



GROWING **GREEN** 
AND **BLUE**  HEALTH

Anthony Hurd, Programme
Manager (Growing Green
and Blue Health)



Health

Activities taking place in parks, gardens, nature reserves, woodlands and other 'green' spaces.



Photo credit: Raincliffe Wood Community Enterprise CIC





Health

Activities taking place on, in or near water.



Photo credit: All Things Good and Nice CIC



Connecting people with nature

for health and wellbeing

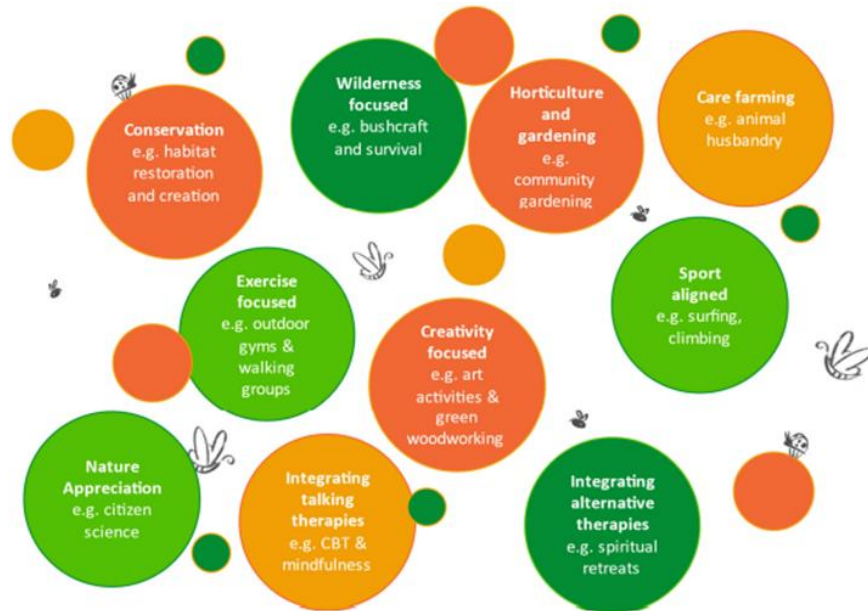


Photo credit: HEY Smile Foundation

Rapid Evidence Review

Mental Health

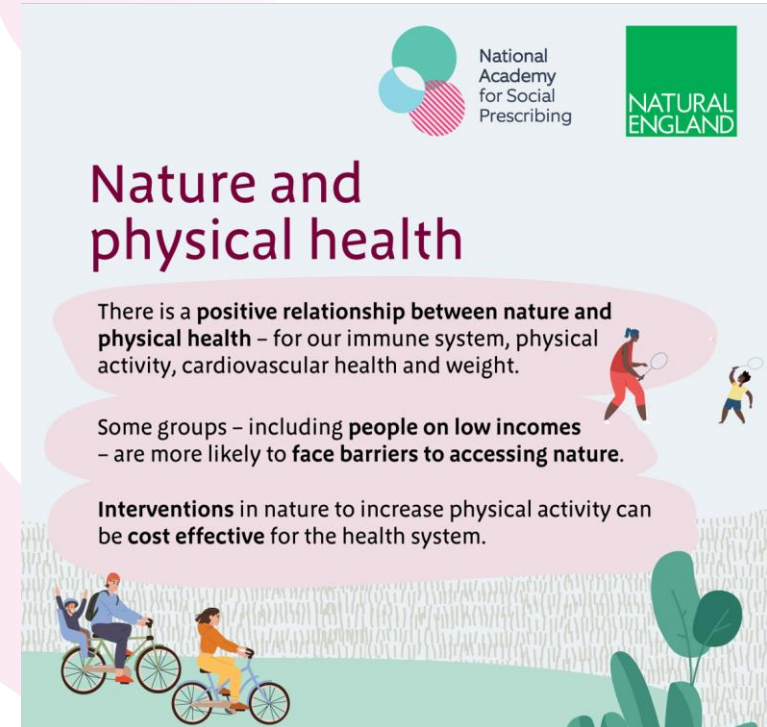
The National Academy of Social Prescribing's academic collaborative completed a rapid evidence review of the natural environment and health and wellbeing.



Rapid Evidence Review

Physical Health

The National Academy of Social Prescribing's academic collaborative completed a rapid evidence review of the natural environment and health and wellbeing.



Gender of those who took part:



- Female 59%
- Male 39%
- Non-binary 2%

Activities referred to:



47% Horticulture and Gardening



23% Exercise focused



14% Creativity focused

Other activities included **care farming, wilderness focused activities and conservation activities.**



Humber and North Yorkshire
Health and Care Partnership



UNIVERSITY
of York



- 87%** of participants were aged between 18 and 64
- 44%** of participants were either unemployed or unable to work due to ill-health or disability
- 45%** of participants live in the top 20% most deprived areas in England

Of the 171 participants who completed their before and after survey:



67% saw improvements in overall wellbeing
(as measured by questions 1-3 of ONS4)*



70% saw improvements in overall anxiety
(as measured by the Hospital Anxiety and Depression Scale)*



62% saw improvements in overall depression
(as measured by the Hospital Anxiety and Depression Scale)*

* % of participants that showed any improvement between their 'before' and 'after' scores following 12 weeks of activity, or when the activity ended if time limited.





Good nature on prescription depends on the skills of everybody involved

Monitoring and evaluating nature on prescription can evidence activities and support improvement

Well-designed nature on prescription can mitigate risks



Dementia and the Outdoors with Dementia Adventure

Have run 4 cohorts across
Humber and North
Yorkshire

56 attendees from across
the VCSE and Healthcare.

New partnerships,
activities and engagement
with the outdoors going on.

Monitoring impact over
time. What has changed
as a result of the training?



Nature Based Mindfulness for Community Groups with Mindful Photography UK

Have run 2 cohorts across
Humber and North Yorkshire

25 attendees from across the
VCSE and Healthcare.

**Is anyone else interested in
this training?**

We could organise and fund
for localities. Would need
minimum of 12 people and a
mix of organisations.



Nature Connectedness with Katkins Outdoor Learning

Have run 1 session so far – in Hornsea –
for 10 attendees from across the VCSE
and Healthcare.

2 spaces left for Barlow Common on 16th
September.

October at Far Ings NNR – Fully Booked!

**Is anyone else interested in this
training?**

We could organise and fund for localities.
Would need minimum of 12 people and a
mix of organisations.



Nature Champions



Est
1841

YORK
ST JOHN
UNIVERSITY

Training package to support staff and volunteers from a collaborative of organisations with shared aims to become advocates of the outdoors and nature in supporting mental health and wellbeing.

1. Exploring local green space: what to see and how to use it.
2. Mental Health Champion training.
3. Nature Connectedness training.
4. Workshop to explore how to put training into practice.



Photo credit: Natural England