wayne has continued to volunteer with the Trust since 2013 and the cumulative saving to the NHS is now over £20,000.



# Where has it gone wrong?



- The NEF evaluation was great but we couldn't evaluate the direct financial benefit of our service.
- We didn't get sufficient GPs engaged with our provision.
- We didn't operate in the expected way of commissioned services:
  - e.g. you get 10 weeks support and move on
  - Some of our service users were with us for two years – the aim is to build a sustainable recovery and reduce the revolving door effect





# Where has it gone wrong?



- Sustainability - this is the key issue!
- Identifying sources of funding to be able to maintain a “professional” led Ecotherapy provision.
- At the moment, unless you have sufficient core funds, this funding will need to come from the health and social care sector.
- As a movement we have not yet convinced the health and social care sector of the financial value of Ecotherapy.



# THE CURRENT STATE OF MENTAL HEALTH



## Mental health problems in the population:

**One in ten children** between the ages of 5 to 16 has a diagnosable mental health problem.

**One in five mothers** has depression, anxiety or in some cases psychosis during pregnancy or in the first year after childbirth.

**One in four adults** experiences at least one diagnosable mental health problem in any given year.

**One in five older people** living in the community and 40 per cent of older people living in care homes are affected by depression.

## Experiences of mental health care:

It is estimated that up to three quarters of people with mental health problems receive no support at all.

People with severe mental illness are at risk of dying 15 - 20 years earlier than other people.

Suicide rates in England have increased steadily in recent years, peaking at 4,882 deaths in 2014.

In a crisis, only 14% of adults surveyed felt they were provided with the right response.

*"The NHS needs a far more proactive and preventative approach to reduce the long term impact for people experiencing mental health problems and for their families, and to reduce costs for the NHS and emergency services".*





## THE FIVE YEAR FORWARD VIEW FOR MENTAL HEALTH

**Simon Stevens:** "Putting mental and physical health on an equal footing will require major improvements in 7 day mental health crisis care, a large increase in psychological treatments, and a more integrated approach to how services are delivered. That's what today's taskforce report calls for, and it's what the NHS is now committed to pursuing."

**Prime Minister:** "The Taskforce has set out how we can work towards putting mental and physical healthcare on an equal footing and I am committed to making sure that happens."

### The report in a nutshell:

- 20,000+ people engaged
- Designed for and with the NHS Arms' Length Bodies
- All ages (building on Future in Mind)
- Three key themes:
  - High quality 7-day services for people in crisis
  - Integration of physical and mental health care
  - Prevention
- Plus 'hard wiring the system' to support good mental health care across the NHS wherever people need it
- Focus on targeting inequalities
- 58 recommendations for the NHS and system partners
- £1bn additional NHS investment by 2020/21 to help an extra 1 million people of all ages
- Recommendations for NHS accepted in full and endorsed by government



## FIVE YEAR FORWARD VIEW FOR MENTAL HEALTH

# PRIORITY 3: PROMOTING GOOD MENTAL HEALTH AND PREVENTING POOR MENTAL HEALTH



Selection of key recommendations for 2020/21:

## The best start in life:

- Implement the whole system approach described in Future in Mind, helping 70,000 more children and young people to access high quality care.

## Employment:

- Up to 29,000 per year more people should be supported to find or stay in work each year through increasing access to psychological therapies for common mental health problems (described above) and doubling the reach of Individual Placement and Support (IPS).
- Ensure that qualified employment advisers are fully integrated into expanded psychological therapies services.
- Identify how the £40 million innovation fund and other investment streams should be used to support devolved areas to jointly commission more services that have been proven to improve mental health and employment outcomes.



# PRIORITY 3: PROMOTING GOOD MENTAL HEALTH AND PREVENTING POOR MENTAL HEALTH (CONTD.)



Selection of key recommendations for 2020/21:

## Justice:

- Establish a comprehensive health and justice pathway.
- Expand Liaison and Diversion schemes nationally.

## Housing:

- Explore the case for using NHS land to make more supported housing available (DH, CLG, NHSE, HMT)
- Use evidence to ensure that the right levels of protection are in place under the proposed Housing Benefit cap to Local Housing Allowance levels for people with mental health problems who require specialist supported housing

# FUNDING AND SPEND TRANSPARENCY



NHS England is investing additional funding in mental health - growing to £1 billion by 2020/21 - to deliver the priority recommendations for the NHS in the strategy.

