

Market Place

We encourage you to visit the market place during the refreshment breaks and during lunch.

The following organisations will have stands:

BASEMAP



Established in 2000, Basemap is a specialist provider of digital mapping, travel time analysis and public transport data solutions. In 2013 Basemap launched TRACC, the leading travel time analysis solution. TRACC is the only desktop application that can accurately model multimodal travel

times by utilising precise datasets from Ordnance Survey and timetabled data for all modes of public transport allowing specific time periods to be analysed. This is all done licenced and kept securely on the local machine/network allowing confidential information to be used without any risk to data being exposed externally.

The system accurately models many different scenarios by allowing journey times to be displayed from multiple origins to multiple locations at once, as such is trusted and used by the NHS, local and Central Government for looking at large regional /national studies. TRACC has been used by the NHS to inform parking permit systems to alleviate car parking pressures, calculate effective emergency travel routes and also encourage active travel for staff. It has also been used to inform an evidence-based service redesign which overturned a decision to close a Stroke Service department in Somerset by showing the negative impact this would have on patients. Basemap also provides training and consultancy as well as a broad range of national datasets from Ordnance Survey and other leading data providers.

Maggie Rampton, Account Manager: mrampton@basemap.co.uk
www.basemap.co.uk/tracc

BAY TRUST



the bay trust

The Bay Trust is an environmental education charity based at two campuses between Dover and Deal. Our mission is to empower children and adults to work towards a healthy, low impact way of living. Locally, Dover District has one of

the lowest rates of well-being in the county. Making a positive contribution in tackling this issue is vital.

When you visit us everything around you is about reconnecting with the natural world. Our inspiring spaces include dedicated outdoor classrooms, an award winning eco venue, organic garden and tea room. All these projects involve cooperating with nature to improve the biodiversity of the land we manage.

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Many different groups benefit from coming here. Mainstream and special schools can visit for drop in sessions or week long residentials. Adults with additional needs and the long term unemployed come daily to engage in gardening and admin skills. Individual learners from local colleges can take advantage of formal apprenticeships.

All of the programmes we offer are designed to enhance health and well-being, nurture productive relationships and help manage personal or social challenges. These could range from limited opportunities, ill health, exclusion from mainstream education or simply a transition between different stages in life. Supporting people and the environment they inhabit is at the heart of what we do.

Sarah O'Malley: sarah@baytrust.org.uk
<http://baytrust.org.uk>

CARE WITHOUT CARBON



At Sussex Community NHS Foundation Trust the Care Without Carbon team, in partnership with Capita Health, leads on embedding sustainable healthcare across the whole of the Trust. The initial focus on carbon reduction has expanded and developed into a wider programme of activity that directly addresses wellbeing in the workplace. The natural trajectory of this work leads towards working with patients towards a more preventative healthcare model SCFT is leading by example when it comes to preventative healthcare, by focusing on the workplace wellbeing of staff through its award winning Dare to Care campaign.

Dare moves away from a 'don't' mentality and focuses instead on a more fun 'do' approach. Staff sign up to dares – easy pledges that reinforce incremental behaviour change towards wellbeing and sustainability. Their stories reach all levels of the organisation from the boardroom to the frontline thanks to an integrated communications strategy. In the first 18 months over 1,000 people have signed up to over 4,200 dares, benefiting wellbeing, the wider environment and our bottom line. At the Trust we recently measured the impact of Dare on wellbeing, with some great results including a 7% lift in physical activity, 11% reduction in stress and a 16% increase in team bonding. Overall, those taking part in Dare saw a 12% uplift in general wellbeing. Our work continues to develop as the campaign evolves and matures with active input from staff at the Trust. This includes reaching out to work with other Trusts who can benefit from our best practice approach.

