



National
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Prescribing



Welcome to NASP's Green Social Prescribing Process Journey Tutorial Series

Feel Good in the Forest with Forestry England



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Closed Captions are
available at the bottom
right of Zoom settings



Apps



Show captions



Polls/quizzes

Welcome to NASP's Green Social Prescribing Process Journey Tutorial Series

Please enter questions into the Q&A feature throughout the session.

Introduce yourself in the chat.

The session will be recorded.

Captions are available.

There will be a quick poll at the end, we'd love to hear your thoughts.



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Welcome to NASP's Green Social Prescribing Process Journey Tutorial Series

This tutorial marks the first in our new *GSP Process Journey & Tutorial Series*; a legacy of the national cross-government Green Social Prescribing programme.

The Process Journeys, starting with the one you have just received, and the accompanying tutorials will explore real-world insights from three organisations delivering GSP and nature-based interventions in their communities.



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CALL TO ACTION

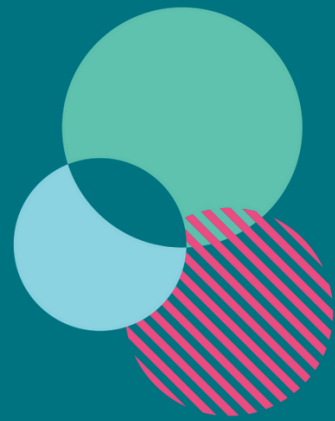
Shaping the upcoming Green
Social Prescribing Playbook



Together, these Process Journeys will build toward a collaborative resource for the sector; and we'd love for you to be part of it.

- *Have experience embedding GSP within local authorities?*
 - *At the end of the session, using the QR code, share your experience or a top tip!*

Your insight could help shape our final national resource.



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Speakers and Contributors:

- Ellen Devine, *Health and Wellbeing Programme Lead, Forestry England*
- Lucy Brenkley, *Active Forests Coordinator - Chopwell Woods, Forestry England*
- Georgina Bunner, *Active Forests Coordinator - Thames Chase, Forestry England*
- Louise Harlanderson, *Public Health Programme Lead, Gateshead Council*
- Victoria Stokes, *Public Health Programme Manager, Havering Council*