This is additional to the £280m annual funding announced for children, young people, and perinatal care in 2014/15.

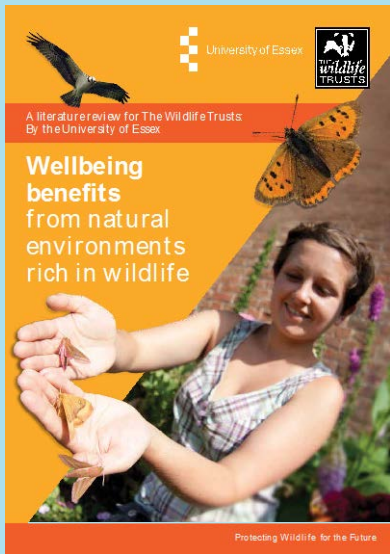
The funding will help an extra 1 million children, young people and adults to receive high-quality support when they need it by 2020/21.

CCGs should be increasing overall mental health spending over and above the growth in their total baseline allocation to improve the quality of mental health care in line with the strategy, and re-invest any resulting efficiencies in the provision of that care.

**Transparency:** Through implementing the Taskforce recommendations, by 2020/21 we will be clearer about where money is spent on providing high quality mental health care across the NHS to facilitate improvement in outcomes and greater accountability, both locally and nationally.







**Published peer-reviewed and grey literature, contact with nature can provide multiple benefits including:**

- **Reductions in stress & anxiety;**
- **Increased positive mood;**
- **Self-esteem;**
- **Resilience**



**Analysis of the direct contributions of Wildlife Trusts found impacts on the long-term unemployed, young offenders & recovering alcoholics amongst others, for example:**

- **Mental health – 48 participants increased their wellbeing score from 38.5-45.9**
- **93%; increased confidence,**
- **self-esteem 86%**
- **better emotional well-being – 78%**



**Protecting Wildlife for the Future**

## Go with the Flow – Coventry (January)

“At the start of the year I had been signed off work for six months with job related stress, anxiety and depression which had gradually set in over the previous two years almost without me realising. I had tried group therapy workshops and medication but still felt angry, despondent, hopeless and helpless. Why me? It all seemed so unfair. Despite previously being a keen walker, gardener and nature lover I realised I now went entire days without giving the world beyond the four safe walls of my house a second thought. My whole world had shrunk. I couldn't be bothered to socialise with friends or family, I took no interest in hobbies I had previously loved.”





## Go with the Flow – Coventry (June)



The BBQ was a highlight for me, it was lovely to meet up with other volunteers. I felt inspired to start painting again and have filled my 30 Days Wild wallchart with watercolours of my acts of wildness. As I write this piece looking out into my garden I can see so many changes, from the wildflower border to the vegetable plants to the bird tables and feeders. I am waiting for the delivery man with my new bat box. I know that my health, activity levels and quality of life have improved considerably as a result of the GWTF project. I hope writing my story will encourage people to get up and give it a go just like I did.



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# Go with the Flow – Coventry (January-June)



“signed off work for six months...stress, anxiety and depression...set in over the previous two years”.

“tried group therapy workshops & medication

“Why me?”

“Entire days without the world beyond the four safe walls of my house.

“My whole world had shrunk”.

“I couldn’t be bothered to socialise with friends or family, I took no interest in hobbies “.”

“It was lovely to meet up with other volunteers.”

“I felt inspired to start painting again”

“I can see so many changes”

“my health, activity levels and quality of live have improved considerably.”

...”encourage people to get up and give it a go just like I did.”



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## Five Ways to Well-being – evidence-based ways that positively impact



“It was lovely to meet up with other volunteers.”

“I felt inspired to start painting again”

“I can see so many changes”

“my health, activity levels and quality of life have improved considerably.”

”encourage people to get up and give it a go just like I did.”