Rick Lomax: Richard.Lomax2@capita.co.uk
<http://carewithoutcarbon.org>

SOIL ASSOCIATION FOOD FOR LIFE



Soil Association's Food for Life programme is about making good food the easy choice for everyone – making healthy, tasty and sustainable meals the norm for all to enjoy, reconnecting people with where their food comes from, teaching them how it's grown and cooked, and championing the importance of well-sourced ingredients. We work with schools, nurseries, hospitals and care homes, helping them build knowledge and skills through a 'whole setting approach'. This

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Event supported by

engages children and parents, staff, patients and visitors, caterers, carers and the wider community in creating long-term change around their experience of food and developing a 'good food' culture.

Central to our flagship schools programme; we connect children with their natural environment through visits to farms to see where and how their food is grown, and develop school gardens so that children experience food growing first hand. Independent evaluation demonstrates that in Food for Life schools children eat a third more fruit and veg than in comparison schools, and if all primary schools in England were Food for Life schools that 1 million more children would eat five or more portions of fruit and veg per day.

Adrian Rope, Development Manager – South: aroper@soilassociation.org
www.foodforlife.org.uk

GREEN SPIRAL ARTS – GEMMA BURFORD



Gemma Burford, M.Biochem, MSc., is a transformational artist, teacher and entrepreneur, and the founding director of Green Spiral Arts. She is the creator of Timecraft - a ground-breaking approach to mental health that shifts the conversation from treating specific conditions at an individual level, to rethinking our collective understanding of 'time' and 'nature'. Gemma offers private coaching for people experiencing mental health difficulties, and consulting services for organisations seeking to improve staff wellbeing and create soul-deep sustainability. Her newly launched e-course, 'Re:Creating Time – Designing a Meaningful and Joy-Filled Life in a Speeded-Up World', focuses on connecting deeply with nature, unblocking your creativity, and using the cycles of the moon and the seasons as design templates for liveable lives. It incorporates the #MyPlaceInNature initiative, which encourages people to engage with a specific 'place in nature' through the changing seasons.

Gemma holds Masters Degrees from Oxford (Molecular and Cellular Biochemistry with Chemical Pharmacology) and Kent (Environmental Anthropology) and is working towards a PhD. She is an author or co-author of more than 30 peer-reviewed publications on diverse subjects, including wellbeing, sustainability and design theory, and a co-editor of two books on integrative healthcare. Her 2003 marriage to her Maasai research assistant received extensive media coverage, and she was shortlisted for the Clarins Most Dynamisante Woman of the Year Award and the Lesley Pearce Woman of Courage Award for her pioneering work to promote education and empower girls in Tanzania. Many of Gemma's insights about time and nature emerged from explorations of African health traditions, and have since been developed further through academic research, artistic practice, and pilgrimages to sacred sites. Her first solo book, 'About Time to Be Yourself: How Your Calendar is Destroying Your Mental Health... And What You Can Do About It' will be published in 2017.

Gemma Burford, Founder and CEO: gemmaburford@gmail.com
www.we-are-reconnecting.net

LINDENGATE



Lindengate is a Buckinghamshire-based registered charity that offers specialised gardening activities (Social and Therapeutic Horticulture) to help those with mental health needs in their continuing recovery. Operating from a 5-acre site adjacent to the Wyevale Garden Centre in Wendover, Bucks. Lindengate offers a wide range of gardening/horticulture, art & craft, cooking and construction activities that allows users (we call them Gardeners) to spend time in a managed, calm and safe environment, either singly or in small groups, working towards recovery.

Lindengate was conceived in 2012, became a Registered Charity in September 2013 and opened in November 2014.

The name Lindengate comes from mixing the Old English name for a Lime tree - 'Linden', known for its recuperative and stress-relieving properties and the 'Gate', symbolising passing through on the journey to recovery.