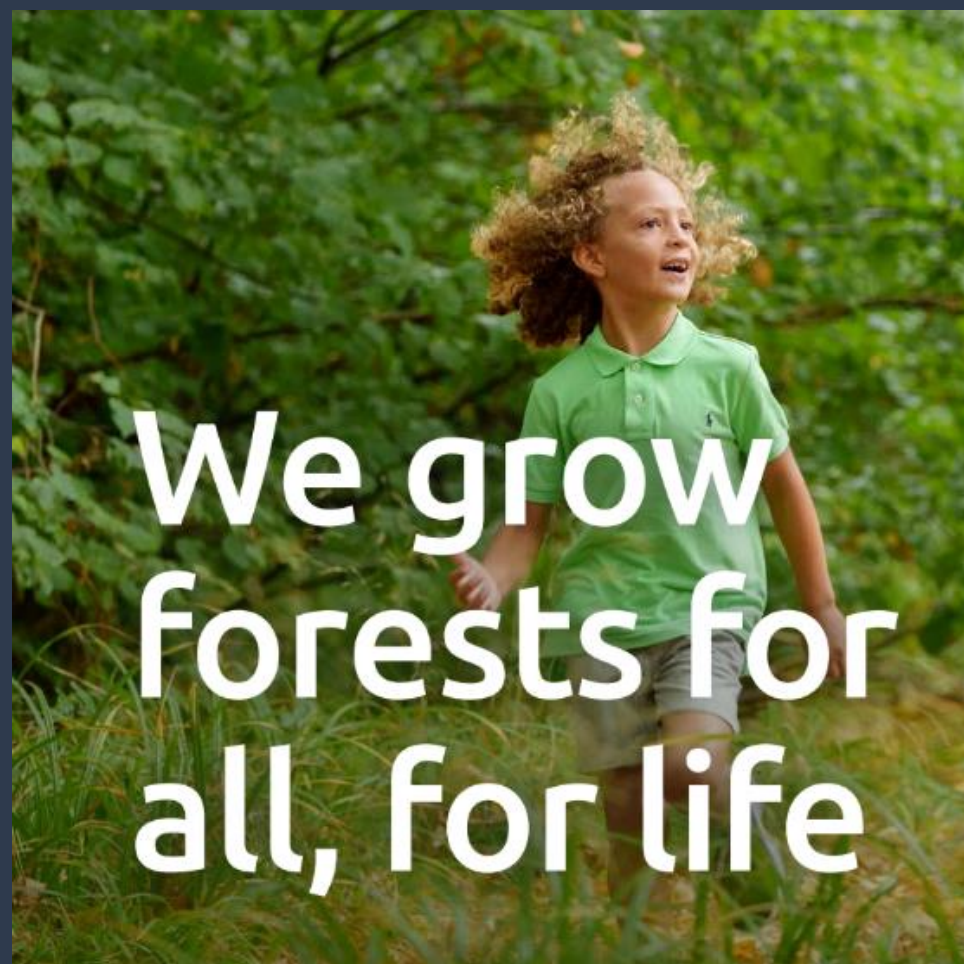


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Forestry England

www.forestryengland.uk



We grow forests for all, for life

Great collaborations

Parkrun, Sport England, Arts Council, This Girl Can, Flock Together, Muslim Runners...

£565,626,796

saving to the NHS in avoided treatment costs from general visitors to the nation's forests.

£115,440,000

estimated value of mental health benefit by visiting the nation's forests.

97% of visitors said that their visit had a positive impact on their physical and mental wellbeing (2023).

296 million visits in 2022/23.

152 million active visits: e.g. running, cycling...

Over **3,000km** dedicated recreation trails for walking, wheeling, running and riding.

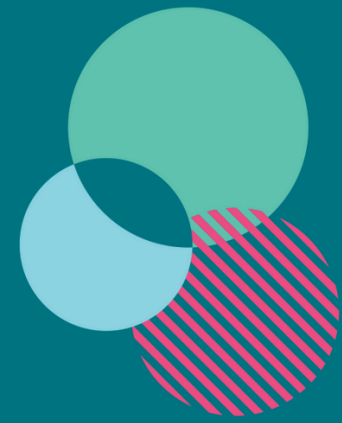


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Forests save lives

This is an AI generated image © Genkraft: <https://bit.ly/4efXpfa>



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“I’m out of the house, I’ve seen some sky, trees and greenery. I’m with good friends. I feel human again.”

Feel Good in the Forest participant.

Northeast: Chopwell Woods and Guisborough Forest



Midlands:
The National Forest woodlands

London: Thames Chase



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Chopwell Wood



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Training Conversation



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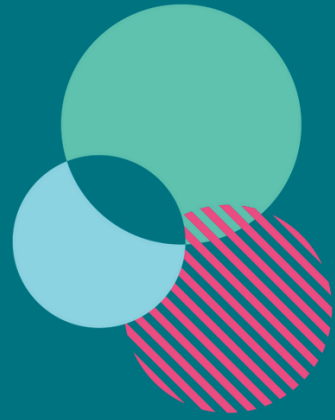
Relationship Benefits Between Forestry England & Gateshead Public Health

Louise Harlanderson
Public Health Practitioner

Louiseharlanderson@gateshead.gov.uk



What We Have Achieved Together



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- MECC principles
- Health Promotion
- CVD Champions



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Gateshead MECC

Making Every Contact Count (MECC)

Is an approach that uses the many day-to-day interactions that organisations and individuals have with people as an opportunity to enhance health and wellbeing. MECC training provides staff, volunteers, and community members with the skills to engage people in conversations about the benefits of behaviour change to boost physical and mental health and wellbeing.

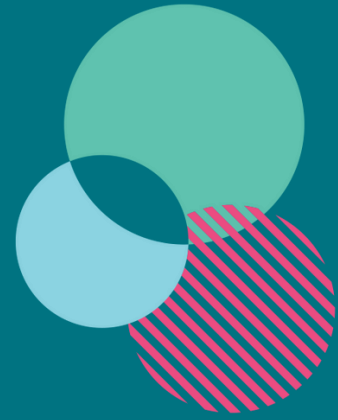
Gateshead MECC

The Gateshead MECC programme has existed since 2017 and has developed in phases over the last 8 years.



What We Have Achieved Together

- BHAWA Celebrations
- Outreach Support
- Working With Most marginalised & Vulnerable



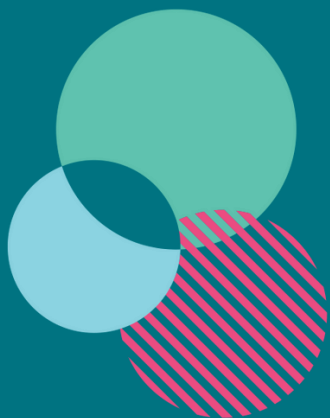
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Thames Chase



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Thames Chase Woodlands - Forestry England