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**Five Ways to Well-being – evidence-based ways that positively impact**



“It was lovely to meet up with other volunteers.” **Connect**

“I felt inspired to start painting again”. **Learn**

“I can see so many changes”. **Take Notice**

“My health, activity levels & quality of life improved considerably.” **Be active**

“Encourage people to get up and give it a go just like I did.” **Give**



Protecting **Wildlife** for the Future





## Our Objectives

- 1000 Young People will feel empowered to take action in their local environment, feeling happier and healthier
- 1200 members of local communities to be consulted
- £120,000 capital investment raised
- 120 Greenspace sites to be improved



**Protecting Wildlife for the Future**

The Lancashire Wildlife Trust is a registered charity (No. 229325) and a registered company (No. 731548)

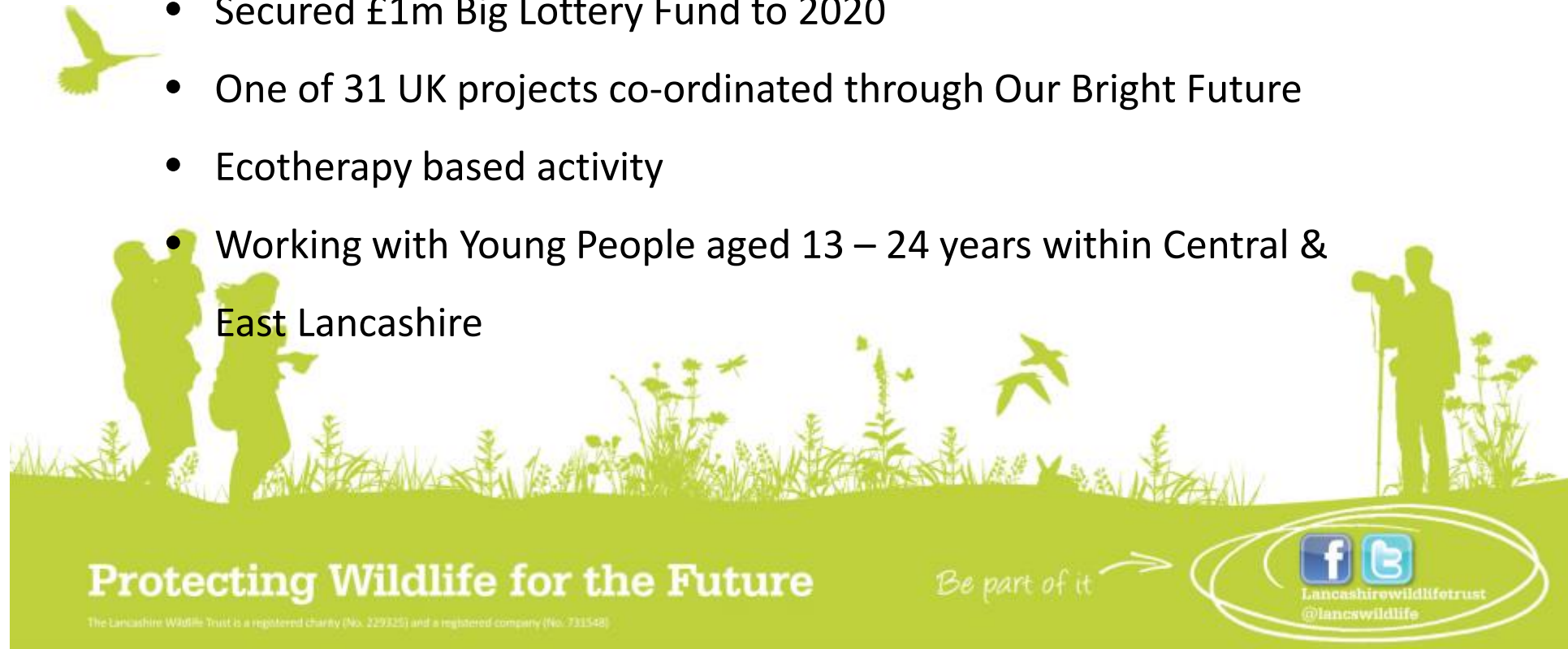
Be part of it →



Lancashirewildlifetrust  
@lancswildlife



- Partnership with Lancashire Care NHS Foundation Trust
- Secured £1m Big Lottery Fund to 2020
- One of 31 UK projects co-ordinated through Our Bright Future
- Ecotherapy based activity
- Working with Young People aged 13 – 24 years within Central & East Lancashire



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Our young people can:

- Develop new skills
- Build resilience
- Improve local greenspaces for wildlife and people
- Increase mental and physical fitness levels
- Grow in self confidence
- Connect with local communities