Sian Chattle, Service User Manager and Co-founder: sian.chattle@lindengate.org.uk
www.lindengate.org.uk

NATURE WORKSHOP



Nature Workshops are an awarding winning social enterprise improving wellbeing with immersive, reflective nature based services in natural spaces to since 2010. Research on the measurable impacts of our work has been published in RCN Mental Health journal and Comprehensive Child and Adolescent Nursing. One woman was able to come off anti-psychotic drugs, there were measurable improvements in feelings of optimism, self-regulation and self-awareness. Also, improved feelings of closeness to nature and awareness of impacts of behaviour on natural world. Experienced in working

with targeted groups of people from all backgrounds, we find natural spaces as near to where people are across UK, our client focussed and led activities include healthy meals cooked over an open fire, introduce appropriate risks, ecology, psychology, constantly reflecting and measuring impacts. We provide experienced and qualified staff, all kit, outdoor clothes and care bags.

We are seeking GP practices with whom we might measure pre and post intervention cost benefits. We have ideas for mainstreaming and facilitating continued benefits beyond the life of our work at very low or zero costs. We are always happy to discuss how we work and open to offers for collaborations and even mergers with other social enterprises.

Jane Acton, Ethnobotanist: jane@natureworkshops.co.uk
www.natureworkshops.co.uk

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SALIX FINANCE



Trusts and Foundation Trusts throughout England are using Salix's funding from the government to invest in energy efficient technologies that have a valuable impact on wards and areas that improve patient wellbeing and aiding recovery. Salix Finance is a non-profit organisation

helping the NHS to reduce their energy bills by providing interest-free loans to fund energy saving projects throughout England. Since starting work with the NHS in 2007, Salix has worked with 54 NHS Trusts and Foundation Trusts across England funding over £44 million of projects.

Salix continues to fund technologies which support the NHS in reaching carbon and spend reduction targets as well as creating a more comfortable physical environment for patient, visitors and staff. This capital is paid back using the savings produced through reduced energy bills. Salix supports over 120 energy efficient technologies, with the most popular NHS technologies including; combined heat and power, LED lighting, heat recovery, boiler replacements and building management systems. A full list is available on our website. If you have aging or inefficient equipment that needs replacing, come and speak to Salix to see how to apply and how other Trusts and Foundation Trusts have used our interest-free loans to install a variety of technologies and improve their energy efficiency.

Hannah Taylor, Programme Manager: hannah.taylor@salixfinance.co.uk
www.salixfinance.co.uk/loans/nhs

SOUTH WEST LNPs



Local Nature Partnerships (LNPs) work within their local area, creating positive change through strategic, integrated management of the natural environment for the benefit of wildlife, people and the economy. The SW LNPs come together to work on joint projects across the region

See the separate briefing sheet on Local Nature Partnerships in the South West and South East for contact details and the partnership's priority areas.

ALICE WALKER



Explorations of Green Care - experiences and perceptions of participants referred into a nature-based intervention for mental health

This study aimed to explore the experiences of people who had been referred to a nature-based project for mental health, to investigate what aspects of the project were meaningful to them, and whether nature was a salient factor in their experiences. Semi-structured interviews were conducted with participants from the 'Wellbeing in Nature' project in Bristol run by Avon Wildlife Trust, who had long-term mental health issues and had been referred onto the project by their GP or support worker.

Interpretative phenomenological analysis was used to analyse two interviews in depth. The analysis of participants' accounts shows they perceived that the project had a positive impact on wellbeing. The

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most valued aspects of the project were the structure that it provided and the opportunity for social interaction. Other themes related to how participants experienced place and space, and the self in relation to mind and body. Salience of nature and how this was communicated in their accounts of the project differed, raising questions of individual and wider cultural practices of relating experience and environment.

Alice Walker, Psychology MSc student: aw14317@my.bristol.ac.uk

WARP IT



Warp It is an online reuse platform which makes it easy for staff at work to get, give and loan surplus stationery, furniture and other equipment. This works right across the whole estate – reducing waste and reducing procurement

demand. The system also allows organisations to “friend” each other to facilitate cross-organisational swapping and sharing. This is used for the day to day churn of goods as well as helping to manage the surplus that is usually produced as part of the building decommission, decant, refurb process.

- Warp It is a procurement tool as it stops staff buying items that are already in surplus.
- Warp It is also a waste reduction tool, as it finds new owners for items that may have been skipped.

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