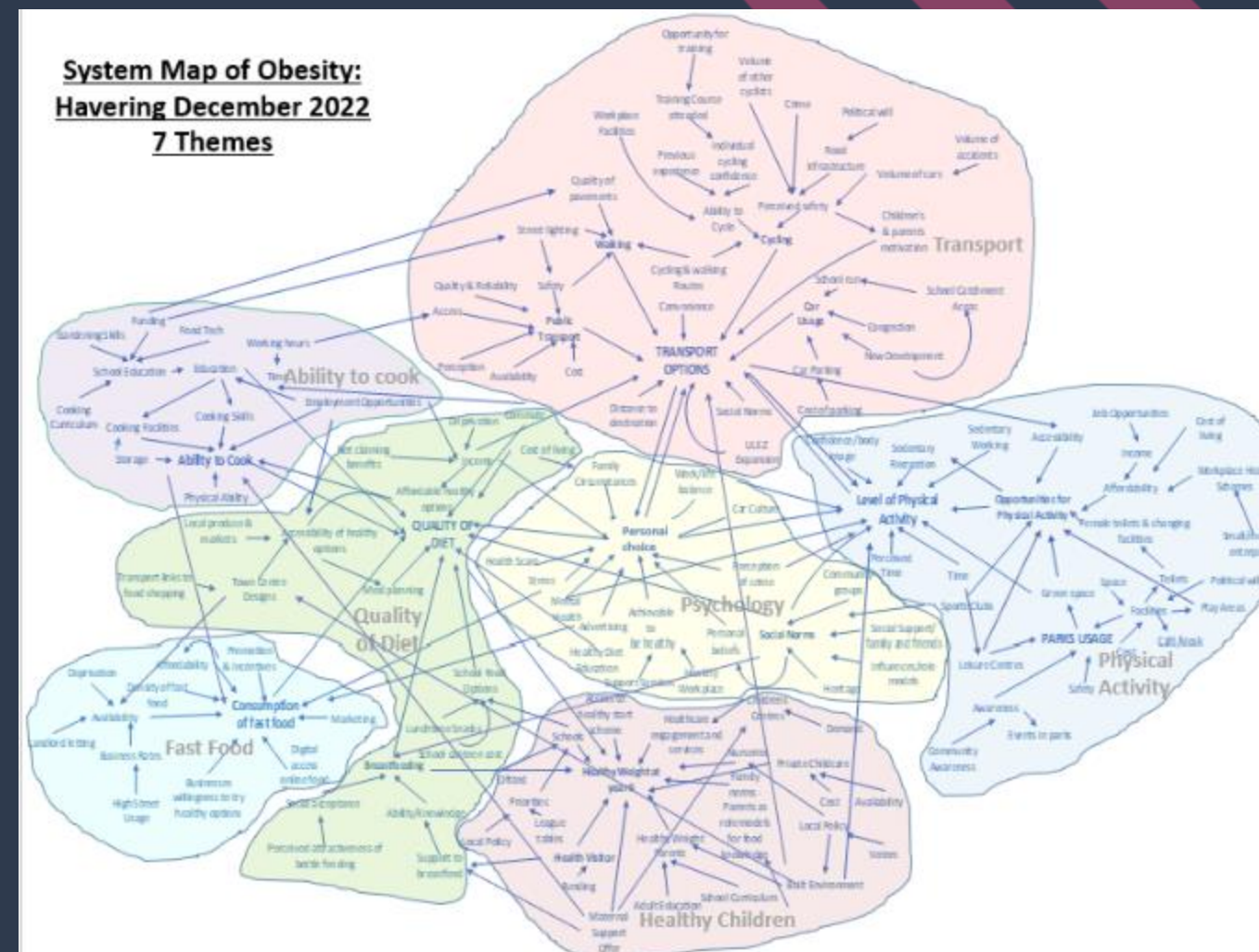
Published by Thames Beat Ranger · July 16 ·

Our Active Forests Coordinator was pleased to join with Havering Council's Healthy Weight Network yesterday. They promoted our trails, for people to run, walk, wheel around. Forestry England's local community woodlands across Havering, as part of Havering Council's Healthy Weight Strategy. 🚴🚶🚶‍♀️