**Protecting Wildlife for the Future**

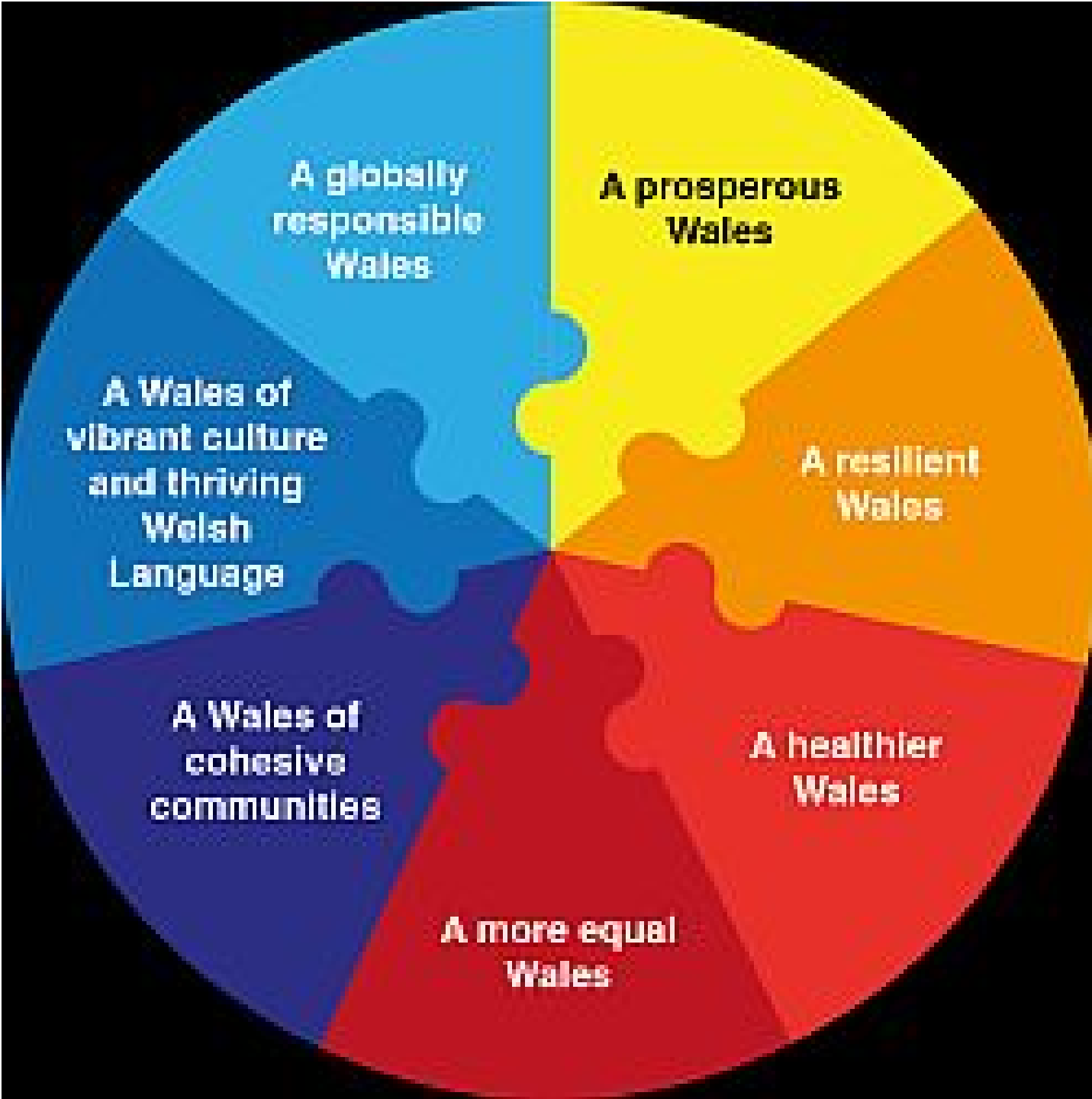
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@lancswildlife





## Well-being of Future Generations (Wales) Act 2015: For a Happier, Healthier, Fairer and Sustainable Wales

### PHW - Five 'ways of working'

- Long term
- Prevention
- Integration
- Collaboration
- Involvement.



# What questions do we want to answer?

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What practice have you got to share?

How do you pay for preventative healthcare in nature?

How do we get nature into care pathways?

How will your initiative / project become sustainable?

Whose role is it to measure the resultant cost savings & impacts from our projects?

?





# Thank you!

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