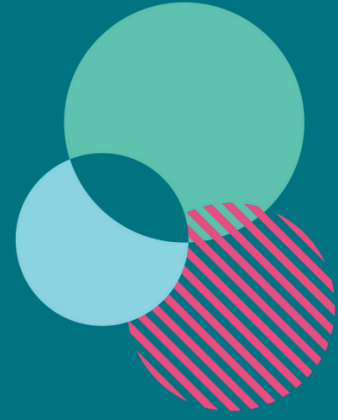
#FeelGoodInTheForest #forestryengland



System Map of Obesity:
Havering December 2022
7 Themes



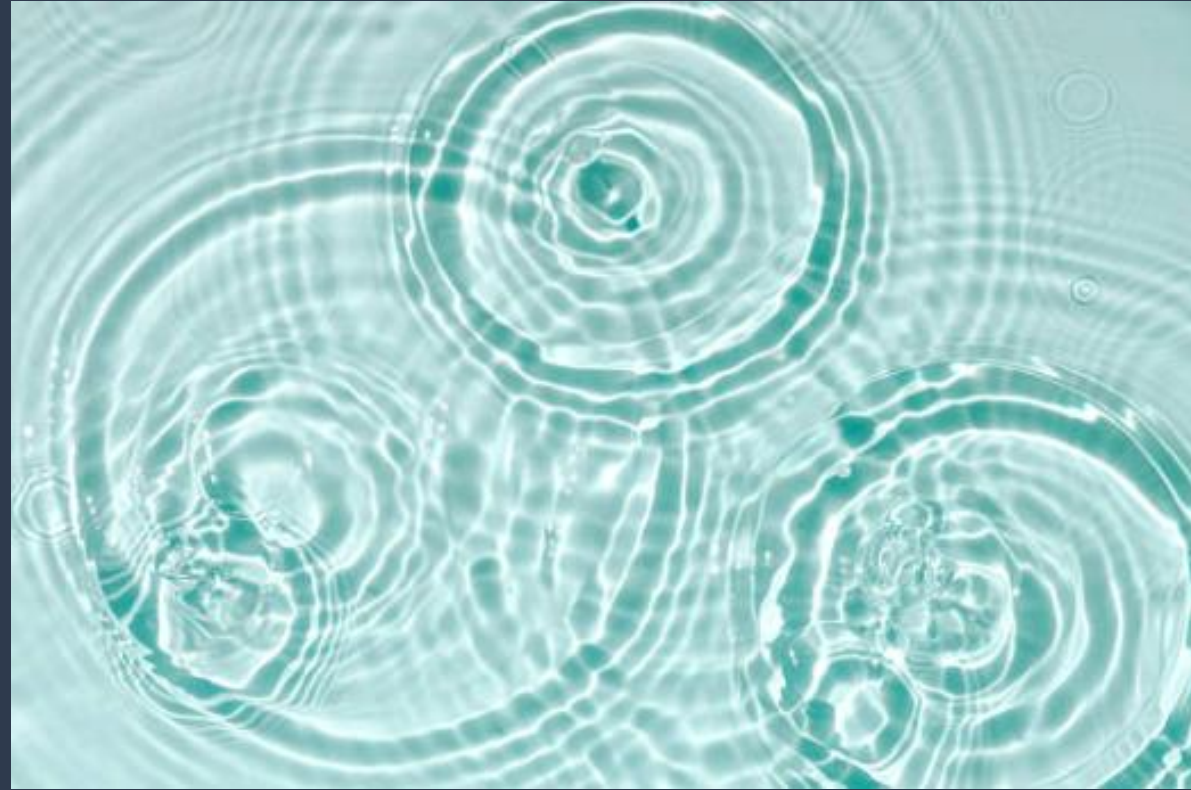
Outcomes



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Want to get involved with Forestry England?

Feel Good in the Forest webpage: [Feel Good in the Forest | Forestry England](#)

Feel Good in the Forest video: <https://youtu.be/FoeWSFelXCo?si=1ccxvEhrkgVIPxRI>

Virtual Forests hub: [Virtual forests hub | Wellbeing | Forestry England](#)

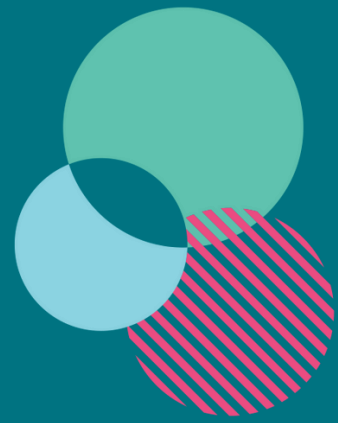
Evaluation reports:

- [Active Forests evaluation: social prescribing pilot - Forest Research](#)
- [Active Forests evaluation: Phase 3 'Removing Barriers' - Forest Research](#)

Email: active.forests@forestryengland.uk or feelgood@forestryengland.uk



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Over to You: Discussions





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Next Steps

Want to get
involved with the
GSP Playbook?

[Tell Us More Here](#) or
scan the QR code →

Shaping the upcoming Green
Social Prescribing Playbook



Parkbathe

Addressing Inequalities and Improving Accessibility –
17th February

Delapre Abbey

Embedding Green Social Prescribing in a Heritage
Landscape – March TBA

Go to our Events [here](#).

GSP Tutorial & Process Journey Series